

ELM Weight Loss Program – Partial Meal Plan (SAMPLE 1)

3000 Calories

	<u>Calories</u> 3000	<u>Protein</u> Approx. 187g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	508	42g	8g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ¼ cup blueberries, 2 egg omelet with ¼ cup peppers and 1 can tuna
Snack	442	22g	9g		Metagenics Keto Shake with ½ cup raspberries, 2 tbsp pumpkin seeds, ½ cup greek yogurt with ¼ cup blueberries
Lunch	487	34g	11g	Herbulk (15 mins before Lunch)	Salad: 2 cups lettuce, 5 oz chicken breast, ½ cup cherry tomato, ½ cup cauliflower, ½ cup peppers, ½ cup cucumber with 2 tbsp mustard vinaigrette
Snack	450	19g	7g		2 hard boiled eggs with 1 cup roasted cauliflower, ½ cup cottage cheese with ½ cup grapes, 1 apple
Dinner	569	38g	10g	Herbulk (15 mins before Dinner) Omega 3	5 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	450	35g	12g		Metagenics Keto Shake with 1 orange, 1 can tuna (in water) and 1 cup collard greens
<u>TOTALS</u>	2906	190g	57g		

Supplements: Phytomulti with breakfast , Ultraflora probiotic with breakfast, Omega 3 with dinner, Herb bulk with lunch and with dinner.

ELM Weight Loss Program – Partial Meal Plan (SAMPLE 2)

3000 Calories

	<u>Calories</u> 3000	<u>Protein</u> Approx. 187g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	520	32g	5g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake with ½ mango with 2 egg omelet and ¼ cup pepper
Snack	395	24g	3g		½ grapefruit and 2 hard boiled eggs, 2 tbsp sunflower seeds, ½ cup cottage cheese
Lunch	540	32g	14g	Herbulk (15 mins before Dinner)	5 oz salmon with salad: 2 cup lettuce, ⅛ avocado, ½ cup bean sprouts, ½ cup cherry tomato, ½ cup celery with 2 tbsp sesame dressing
Snack	433	38g	7g		Metagenics Keto Shake with ½ cup raspberries, 16 almonds and ½ cup of greek yogurt
Dinner	586	27g	7g	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
Snack	435	30g	10g		Metagenics Keto Shake with ½ cup blueberries ½ cup cottage cheese and 1 cup of chopped peppers
<u>TOTALS</u>	2909	183g	46g		

Supplements: Phytomulti with breakfast , Ultraflora probiotic with breakfast, Omega 3 with dinner, Herb bulk with lunch and with dinner.