

ELM Weight Loss Program – Medical Foods Plan (SAMPLE 1)

1300 Calories

	<u>Calories</u> 1300	<u>Protein</u> Approx. 81g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	240	20g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ¼ cup of blueberries
Snack	102	5g	2g		1 tbsp nut butter and ½ cup celery pieces
Lunch	275	20g	13g	Herbulk (15 mins before Lunch)	Salad: 2 cups lettuce. 1 oz grated mozzarella, 1 large sliced hard boiled egg, 2 cups chopped broccoli, ½ cup sliced radishes, ½ cup diced cucumber, 1 tbsp tahini dressing
Snack	260	20g	5g		Metagenics Keto Shake with ½ cup raspberries
Dinner	327	24g	14g	Herbulk (15 mins before Dinner) Omega 3	Stir-fry with noodles: 3 oz portion of stir-fried chicken chunks, ½ cup sliced mushrooms, ½ cup sliced peppers fried with 1 tsp. olive oil, add 2 ½ oz. bok choy and combine all with 2 tbsp coconut milk, 1 tbsp soy sauce and 1 cup cooked Shirataki Noodles
Snack	100	14g	3g		½ cup greek yogurt with 15 grapes
<u>TOTALS</u>	1304	103g	40g		

Supplements: Omega 3 (EPA-DHA 720), Herbulk (Fibre), Ultraflora Balance, PhytoMulti without Iron

ELM Weight Loss Program – Medical Foods Plan (SAMPLE 2)

1300 Calories

	<u>Calories</u> 1300	<u>Protein</u> Approx. 81g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	240	20g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ¼ cup strawberries
Snack	70	6g	0g		1 hard boiled egg
Lunch	350	27g	14g	Herbulk (15 mins before Lunch)	3 oz salmon with veggie salad: 2 cups lettuce,, 1 cup chopped peppers, ½ cup cherry tomatoes, ½ cup chopped celery, toss with 2 tbsp sesame dressing
Snack	86	3g	2g		2 tbsp pistachio nuts
Dinner	336	27g	12g	Herbulk (15 mins before Dinner) Omega 3	1 grilled/broiled turkey patty, ½ cup chopped pepper, ½ cup chopped zucchini, sauteed in 2 tsp olive oil; toss in 1 cup baby spinach saute until spinach is wilted and garnish with 1/8 avocado
Snack	220	20g	1g		Metagenics Keto Shake
<u>TOTALS</u>	1302	103g	32g		

Supplements: Omega 3 (EPA-DHA 720), Herbulk (Fibre), Ultraflora Balance, PhytoMulti without Iron