

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

1500 Calories

| | <u>Calories</u> 1500 | <u>Protein</u> Approx. 93g | <u>Fibre</u> 30g | <u>Supplements</u> | <u>Description of Food Choice</u> |
|----------------------|-------------------------|-------------------------------|---------------------|---|---|
| Breakfast | 250 | 20g | 2g | PhytoMulti Ultraflora Balance | Metagenics Keto Shake With ½ cup cantaloupe |
| Snack | 70 | 6g | 0g | | 1 large hard boiled egg |
| Lunch | 295 | 28g | 22g | Herbulk (15 mins before Lunch) | Protein salad: 2 cups lettuce, palm-sized portion chicken or tofu, 1 cup cherry tomatoes, 1 cup sliced cucumbers, 2 tbsp light vinaigrette |
| Snack | 300 | 20g | 3g | | Metagenics Keto Shake with 1 cup strawberries |
| Dinner | 347 | 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 3 tbsp coconut milk, 1 tbsp soy sauce and 1 cup cooked Shirataki Noodles |
| Snack | 202 | 17g | 2g | | 2 tbsp pistachio nuts with ½ cup cottage cheese |
| <u>TOTALS</u> | 1464 | 115g | 43g | | |

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

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

1500 Calories

| | <u>Calories</u> 1500 | <u>Protein</u> Approx. 93g | <u>Fibre</u> 30g | <u>Supplements</u> | <u>Description of Food Choice</u> |
|----------------------|-------------------------|-------------------------------|---------------------|---|---|
| Breakfast | 400 | 32g | 3g | PhytoMulti Ultraflora Balance | Metagenics Keto Shake with with 2 egg omelet and ¼ cup pepper |
| Snack | 100 | 0g | 11g | | ½ Greek yogurt with ½ cup raspberries |
| Lunch | 270 | 29g | 15g | Herbulk (15 mins before Lunch) | 3 oz roasted turkey breast and Tossed salad: 2 cups lettuce, 2 tbsp pumpkin seeds, 1 cup sliced cucumber, peppers, and celery, 2 tbsp light vinaigrette |
| Snack | 157 | 15g | 2g | | 1 tbsp nut butter with ½ cup celery |
| 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> | 1483 | 123g | 44g | | |

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