

## ELM Weight Loss Program – Medical Foods Plan

3000 Calories

	<u>Calories</u> 3000	<u>Protein</u> Approx. 187g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
<b>Breakfast</b>					
<b>Snack</b>					
<b>Lunch</b>					
<b>Snack</b>					
<b>Dinner</b>					
<b>Snack</b>					
<b><u>TOTALS</u></b>					

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