

Meals	Menu Items								
BREAKFAST	<b>1 DD Breakfast</b> <b>1 DD Shake or Drink</b> 1 Dairy serving; 2 Fat servings								
AM SNACK	<b>1 DD Shake or Drink</b>								
LUNCH	<b>1 DD Lunch or Soup</b> 2 Protein servings; 2 ½ Fat servings; ½ Vegetable serving								
PM SNACK	<b>1 DD Bar or Snack</b> <b>1 DD Shake or Drink</b>								
DINNER	3 Protein servings; 3 Fat servings; 1 Vegetable serving								
EVENING SNACK	<b>1 DD Dessert</b> 1 Fruit serving								
<b>TYPICAL DAILY TOTALS</b>	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (40%)</th> <th>Carbs (21%)</th> <th>Fat (39%)</th> </tr> </thead> <tbody> <tr> <td>1500</td> <td>154g</td> <td>80g</td> <td>67g</td> </tr> </tbody> </table>	Calories	Protein (40%)	Carbs (21%)	Fat (39%)	1500	154g	80g	67g
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**Important Notes:** If you have a medical condition, please consult with your doctor before following this meal plan.

## Meal Plan Instructions

- Do not skip meals! Be sure to eat ALL of the Diet Direct Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the Product Selection List to organize and plan your Diet Direct meals.
- Use the Grocery Food Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.
- **DD = Diet Direct**

## Example Day - 1500 Calories

1 DD BLUEBERRY PANCAKE WITH 1 TSP BUTTER, ¼c WHIPPED CREAM, 1 DD MOCHA KETO SHAKE W/ 1c WHOLE MILK	<b>BREAKFAST</b>
1 DD BERRY KETO SMOOTHIE	<b>SNACK</b>
1 DD TORTILLA KETO SOUP, 2oz CHICKEN THIGHS WITH 2 TSP OLIVE OIL, ¼c COOKED SPINACH WITH 1 TSP OLIVE OIL, LEMON JUICE & DRIED SPICES	<b>LUNCH</b>
1 DD VANILLA MEAL REPLACEMENT BAR, 1 DD KETO COFFEE ORIGINAL WITH CREAM	<b>SNACK</b>
2oz IMPOSSIBLE BURGER WITH MUSTARD, 1 SLICE OF BACON, 1oz CHEDDAR CHEESE, 2 TBSP AVOCADO, ½c COOKED MUSHROOMS IN 1 TSP BUTTER	<b>DINNER</b>
1 DD DARK CHOCOLATE PUDDING, 1 ¼c STRAWBERRIES	<b>DESSERT</b>