

## Meal Replacement for Weight Loss

### What are meal replacements?

- Meal replacements are portion controlled products that are fortified with vitamins and minerals. Examples include liquid shakes, frozen meals and protein bars.

### Replace 1-2 meals/snacks/day with meal replacements to...

- Jump start weight loss and assist with weight maintenance.
  - Provide a structured calorie and portion-controlled plan.
- Convenient with little preparation time. Eat meals and snacks at regular times.

<b>Nutrient Guide</b>	
<b>Calories</b>	Most women aim for 1200-1500 calories per day <ul style="list-style-type: none"> <li>• Per meal Calories: 250-350</li> <li>• Per snack calories: 100-150</li> </ul> Most men aim for 1500-1800 calories per day <ul style="list-style-type: none"> <li>• Per meal calories: 300-500</li> <li>• Per snack calories: 100-200</li> </ul>
<b>Protein</b>	60-80 grams protein per day <ul style="list-style-type: none"> <li>• 15-20 grams protein per meal</li> <li>• &gt;5-7 grams protein per snack</li> </ul>
<b>Carbohydrate</b>	120-200 grams Carbohydrate per day <ul style="list-style-type: none"> <li>• ~40-50% of your daily calories</li> <li>• &lt; 30-40 grams added sugar per day</li> <li>• ≥ 25 grams fiber per day</li> </ul>
<b>Salt</b>	<ul style="list-style-type: none"> <li>• Aim for &lt; 2300 mg per day of sodium</li> <li>• Patients with diabetes or heart disease aim for &lt;1500 mg per day</li> </ul>
<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>• Unlimited vegetables</li> <li>• Choose lean protein, whole grains, low fat dairy products, beans, and fruit.</li> <li>• Aim for 50% of your plate as vegetables, 25% as lean protein and 25% high fiber/whole grains/fruit</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Be sure to drink enough water and other zero-calorie beverages throughout the day.</li> <li>• Water goal is at least ~64 oz per day.</li> </ul>
<b>Activity</b>	<ul style="list-style-type: none"> <li>• Walk 30-45 minutes per day</li> <li>• Strength training with weights 2-3x/week</li> </ul>

*\*Check with your dietitian for specific nutrient goals*

<b>Meal Replacement</b>	<b>Vegetables (Unlimited)</b>	<b>Fruit</b>	<b>Beverage</b>
<ul style="list-style-type: none"> <li>• Shake</li> <li>• Bar</li> <li>• Frozen Meal</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable salad</li> <li>• Fresh/Frozen vegetables</li> <li>• Vegetable/broth soup</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece whole fruit</li> <li>• ½ cup canned fruit (in own natural juice)</li> <li>• 1 cup cut up fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Iced or hot tea (unsweetened)</li> <li>• Coffee (black)</li> </ul>

## Example Week Using 1-2 Meal Replacements per Day

Calorie Range: 1200-1300 calories

Use Spray oil (e.g. Pam®) in cooking LF= Low Fat \* = May also add 50-60 calories worth of dressing or 2 tsp oil/tub spread to veggies and protein

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<b>Protein Shake</b> Water (16 oz)	2 hard- boiled Eggs 1 cup berries Water (16oz)	<b>Protein Shake</b> Orange (1) Water (16oz)	<b>Meal Bar</b> (Quest®, Think Thin®) Water (16oz)	Eggs (2), 2 Tbsp. LF cheese Salsa 1 cup fruit Water (16oz)	<b>Protein shake</b> Peach Water (16oz)	LF Greek yogurt Strawberries (1/2 cup) Water (16oz)
<b>Snack</b>	LF Greek yogurt (8oz) Water (8oz+)	String cheese Water (8oz)	Water (8oz) Cucumbers & Tomatoes*	100 calorie nut packet Water (8oz)	Med. Size Fruit Water (16oz)	String cheese Water (8oz)	<b>Protein bar</b> Water (8oz)
<b>Lunch</b>	<b>Frozen Meal</b> Added non- starchy Vegetables* Water (16oz+)	Turkey or chicken (4 oz) w/ lettuce wrap* with 2Tbsp. chopped peanuts Vegetable soup Water (16oz)	Vegetarian burger (3oz) with yogurt sauce on bagel thin Baby carrots* Water (16oz)	<b>Frozen Meal</b> Vegetables/Salad* 1 med. Fruit Water (16oz)	2 Tbsp. nut butter with 1 whole wheat English muffin Vegetables* Water (16oz)	1 cup Lentil Soup + Green beans* + 12- 15 Kashi® crackers Water (16oz+)	<b>Frozen meal</b> Veggie salad* Skim milk (8oz)
<b>Snack</b>	100 calorie nut packet (1 cup) Water (8oz+)	Veggies with salsa or 2 Tbsp. hummus	Protein snack bar (Think thin®/ Kashi®) Water (8oz)	LF cottage cheese (6oz) Water (16oz)	100 calorie bag Popcorn Water (16oz)	Nugo® or Think Thin® fiber snack bar Water (8oz)	Small apple with peanut butter (1Tbsp) Water (8oz)
<b>Dinner</b>	Salmon (3 oz) Brown rice (2/3 cup) Broccoli*	<b>Frozen Meal</b> Vegetables* Pear Herbal Tea	<b>Frozen Meal</b> Steamed Vegetables* Water (16oz+)	Flatout® wrap Black beans (1/2 cup) Chopped tomatoes/Salsa ½ avocado Water (16oz)	<b>Frozen Meal</b> Vegetables* Crystal Light®	<b>Frozen Meal</b> Vegetables* Water (16oz)	Tilapia* (3oz) Mixed vegetables* Quiona or whole wheat cous cous (1/2 cup)* Water (16oz)

**Calorie Range: 1400-1500 calories**

**Use Spray oil (e.g. Pam®) in cooking LF= Low Fat \* = May also add 50-60 calories worth of dressing or 2 tsp oil/tub spread to veggies and protein**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<b>Protein Shake</b> Apple Water (16 oz)	2 hard- boiled Eggs 1 cup berries Water (16oz)	<b>Protein Shake</b> Orange (1) Water (16oz)	<b>Meal Bar</b> (Quest®, Think Thin®) 2 kiwis Water (16oz)	Eggs (2), 2 Tbsp. LF cheese Salsa 1 cup fruit Water (16oz)	<b>Protein shake</b> Peach Water (16oz)	LF Greek yogurt Strawberries (1/2 cup) Water (16oz)
<b>Snack</b>	LF Greek yogurt (8oz) Water (8oz+)	String cheese 1 medium piece of fruit, Water (8oz)	Water (8oz) Cucumbers & Tomatoes* with 2Tbsp. crumbled feta cheese	100 calorie nut packet 1 cup fruit Water (8oz)	Med. Size Fruit Water (16oz)	String cheese Water (8oz)	<b>Protein bar</b> Water (8oz)
<b>Lunch</b>	<b>Frozen Meal</b> Added non- starchy Vegetables* Water (16oz+)	Turkey or chicken (4 oz) w/ lettuce wrap* with ¼ avocado Vegetable soup Water (16oz)	Vegetarian burger (4 oz) with ¼ avocado on bagel thin Baby carrots* Water (16oz)	<b>Frozen Meal</b> Vegetables/Salad* 1 med. Fruit Water (16oz)	2 Tbsp. nut butter with 1 whole wheat English muffin Vegetables* Water (16oz)	1 cup Lentil Soup + Green beans* + 12- 15 Kashi® crackers Water (16oz+)	<b>Frozen meal</b> Veggie salad* Skim milk (8oz)
<b>Snack</b>	100 calorie nut packet and fruit (1 cup) Water (8oz+)	Veggies with salsa or 2 Tbsp. hummus	Protein snack bar (Think thin®/ Kashi®) Water (8oz)	String cheese Water (16oz)	100 calorie bag Popcorn Water (16oz)	Nugo® or Think Thin® fiber snack bar Water (8oz)	Small apple with peanut butter (1Tbsp) Water (8oz)
<b>Dinner</b>	Salmon (4-5 oz) Brown rice (2/3 cup) Broccoli*	<b>Frozen Meal</b> Vegetables* Pear Herbal Tea	<b>Frozen Meal</b> Steamed Vegetables* 1 cup LF Greek yogurt Water (16oz+)	Flatout® wrap Black beans (1/2 cup) ¼ cup LF cheese tomatoes/Salsa ½ avocado Water (16oz)	<b>Frozen Meal</b> Vegetables* 1 cup LF Greek yogurt Crystal Light®	<b>Frozen Meal</b> Vegetables* Water (16oz)	Tilapia* (4-5oz) Mixed vegetables* Quiona or whole wheat cous cous (2/3 cup)* Water (16oz)

**Frozen Meals** aim for 200-400 calories, 15-30 grams protein, +5 grams fiber, < 50 grams Carbohydrate, <600 mg sodium

Frozen Meals	Calories (cal)	Protein (grams)	Carbs
Kashi	270-350	15-20	30-50
Healthy Choice	250-330	15-20	36-50
Amy's (V, GF)	280-400	9-20	20-50
Smart Ones/Smart Made	250-320	15-25	40-50
Lean Cuisine	250-410	10-19	40-50
Cooking Light	170-220	3-20	35-55
LUVO "planted"	260-350	13-28	28-43

Other Frozen meals: Trader Joe's Reduced Guilt, Atkins, Saffron Road, Jimmy Dean's Delights, Special K, EVOL

Protein Drinks	Calories (cal)	Protein (grams)	Sugars (grams)
EAS Advant Edge Carb Control	110	17	1
Isopure Zero Carb	160	40	0
Muscle Milk light	100-160	15-20	0-1
Pure Protein	170	35	1
Orgain Protein Shake*	150	26	2
Premier Protein	160	30	1
Ensure High Protein	210	25	5
Evolve (Vegan)*	160	20	5

\*Offers plant based, dairy free option

Protein Powders	Calories (per scoop)	Protein (g)	Sugars (g)
Isopure Zero Carb & Unflavored	105	25	0
Designer Whey Protein	100	18	3
Optimum Nutrition 100% whey	120-130	24	1-2
EAS 100% Whey or Soy	120	23	1
Genisoy Protein powder*	110	25	0
Quest	100	23	1
Vega One Protein powder*	130	25	1
Orgain Protein Powder*	150-160	21	0-1

\*Offers plant based, dairy free option

Protein Bars	Calories	Protein (g)	Sugars (g)
Quest (GF)	190	20	0-1
Power Crunch	140-240	13-20	0-5
NuGo Slim (v)	180	17	1
Simply protein	150	15	1
EAS Myoplex Carb Control	260	25	2
Pure Protein	200	20	2
Think Thin (GF)	230	20	0-1
Julian Bakery Paleo (GF)	180-190	20	2
Oh Yeah (one) (GF)	180-200	20	1
Oatmega	190	14	5

Other Protein bars: Rx Bar, Orgain, Fit Joy, Kirkland protein bar; \*GF= Gluten-Free; V= vegan