

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

1900 Calories

	<u>Calories</u> 1900	<u>Protein</u> Approx. 118g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	350	27g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 1 apricot and 1 large hard boiled egg
<b>Snack</b>	400	23g	3g		Metagenics Keto Shake 2 tbsp pistachio nuts and ½ cup greek yogurt
<b>Lunch</b>	411	30g	15g	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, 2 tbsp sesame seeds with 2 tbsp mustard vinaigrette
<b>Snack</b>	130	4g	3g		½ cup raspberries, 15 almonds
<b>Dinner</b>	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
<b>Snack</b>	111	7g	1g		½ grapefruit and 1 hard boiled egg
<b><u>TOTALS</u></b>	1838	118g	37g		

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

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

1900 Calories

	<u>Calories</u> 1900	<u>Protein</u> Approx. 118g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	420	32g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ½ cup raspberries with 2 egg omelet
<b>Snack</b>	320	24g	3g		Metagenics Keto Shake 2 tbsp sunflower seeds
<b>Lunch</b>	279	24g	14g	Herbulk (15 mins Before Lunch)	3 oz salmon with salad: 2 cup lettuce, ⅛ avocado, ½ cup bean sprouts, ½ cup cherry tomato, ½ cup celery with 1 ½ tbsp sesame dressing
<b>Snack</b>	270	26g	2g		½ cup greek yogurt, 2 tbsp nut butter with ½ cup celery
<b>Dinner</b>	250	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, ⅛ avocado
<b>Snack</b>	310	13g	4g		1 orange, 1 can tuna (in water) and 1 cup collard greens, 2 tsp oil
<b><u>TOTALS</u></b>	1849	146g	34g		

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