

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

2800 Calories

	<u>Calories</u> 2800	<u>Protein</u> Approx. 175g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	460	43g	7g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ½ cup raspberries and 2 large egg omelet with ¼ cup pepper, ½ cup cottage cheese
Snack	370	22g	2g		1 grapefruit and 2 hard boiled eggs, ½ cup cottage cheese and ½ cup pepper
Lunch	505	50g	15g	Herbulk (15 mins before Lunch)	Salad: 2 cups lettuce, 5 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
Snack	450	32g	6g		20 almonds, ½ cup greek yogurt And Metagenics Keto Shake Shake with ¼ cup blueberries
Dinner	588	40g	16g	Herbulk (15 mins before Dinner) Omega 3	5 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, 2 tbsp pumpkin seeds
Snack	370	52g	11g		½ cup cottage cheese and 1 cup of chopped peppers Metagenics Keto Shake and 15 grapes
<u>TOTALS</u>	2743	239g	57g		

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

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

2800 Calories

	<u>Calories</u> 2800	<u>Protein</u> Approx. 175g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	420	33g	3g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with 1 orange and 2 hard boiled eggs
Snack	450	24g	4g		¼ cup walnut halves and Metagenics Keto Shake, ½ cup berries
Lunch	497	30g	14g	Herbulk (15 mins before Lunch)	5 oz salmon with salad: 2 cup lettuce, ⅛ avocado, ½ cup bean sprouts, ½ cup cherry tomato, ½ cup celery with 1 ⅓ tbsp sesame dressing
Snack	433	16g	3g		3 oz lean ground beef with ¼ cup salsa, ¼ cup bell pepper, ¼ cup cucumber, ¼ cup celery, ¼ cup snow peas, and 8 olives
Dinner	363	23g	8g	Herbulk (15 mins before Dinner) Omega 3	5 oz halibut with salad: 2 cups Swiss chard chopped and cooked with 1 tsp olive oil over low heat until wilted, Toss with 1 tbsp balsamic vinegar before serving
Snack	500	34g	8g		Metagenics Keto Shake with ½ cup raspberries, ½ cup bell pepper 2 tbsp pistachio nuts with ½ cup cottage cheese and 15 grapes
<u>TOTALS</u>	2663	160g	40g		

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