

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

1600 Calories

	<u>Calories</u> 1600	<u>Protein</u> Approx. 100g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	300	20g	5g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake, 2 kiwis
Snack	202	12g	1g		1 baked chicken leg, ½ cup celery, ½ cup cucumber
Lunch	261	31g	13g	Herbulk (15 mins before Lunch)	3 oz chicken breast with salad: 2 cup mixed greens, 2 tbsp pumpkin seeds, ½ cup cucumber, ½ cup peppers, ½ cup celery with 2 tbsp mustard vinaigrette
Snack	270	20g	5g		Metagenics Keto Shake, ½ cup strawberries
Dinner	436	27g	12g	Herbulk (15 mins before Dinner) Omega 3	1 grilled very lean beef patty with veggies: ½ cup chopped red/green peppers, ½ cup Chopped zucchini, saute in 2 tsp olive oil, Toss in 2 cups baby spinach and saute until Spinach is wilted, garnish with ⅛ avocado
Snack	150	8g	2g		¼ cup ricotta cheese with ½ cup strawberries
<u>TOTALS</u>	1619	118g	38g		

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

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

1600 Calories

	<u>Calories</u> 1600	<u>Protein</u> Approx. 100g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	250	21g	2g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ½ cup cantaloupe
Snack	250	20g	5g		Metagenics Keto Shake with ½ cup raspberries
Lunch	507	20g	6g	Herbulk (15 mins before Lunch)	1 can tuna and salad: 2 cups mixed greens, 1 oz grated mozzarella, 1 large hard boiled egg, ½ cup broccoli florets, ¼ cup sliced radishes, ½ cup cucumber with 1 ½ tbsp tahini dressing
Snack	217	8g	12g		1 large poached egg with 1 cup steamed spinach, 2 tsp olive oil and 1 tsp vinegar
Dinner	224	27g	9g	Herbulk (15 mins before Dinner) Omega 3	3 oz roasted chicken with sauteed spinach: 2 cups baby spinach cook in 2 tsp olive oil over low heat until wilted
Snack	172	5g	2g		1 tbsp of nut butter with ½ cup of celery
<u>TOTALS</u>	1620	101g	36g		

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