

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

1700 Calories

	<u>Calories</u> 1700	<u>Protein</u> Approx. 106g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	260	20g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ½ cup raspberries
<b>Snack</b>	190	11g	2g		1 hard boiled egg 1 tbsp nut butter and ½ cup celery pieces
<b>Lunch</b>	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
<b>Snack</b>	250	20g	2g		Metagenics Keto Shake with 15 grapes
<b>Dinner</b>	436	17g	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
<b>Snack</b>	250	11g	3g		¼ cup blueberries 1 cup cottage cheese and 1 cup of chopped peppers
<b><u>TOTALS</u></b>	1681	109g	44g		

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

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

1700 Calories

	<u>Calories</u> 1700	<u>Protein</u> Approx. 106g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	220	20g	1g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake
<b>Snack</b>	132	8g	3g		1 hard boiled egg and 1 cup of roasted cauliflower
<b>Lunch</b>	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
<b>Snack</b>	252	8g	5g		1 large poached egg with 1 cup steamed spinach, 2 tsp olive oil and 1 tsp vinegar, ½ cup blueberries
<b>Dinner</b>	429	27g	8g	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
<b>Snack</b>	380	20g	2g		Metagenics Keto Shake 1 orange, ½ cup cottage cheese
<b><u>TOTALS</u></b>	1683	112g	34g		

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