

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> ½ Fat serving; 1 Fruit serving			
LUNCH	<b>1 DD Lunch or Soup</b> 4 Protein servings; 2½ Fat servings; 1 Vegetable serving			
PM SNACK	<b>1 DD Bar or Snack</b> <b>1 DD Shake or Drink</b>			
DINNER	5 Protein servings; 3 Fat servings; 1 Vegetable serving			
EVENING SNACK	<b>1 DD Dessert</b> ½ Fruit serving			
<b>TYPICAL DAILY TOTALS</b>	<b>Calories</b>	<b>Protein (40%)</b>	<b>Carbs (20%)</b>	<b>Fat (40%)</b>
	1800	184g	90g	82g

**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 - 1800 Calories

1 DD COCOA CEREAL WITH 1c WHOLE MILK, 1 DD KETO COFFEE ORIGINAL WITH CREAM WITH STEVIA DROPS, 2 SLICES OF BACON	<b>BREAKFAST</b>
1 DD VANILLA KETO SHAKE, ½ TBSP FLAX SEEDS, ¾c BLUEBERRIES	<b>SNACK</b>
2 SLICES OF DD PROTEIN GRAIN & BROWN BREAD, 4 TBSP AVOCADO WITH PINK HIMALAYAN SEA SALT, 2 HARD BOILED EGGS, 2oz TURKEY, ½c COOKED ASPARAGUS W/ 1 TSP OLIVE OIL	<b>LUNCH</b>
1 DD BBQ KETO TORTILLA CHIPS, 1 DD BANANA CRÈME KETO SMOOTHIE	<b>SNACK</b>
5oz CHICKEN LEG COOKED IN 2 TSP OLIVE OIL & SPICES, ½c COOKED SPAGHETTI SQUASH WITH 1 TSP OLIVE OIL & SPICES	<b>DINNER</b>
1 DD CHOCOLATE MUG CAKE, 1 SMALL APPLE	<b>DESSERT</b>