

MAKE IT EASY PLAN

Save \$23.00 Per Month

Commit to the following:

One Large 30g (protein) Meal Replacement for Breakfast (Less than 14g Carbs)

One Meal of Protein & Vegetables (10g - 15 Good carbs)

One Protein Supplement 15g protein (bar/shake/soup) as Snack - (11g -18g carbs)

IF YOU DO THIS YOU ONLY HAVE TO THINK ABOUT CARBS ONCE PER DAY

		TIME
Breakfast	<u>Cornerstone Meal Replacement</u> <i>(1/2 Cup Frozen Berries optional)</i>	
Midday Snack	<i>Optional Self Selected Snack</i> Most people can go 4-5 hours between Breakfast & Lunch	
Lunch	4.0 - 6.5 oz protein + 2 Servings of Vegetables	
Afternoon Snack	<u>Small 15g Protein Meal Replacement</u> bar/Shake/soup/Protein Oatmeal/Protein Pancakes (Valentine Weight Loss Products - Recommended)	
Dinner	4.0 - 6.5 oz protein + 1 Servings of Vegetables 1 serving of carbs up to 25 grams (35 for men) (A big salad can be a substitute for green veggies)	
Evening Snack	SMALL ALL PROTEIN NIGHT SNACK One piece of cheese or deli meat, handful of nuts half- protein bar etc., Laughing Cow, etc.	

SNACK IDEAS (do not exceed 15 carbs)

Almonds (1 to 2 handfuls)

Protein Shakes (100 cal)

Protein Bar (Keep carbs low as you can)

Carb Smart Yogurt - (Kroeger only)

Cottage Cheese

Oikos Greek Yogurt

1/2 serving Fruit with cheese

Protein Chips

1/2 serving Fruit with Nuts

Protein Drinks

Deli meat cheese and low carb wraps or tortillas

Half sandwich (low carb bread)

FIBER IDEAS

Because most of the fiber in your old diet came from breads and your breads have been reduced you may need to take fiber supplements

Fulfill Fiber Drinks (up to 3 per day)- Fruit Punch & Iced Tea - Available in the clinic

Fiberplex - Fiber Pills (as directed) - available in the clinic

Sugar Free Metamucil or Benefiber