

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

1800 Calories

	<u>Calories</u> 1800	<u>Protein</u> Approx. 112g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	300	21g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 20 cherries
<b>Snack</b>	170	8g	3g		1 hard boiled egg with 1 cup of roasted cauliflower
<b>Lunch</b>	335	6g	10g	Herbulk (15 mins before Lunch)	2 cups vegetable soup with salad: ½ cup steamed kale, 1 cup lettuce, 1 tbsp light vinaigrette, ½ cup greek yogurt
<b>Snack</b>	271	31g	1g		1 can of tuna (in water) with 1 cup of collard greens, 2 tsp olive oil and 1 tsp vinegar
<b>Dinner</b>	329	25g	12g	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>	380	28g	4g		Metagenics Keto Shake with ¼ cup blueberries, 20 almonds
<b><u>TOTALS</u></b>	1785	119g	33g		

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

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

1800 Calories

	<u>Calories</u> 1800	<u>Protein</u> Approx. 112g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	280	20g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 1 apricot
<b>Snack</b>	200	13g	1g		1 grapefruit and 2 hard boiled eggs
<b>Lunch</b>	305	25g	10g	Herbulk (15 mins before Lunch)	Salad: 3 oz cubed tuna, ½ cup snow peas, ½ cup asparagus With 2 tbsp mustard vinaigrette
<b>Snack</b>	250	15g	3g		½ cup cottage cheese with 1 cup chopped pepper, 1 apple
<b>Dinner</b>	350	27g	13g	Herbulk (15 mins before Dinner) Omega 3	4 oz broiled bass with stir-fry: 2 cups zucchini slices with fresh basil in 2 tsp coconut Oil, 2 cups arugula, 3 tbsp roasted red peppers, ¼ cup thinly sliced onion, toss with 1 ½ tbsp Sesame dressing
<b>Snack</b>	360	24g	1g		Metagenics Keto Shake with 20 almonds
<b><u>TOTALS</u></b>	1745	124g	31g		

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

