

## 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   | <a href="#">Cornerstone Meal Replacement</a><br>(1/2 Cup Frozen Berries optional)  |      |
| Midday Snack  | <b>Optional Self Selected Snack</b><br>Most people can go 4-5 hours between Breakfast & Lunch  |      |
| Lunch   | <b>4.0 - 6.5 oz protein + 2 Servings of Vegetables</b>   |      |
| Afternoon Snack   | <a href="#">Small 15g Protein Meal Replacement</a><br><i>bar/Shake/soup/Protein Oatmeal/Protein Pancakes</i><br>(Valentine Weight Loss Products - Recommended)             |      |
| Dinner  | <b>4.0 - 6.5 oz protein + 1 Servings of Vegetables</b><br><b>1 serving of carbs up to 25 grams (35 for men)</b><br><br>(A big salad can be a substitute for green veggies) |      |
| Evening Snack   | <b>SMALL ALL PROTEIN NIGHT SNACK</b><br>One piece of cheese or deli meat, handful of nuts<br>half- protein bar etc., Laughing Cow, etc.                                    |      |
| <b>SNACK IDEAS (do not exceed 15 carbs)</b><br><br><div> <div> Almonds (1 to 2 handfuls)<br/> Protein Bar (Keep carbs low as you can)<br/> Cottage Cheese<br/> 1/2 serving Fruit with cheese<br/> 1/2 serving Fruit with Nuts<br/> Deli meat cheese and low carb wraps or tortillas </div> <div> Protein Shakes (100 cal)<br/> Carb Smart Yogurt - (Kroeger only)<br/> Oikos <u>Greek</u> Yogurt<br/> Protein Chips<br/> Protein Drinks<br/> Half sandwich (low carb bread) </div> </div> |  |      |
| <b>FIBER IDEAS</b><br>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<br><br><a href="#">Fulfill Fiber Drinks ( up to 3 per day)- Fruit Punch &amp; Iced Tea - Available in the clinic</a><br><a href="#">Fiberplex - Fiber Pills (as directed) - available in the clinic</a><br>Sugar Free Metamucil or Benefiber   |  |      |