

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

2600 Calories

	<u>Calories</u> 2600	<u>Protein</u> Approx. 162g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	500	33g	9g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 1 apple with 2 egg omelet and ¼ cup pepper
<b>Snack</b>	380	38g	4g		Metagenics Keto Shake 2 tbsp pistachio nuts and ½ cup greek yogurt
<b>Lunch</b>	351	28g	10g	Herbulk (15 mins before Lunch)	Salad: 5 oz cubed tuna, ½ cup snow peas, ½ cup asparagus with 2 tbsp mustard vinaigrette
<b>Snack</b>	480	40g	7g		Metagenics Keto Shake with ¼ cup blueberries 1 baked chicken leg, ½ cup celery, and ½ cup cucumber
<b>Dinner</b>	429	27g	8g	Herbulk (15 mins before Dinner)  Omega 3	5 oz roasted chicken with sauteed spinach: 2 cups baby spinach cook in 2 tsp olive oil over low heat until wilted
<b>Snack</b>	400	28g	7g		Metagenics Keto Shake with ½ cup raspberries ¼ cup ricotta cheese with ½ cup strawberries
<b><u>TOTALS</u></b>	2540	194g	45g		

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

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

2600 Calories

	<u>Calories</u> 2600	<u>Protein</u> Approx. 162g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>	500	32g	5g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 2 cups watermelon with 2 egg omelet, ½ cup pepper
<b>Snack</b>	320	24g	4g		Metagenics Keto Shake 2 tbsp sunflower seeds
<b>Lunch</b>	454	27g	10g	Herbulk (15 mins before Lunch)	3 oz salmon with Salad: 2 cups mixed greens, ½ cup snow peas, 1 oz crumbled feta, 1 ½ oz shrimp, 2 tsp olive oil with 2 tsp rice vinegar
<b>Snack</b>	270	15g	5g		1 large poached egg with 1 cup steamed spinach, ½ cup greek yogurt with 15 grapes, 2 tbsp sunflower seeds
<b>Dinner</b>	547	24g	14g	Herbulk (15 mins before Dinner)  Omega 3	Stir-fry with noodles: 5 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
<b>Snack</b>	440	25g	7g		Metagenics Keto Shake 2 tbsp nut butter with ½ cup celery
<b><u>TOTALS</u></b>	2531	147g	45g		

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