

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

1400 Calories

	<u>Calories</u> 1400	<u>Protein</u> Approx. 87g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	240	20g	2g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake ¼ cup blueberries
<b>Snack</b>	70	6g	0g		1 large hard boiled egg
<b>Lunch</b>	311	30g	12g	Herbulk (15 mins before Lunch)	Salad: 2 cups lettuce, 3 oz chicken breast, ½ cup cherry tomato, ½ cup cauliflower, ½ cup pepper, ½ cup cucumber, with 2 tbsp mustard vinaigrette
<b>Snack</b>	150	7g	3g		½ cup roasted cauliflower, ½ cup cottage cheese
<b>Dinner</b>	370	25g	15g	Herbulk (15 mins before Dinner) Omega 3	3 oz baked salmon with salad: 2 cups mixed greens, 1 cup steamed green beans, ½ cup broccoli florets, ½ cup mushrooms, drizzle With 2 tsp olive oil and 1 tsp vinegar
<b>Snack</b>	220	20g	1g		Metagenics Keto Shake
<b><u>TOTALS</u></b>	1361	108g	33g		

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

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

1400 Calories

	<u>Calories</u> 1400	<u>Protein</u> Approx. 87g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	240	20g	2g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ¼ cup blueberries
<b>Snack</b>	260	20g	3g		Metagenics Keto Shake with ½ cup raspberries
<b>Lunch</b>	379	27g	14g	Herbulk (15 mins before Lunch)	3 oz salmon with veggie salad: 2 cups lettuce, 1/8 avocado, 1 cup chopped peppers, ½ cup cherry tomatoes, ½ cup chopped celery, toss with 2 tbsp sesame dressing
<b>Snack</b>	100	11g	0g		½ cup greek yogurt
<b>Dinner</b>	337	24g	11g	Herbulk (15 mins before Dinner) Omega 3	4 oz baked halibut with 2 cups of broccoli, 2 cups of chopped Swiss chard cooked with 1 tsp olive oil with low heat until wilted, add 1 tbsp balsamic vinegar
<b>Snack</b>	70	6g	0g		1 hard boiled egg
<b><u>TOTALS</u></b>	1386	108g	30g		

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