

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

2000 Calories

	<u>Calories</u> 2000	<u>Protein</u> Approx. 125g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	390	32g	1g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 15 grapes and 2 large egg omelette
Snack	162	18g	3g		¼ cup salsa, ¼ cup bell pepper, ¼ cup cucumber, ¼ cup celery, ¼ cup snow peas, and 8 olives and ½ cup cottage cheese
Lunch	450	35g	10g	Herbulk (15 mins before Lunch)	Salad: 1 can tuna, 2 cups mixed greens, ½ cup snow peas, 1 oz crumbled feta, 2 tsp olive oil Mixed with 2 tsp rice vinegar
Snack	420	23g	5g		2 tbsp pistachio nuts with 1 apple and Metagenics Keto Shake
Dinner	297	28g	10g	Herbulk (15 mins before Dinner) Omega 3	3 oz flank steak with sauteed spinach and snow peas: 2 cups baby spinach cooked in 2 tsp olive oil Over low heat until wilted, 1 cup snow peas
Snack	270	22g	3g		1 baked chicken leg, ½ cup celery, ½ cup cucumber
<u>TOTALS</u>	1989	158g	32g		

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

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

2000 Calories

	<u>Calories</u> 2000	<u>Protein</u> Approx. 125g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	480	33g	7g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 1 apple and 2 large egg omelette with ¼ cup red peppers
Snack	290	15g	3g		½ grapefruit with 2 hard boiled eggs, 15 almonds
Lunch	350	28g	11g	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 with 2 tbsp mustard vinaigrette
Snack	270	24g	7g		15 almonds and 15 grapes with Metagenics Keto Shake with ¼ cup blueberries
Dinner	347	24g	14g	Herbulk (15 mins before Dinner) Omega 3	Stir-fry with noodles: 3 oz broiled bluefish, ½ cup sliced mushrooms, ½ cup peppers, stir-fried with 1 tsp olive oil, add 2 cups steamed bok choy, combine all with 3 tbsp coconut milk, 1 tbsp soy sauce and 1 cup noodles
Snack	240	12g	3g		1 cup cottage cheese with 1 cup chopped pepper
<u>TOTALS</u>	1977	136g	45g		

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

