ELM Weight Loss Program – Medical Foods Plan

1800 Calories

	Calories 1800	**Protein** Approx. 112g	**Fibre** 30g	**Supplements**	**Description of Food Choice**
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
TOTALS					

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

Atreyi Mukherji MD, 2018
Metagenics, FirstLine Therapy