

ELM Weight Loss Program – Medical Foods Plan

1600 Calories

	<u>Calories</u> 1600	<u>Protein</u> Approx. 100g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
<u>TOTALS</u>					

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