

Meals	Menu Items
BREAKFAST	<b>1 Biocare Shake</b> <b>1 DD Breakfast</b> ½ Fruit serving
AM SNACK	1 Fruit serving
LUNCH	<b>1 DD Lunch or Soup</b> 3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings
PM SNACK	<b>1 Biocare Shake</b>
DINNER	4 Protein servings; 1 Fat serving; 1 ½ Vegetable servings; 1/2 Starch serving
EVENING SNACK	<b>1 DD Bar or Snack</b> 1 Fruit serving

TYPICAL DAILY TOTALS	Calories	Protein (39%)	Carbs (35%)	Fat (26%)
	1300	136g	118g	37g

**Important Notes:** If you have a medical condition, please consult with your doctor before following this meal plan.

\* For a 1500 calorie plan add 1 carbohydrate serving, 1 protein serving, 1/2 fruit serving.

\* For a 1700 calorie plan add 1/2 fruit serving, 2 fat servings, 4.5 protein servings, 1 vegetable serving, 1/2 carbohydrate serving.

## 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 - 1300 Calories

1 STRAWBERRIES & CREAM BIOCARE SHAKE, 1 DD APPLE CINNAMON OATMEAL, ½c RASPBERRIES	BREAKFAST
½c UNSWEETENED APPLESAUCE	SNACK
1 DD MINESTRONE SOUP, 2 TSP OLIVE OIL, 3oz MIRACLE NOODLES, SPICE MIXES, 3oz CHICKEN BREAST, 1c COOKED BROCCOLI, ¼c COOKED CAULIFLOWER	LUNCH
1 STRAWBERRIES & CREAM BIOCARE SHAKE	SNACK
¼c MASHED POTATOES, 1TBS REDUCED FAT BUTTER, SPICE MIXES, DIJON MUSTARD, 4oz PORK CHOP, ½c COOKED SUMMER SQUASH, ¼c COOKED ZUCCHINI	DINNER
1 DD CHOCOLATE CHIP COOKIE, 1 ¼c STRAWBERRIES	DESSERT