



DietDirect

GLP-1 Plan

WELCOME TO DIET DIRECT

Congratulations on taking the first step towards achieving your health and wellness goals!

The Diet Direct GLP-1 Plan focuses on educating individuals about nutrition and portion control while promoting healthier habits. The meal plan is centered around smaller frequent meals, with plenty of protein. This helps your body produce GLP-1, a hormone that helps you feel full and preserve muscle mass. Emphasis is placed on lean protein sources and easily digestible foods to minimize stomach discomfort while incorporating soluble fiber to reduce potential side effects. The plan's goal is to improve metabolic health and empower participants with the knowledge of portion control and sustainable habits.

Inside this guide, you'll find all of the tools to help you successfully follow your Diet Direct GLP-1 Plan.

What's Inside

FAQ's

Your Meal Plan, Basic | Core | Premium

Grocery Food Selection List

Product Selection List

Food & Activity Diary

More on What's Inside: Be sure to take some time to review each page of this booklet.

See the **FAQ section** for answers to some common questions to help you thrive and embrace your new healthy lifestyle.

Be sure to locate your specific **Meal Plan** (in Premium, Core, or Basic levels) that you will be following for your selected duration. On your plan you will see references to both Diet Direct products and Grocery servings. Use the **Product Selection List** and the **Grocery Food Selection List** to make your choices each day. We've also included a **Food & Activity Diary** for you to use to keep track of everything you eat, drink, and do each day.

Please don't hesitate to contact our Customer Care Team via email at hello@dietdirect.com. You can also Chat live or call us at 800-567-3438 (9a-5p EST) for any additional questions or support. Should you need any additional copies of the plan materials, printable PDFs are available on our website. We are here to help in any way that we can. You've got this!

Visit [DietDirect.com/Products](https://www.dietdirect.com/products)

For More Great Diet Direct Products

DietDirect

FREQUENTLY ASKED QUESTIONS

Q: What advantages do Diet Direct products offer when used alongside a GLP-1 medication?

A: Diet Direct products are abundant in protein, aiding in the preservation of muscle mass during weight loss. Most of our products are fiber-rich, which can alleviate digestive sluggishness. When appetite decreases, opting for nutrient-dense choices in smaller serving sizes is beneficial.

Each item is meticulously portioned to deliver optimal nutrition. Our products seamlessly integrate into meal plans, simplifying knowing what and when to eat. Recognizing the demands of busy lifestyles, all our offerings are ready to consume or require minimal preparation time.

Q: How often should I drink the Biocare shakes?

A: It is best to schedule the Biocare Shakes 5 to 6 hours apart. The meal plan design already takes this into account.

Q: Do I need to eat the meals and snacks in the exact order shown?

A: No, you do not. We want you to feel confident about adapting the plan based on your tastes and preferences. You can schedule your Diet Direct options when it is most convenient. We provide the structure, you decide what works best for you. Examples: You can have your Dessert for the afternoon snack and Bars and Snacks for the evening snack.

Q: What are the macro percentages of the Diet Direct GLP-1 Plan?

A: The GLP-1 meal plan is protein-forward. The macronutrient breakdown is 40% protein, 35% carbohydrates, and 25% fat. We have centered this revised plan around higher protein intake to preserve muscle mass during the weight-loss phase.

Q: What is the rationale behind emphasizing protein in the Diet Direct GLP-1 Plan?

A: The emphasis on protein in the GLP-1 meal plan stems from its beneficial effects on satiety, weight management, and blood sugar control. Protein-rich foods have a high satiety value, meaning they help individuals feel fuller for extended periods, reducing the likelihood of overeating or snacking between meals. Moreover, protein is crucial in preserving lean muscle mass, particularly during weight loss efforts, and is essential for maintaining metabolic health. Additionally, protein consumption can help stabilize blood sugar levels by slowing down the digestion and absorption of carbohydrates, leading to more controlled post-meal glucose spikes. Overall, prioritizing protein in the GLP-1 meal plan supports the medication's efficacy in managing appetite and optimizing metabolic outcomes.

Q: Why is fiber considered essential when using a GLP-1 medication?

A: Adequate fiber intake is essential when using a GLP-1 medication due to its various benefits for metabolic health and digestive function. GLP-1 medications work by slowing down the rate at which the stomach empties, which can sometimes lead to gastrointestinal side effects such as nausea or constipation. Fiber-rich foods can help alleviate these side effects by promoting regularity and supporting a healthy digestive system. Additionally, fiber aids in controlling blood sugar levels by slowing glucose absorption from the digestive tract, thus preventing rapid spikes and promoting more stable levels throughout the day. By incorporating fiber into the diet, individuals can enhance the effectiveness of a GLP-1 medication while also supporting overall well-being and digestive comfort.

Q: In what ways does the Diet Direct GLP-1 Plan alleviate potential side effects?

A: Managing side effects while on a GLP-1 medication involves several strategies. Maintaining a consistent and healthy eating pattern can help alleviate gastrointestinal discomfort. Opting for smaller, more frequent meals rather than large ones may mitigate symptoms like nausea or bloating. It's also important to stay hydrated and incorporate plenty of fiber-rich foods into the diet to promote regularity and digestive health. Adopting a well-rounded strategy like the Diet Direct GLP-1 diet can assist in addressing side effects associated with GLP-1 medications. Always seek advice from your healthcare provider if you experience persistent or severe side effects.

Q: What is the plan's reason for maintaining similar calorie levels across all meal occasions?

A: Eating frequent smaller meals while taking a GLP-1 medication is vital for several reasons. Firstly, smaller meals can help manage potential gastrointestinal side effects commonly associated with GLP-1 medications, such as nausea or bloating. By consuming smaller portions, the stomach is less likely to become overly full, reducing the likelihood of discomfort. Additionally, smaller, more frequent meals can help regulate blood sugar levels more effectively throughout the day, which is particularly beneficial for individuals with diabetes. By spacing out meals, the body can better manage glucose metabolism, leading to more stable energy levels and reduced risk of blood sugar fluctuations. Adopting this eating pattern can enhance medication tolerance, improve digestive comfort, and support better glycemic control for individuals using GLP-1 medications.

Q: How would you suggest incorporating fluids into my daily consumption?

A: When incorporating fluids while taking a GLP-1 medication, it's pivotal to prioritize hydration while being mindful of timing and quantity to avoid potential interactions or side effects. Drinking water throughout the day, between meals, and with medications can help prevent dehydration. Refraining from drinking fluids during meals is recommended to avoid liquid intake from filling you up and potentially further suppressing your appetite. The optimal approach is consuming fluids over 30 minutes before and after each meal or snack. Monitoring urine color and frequency can indicate hydration status, with pale yellow urine a sign of adequate hydration. Consulting with a healthcare provider for personalized guidance on fluid intake while taking a GLP-1 medication is recommended to ensure optimal medication efficacy and overall health.

Q: How can the Diet Direct GLP-1 Plan help manage a decrease in appetite?

A: Managing a decrease in appetite while taking a GLP-1 medication involves several strategies to ensure adequate nutrition and well-being. Firstly, it's essential to focus on consuming nutrient-dense foods that provide essential vitamins, minerals, and protein, even if appetite is reduced. Opting for smaller, more frequent meals and snacks throughout the day can help ensure adequate calorie intake while minimizing discomfort. Additionally, incorporating high-fiber Diet Direct foods can help promote satiety and regulate digestive function. Staying hydrated by drinking plenty of fluids is crucial, as dehydration can exacerbate appetite suppression and other side effects. Overall, prioritizing balanced nutrition, hydration, and regular monitoring can help manage a decrease in appetite while on a GLP-1 medication.

Q: Will the varying options within the Premium category impact my weight loss goals?

A: Minor differences among the Premium products should not interfere with your health goals. Achieving a balanced diet involves evaluating your overall nutritional intake rather than fixating on individual meals or specific foods. It's essential to understand that the collective composition of your dietary choices significantly influences your results. Embracing this comprehensive perspective enables you to cultivate eating patterns that foster a well-rounded and nourishing lifestyle.

Q: What sets the Diet Direct GLP-1 Plan apart from other diets available in the market?

A: The Diet Direct GLP-1 plan distinguishes itself from other diets on the market by offering a comprehensive approach to weight management and metabolic health. This specialized plan combines the benefits of Diet Direct's nutritious products with the efficacy of GLP-1 medications, resulting in a synergistic effect that promotes satiety, supports weight loss goals, and helps manage blood sugar levels more effectively than traditional diet plans. Additionally, the Diet Direct GLP-1 plan seamlessly integrates seven premium Diet Direct products, facilitating better adherence to the GLP-1 regimen.

Q: What are the benefits of adhering to a specialized plan while utilizing a GLP-1 medication?

A: Combining a GLP-1 medication with a specialized plan, such as the one offered by Diet Direct, can enhance the medication's effectiveness, potentially leading to greater improvements in metabolic health and overall well-being. By adhering to a specialized plan, you are more likely to develop sustainable habits that support long-term health and well-being and improve overall quality of life.

Q: How much weight will I lose?

A: Weight loss outcomes vary individually, as factors such as metabolism and body composition play a significant role. Our program recognizes this diversity by offering different calorie levels, allowing for customization based on personal needs. Should you find yourself losing weight too rapidly or encountering a plateau while taking a GLP-1 medication, we recommend that you consult with your healthcare provider.

Q: Can I exercise on this plan?

A: Yes, incorporating exercise into your health journey is encouraged, but you may need to tailor the intensity of your workouts to your ability and needs. Given that our plan consists of a protein-rich diet (comprising 40% of the overall intake), it is particularly well-suited for low-impact exercises. It can effectively complement a strength training program. However, before embarking on any new exercise regimen, it's important to consult with your physician to ensure that the chosen activities align with your individual health needs and conditions. This precautionary step helps guarantee a safe and effective integration of physical activity into your overall wellness journey.

Q: What are GLP-1 medications?

A: GLP-1 medications, or glucagon-like peptide-1 receptor agonists, are a class of medications used primarily in managing type 2 diabetes mellitus (T2DM) and, in some cases, obesity. These medications mimic the action of the natural hormone glucagon-like peptide-1 (GLP-1) in the body. GLP-1 is typically released from the intestine in response to food intake and plays a crucial role in regulating blood sugar levels by stimulating insulin secretion, inhibiting glucagon release, slowing gastric emptying, and promoting feelings of fullness.

GLP-1 medications are administered via injection and are available in various formulations, including daily or weekly injections. They are typically used when other oral medications for diabetes management have not provided adequate control of blood sugar levels. In addition to their glucose-lowering effects, GLP-1 medications may also lead to weight loss, making them particularly beneficial for overweight or obese individuals.

Common examples of GLP-1 medications include exenatide (Byetta, Bydureon), liraglutide (Victoza, Saxenda), dulaglutide (Trulicity), semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro) and lixisenatide (Adlyxin).

These medications are often prescribed as part of a comprehensive treatment plan that includes behavioral modification, including diet and exercise.

The timeframe for noticing weight loss with GLP-1 medications, or glucagon-like peptide-1 receptor agonists, can vary from person to person. Generally, some individuals may start seeing weight loss within the first few weeks of starting treatment, while others may take longer.

The weight loss effects of GLP-1 medications are often gradual and may continue over several months of treatment. Factors such as individual metabolism, dietary habits, level of physical activity, and starting weight can influence the rate and extent of weight loss experienced with these medications.

To maximize the potential for weight loss with GLP-1 medications, it's essential to follow your healthcare provider's prescribed dosing regimen and lifestyle recommendations. Additionally, combining medication with a balanced diet and regular exercise can enhance the effectiveness of weight loss efforts.

If you have specific concerns or questions about the timeline for weight loss with GLP-1 medications, it's best to discuss them with your healthcare provider for personalized guidance and monitoring.

Q: How do GLP-1 medications work?

A: GLP-1 medications, also known as glucagon-like peptide-1 receptor agonists, mimic the action of a natural hormone called glucagon-like peptide-1 (GLP-1) in the body. Here's how they work:

Stimulating Insulin Secretion: GLP-1 medications enhance insulin secretion from the pancreas in response to elevated blood sugar levels. This helps to lower blood sugar levels after meals, preventing hyperglycemia.

Inhibiting Glucagon Release: GLP-1 also suppresses the release of glucagon, a hormone that usually raises blood sugar levels by promoting the release of glucose from the liver. By inhibiting glucagon release, GLP-1 medications further contribute to blood sugar control.

Slowing Gastric Emptying: GLP-1 medications slow the emptying of the stomach contents into the small intestine. This leads to a more gradual release of glucose into the bloodstream after meals, helping to prevent spikes in blood sugar levels.

Increasing Satiety: GLP-1 medications act on the brain to increase feelings of fullness and satiety, which can help with weight loss and weight management in individuals who are overweight or diagnosed with obesity.

The actions of GLP-1 medications contribute to improved blood sugar control, reduced risk of hypoglycemia, and potential weight loss benefits, making them valuable therapeutic options for individuals with type 2 diabetes or obesity.

Q: How long does it take for GLP-1 medications to start working?

A: The onset of action for GLP-1 medications, or glucagon-like peptide-1 receptor agonists, can vary depending on the specific medication and individual response. However, GLP-1 medications typically begin to show their effects on blood sugar levels relatively quickly after administration.

For some people, GLP-1 medications may start to lower blood sugar levels within hours after the first dose. However, it's essential to note that the full effects of GLP-1 medications on blood sugar control may take several days to weeks to become fully apparent. This gradual onset of action is often observed as the medication builds up in the body and reaches optimal therapeutic levels.

To ensure the effectiveness of GLP-1 medications, it's also essential to follow the prescribed dosing schedule and administration instructions provided by your healthcare provider. Additionally, factors such as diet, exercise, and other concurrent medications can influence how quickly and effectively GLP-1 medications work to control blood sugar levels.

Q: What are the common side effects of GLP-1 medications?

A: Common side effects of GLP-1 medications, or glucagon-like peptide-1 receptor agonists, may include:

Nausea: One of the most frequently reported side effects, particularly when initiating treatment. It usually diminishes over time as the body adjusts to the medication.

Vomiting: Some individuals may experience vomiting, especially during the initial weeks of treatment. Like nausea, this side effect often improves with continued use.

Diarrhea: GLP-1 medications can lead to gastrointestinal disturbances such as diarrhea in some people. This side effect may decrease as the body adapts to the medication.

Decreased Appetite: Many users experience a reduced appetite, which can contribute to weight loss but may also lead to decreased food intake and potential nutritional deficiencies if not managed appropriately.

Injection Site Reactions: Since GLP-1 medications are administered via injection, users may experience redness, swelling, or irritation at the injection site. Rotating injection sites and proper injection techniques can help minimize these reactions.

Hypoglycemia: While GLP-1 medications do not typically cause hypoglycemia (low blood sugar) when used alone, combining them with other diabetes medications, such as insulin or sulfonylureas may increase the risk of hypoglycemia.

Headache: Some individuals may experience headaches as a side effect of GLP-1 medications, although this is less common than gastrointestinal symptoms.

It's essential to discuss any side effects experienced with your healthcare provider, as they can guide you in managing symptoms and adjusting treatment if necessary. Additionally, not everyone will experience these side effects, and individual responses to medications can vary.

Q: Are GLP-1 medications safe for long-term use?

A: GLP-1 medications, or glucagon-like peptide-1 receptor agonists, are generally considered safe for long-term use when used as prescribed and under the supervision of a healthcare provider. Clinical trials and real-world studies have demonstrated their safety and efficacy in managing type 2 diabetes mellitus (T2DM) and, in some cases, obesity over extended periods.

GLP-1 medications may be associated with side effects and considerations like any medication. Common side effects include nausea, vomiting, diarrhea, and potential injection site reactions. These side effects are often transient and tend to improve over time.

Additionally, there have been concerns about potential rare side effects, such as pancreatitis and thyroid tumors associated with some GLP-1 medications, although the overall risk appears to be low. Regular monitoring and communication with healthcare providers can help mitigate these risks and ensure early detection if any adverse effects occur.

Furthermore, the long-term cardiovascular safety of GLP-1 medications has been studied extensively, with some medications showing cardiovascular benefits in addition to their glucose-lowering effects.

The decision to use GLP-1 medications for long-term management should be individualized based on factors such as the patient's medical history, risk factors, preferences, and treatment goals. Healthcare providers will assess the balance of benefits and risks and monitor patients regularly to ensure safety and optimize treatment outcomes.

Meals	Menu Items
BREAKFAST	1 Biocare Shake 1 Fruit serving
AM SNACK	1 Fat serving 1 Fruit serving; 2 Protein servings
LUNCH	1 Fat serving 4 Protein servings; 1 ½ Vegetable servings
PM SNACK	1 Biocare Shake
DINNER	½ Carbohydrate serving; 1 Fat serving; 4 Protein servings; 1 ½ Vegetable servings
EVENING SNACK	1 DD Bar or Snack

TYPICAL DAILY TOTALS	Calories	Protein (40%)	Carbs (36%)	Fat (24%)
	1300	134g	99g	46g

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, 2 protein servings, 1 vegetable serving.

* For a 1700 calorie plan add 1 fat serving, 3.5 protein servings, 2 carbohydrate servings, 1 vegetable 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 CHOCOLATE BIOCARE SHAKE, ¾c BLUEBERRIES	BREAKFAST
2oz OF 1% COTTAGE CHEESE, 1 6oz PEACH, 1 TBSP PUMPKIN SEEDS	SNACK
1 TSP OLIVE OIL, DRY SPICES, BLACK PEPPER, LEMON JUICE, 4oz CHICKEN BREAST, 1c COOKED BROCCOLI, UNSWEETENED TEA	LUNCH
1 CHOCOLATE BIOCARE SHAKE	SNACK
1/2c BUTTERNUT SQUASH, 1 TBSP REDUCED FAT BUTTER, DRY SPICES, SOY SAUCE, LIME JUICE, HOT PEPPERS, 4.5oz TENDERLOIN STEAK, 1c COOKED MUSHROOMS	DINNER
1 DD FUDGE GRAHAM MEAL REPLACEMENT BAR	DESSERT

Meals	Menu Items
BREAKFAST	1 Biocare Shake 1 DD Breakfast ½ Fruit serving
AM SNACK	1 Fruit serving
LUNCH	1 DD Lunch or Soup 3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings
PM SNACK	1 Biocare Shake
DINNER	4 Protein servings; 1 Fat serving; 1 ½ Vegetable servings; 1/2 Starch serving
EVENING SNACK	1 DD Bar or Snack 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 DDMINSTRONESOUP, 2TSPOLIVEOIL, 3ozMIRACLENOODLES, SPICEMIXES, 3ozCHICKENBREAST, 1cCOOKEDBROCCOLI, ¼c COOKED CAULIFLOWER	LUNCH
1 STRAWBERRIES & CREAM BIOCARE SHAKE	SNACK
¼cMASHEDPOTATOES, 1TBSREDUCEDFATBUTTER, SPICEMIXES, DIJONMUSTARD, 4ozPORKCHOP, ½cCOOKEDSUMMERSQUASH, ¼c COOKED ZUCCHINI	DINNER
1 DD CHOCOLATE CHIP COOKIE, 1 ¼c STRAWBERRIES	DESSERT

Meals	Menu Items
BREAKFAST	1 Biocare Shake 1 DD Breakfast 1 Fruit serving
AM SNACK	1 DD Fiber Drink 1 DD Bar or Snack
LUNCH	1 DD Lunch or Soup 3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings
PM SNACK	1 Biocare Shake
DINNER	3 Protein servings; 1 Fat serving; 1 ½ Vegetable servings; ½ Starch serving
EVENING SNACK	1 DD Dessert 1 Fat serving

TYPICAL DAILY TOTALS	Calories	Protein (39%)	Carbs (35%)	Fat (26%)
	1300	141g	105g	42g

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, 2 protein servings, 1 vegetable serving

* For a 1700 calorie plan add 2 fat servings, 4 protein servings, 1.5 vegetable servings, 1 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 CHOCOLATE BIOCARE SHAKE, 1 DD MAPLE BROWN SUGAR OATMEAL, 1 4oz BANANA	BREAKFAST
1 DD VERY BERRY FIBER DRINK, 1 DD CINNAMON MEAL REPLACEMENT BAR	SNACK
1 DD TOMATO SOUP, 2 TBSP REDUCED FAT SOUR CREAM, 3oz SALMON, 1 ½c RAW SPINACH, DRY HERBS, BLACK PEPPER, RED WINE VINEGAR, CAPERS	LUNCH
1 CHOCOLATE BIOCARE SHAKE	SNACK
3oz SIRLOIN, 1 REDUCED CALORIE SLICED BREAD, 1 TSP FULL FAT BUTTER, ¾c COOKED PEPPERS	DINNER
1 DD DOUBLE CHOCOLATE CAKE, 6 ALMONDS	DESSERT

GROCERY FOOD SELECTION LIST

Each option = 1 Serving

PROTEIN Serving | 1 Serving = 1 oz or specified measurement

- Whole egg - 1 each
- Egg Whites, whole - 2 each
- Egg Whites, liquid - ¼ cup
- Egg substitute - ¼ cup
- Tuna canned in water - 1 oz
- Shrimp - 1 oz
- Scallops - 1 oz
- Lobster - 1 oz
- Clams - 1 oz
- Mussels - 1 oz
- Oysters - 1 oz
- Salmon - 1 oz
- Haddock - 1 oz
- Flounder - 1 oz
- Cod - 1 oz
- Halibut - 1 oz
- Tilapia - 1 oz
- Tuna - 1 oz
- Sardines, canned - 2
- Orange roughy - 1 oz
- Mahi Mahi - 1 oz
- Sole - 1 oz
- Chicken breast - 1 oz
- Turkey breast - 1 oz
- Poultry without skin - 1 oz
- Pork, lean: loin, chop, ham - 1 oz
- Canadian bacon - 1 oz
- Bison - 1 oz
- Buffalo - 1 oz
- Sirloin steak - 1 oz
- Tenderloin steak - 1 oz
- Beef, ground round <90% fat, sirloin, tenderloin - 1 oz
- Turkey bacon, low fat - 3 slices
- Bone broth - 1 cup
- Chomps meat stick - 1 stick
- Beef jerky - 1 piece
- 1% Cottage cheese - ¼ cup
- Greek yogurt, non fat and reduced fat - ⅓ cup
- Skyr yogurt, non fat and reduced fat - ⅓ cup
- Ricotta cheese, non fat and reduced fat - ¼ cup
- Kefir, non-fat
- Fat free cheese - 1 each
- 1-2% milkfat cheese - 1 each
- Tofu - 4 oz
- Tempeh - ¼ cup
- Edamame - ½ cup
- Meatless ground - 2 each

STARCH Serving

- Bread**
- Bread, whole-grain - 1 slice
- Bread, reduced-calorie - 2 slices
- Whole wheat English muffin - ½
- Whole wheat bun - ½
- Whole wheat pita (6 inches across) - ½
- Tortilla, whole wheat (6 inches across) - 1
- Grains**
- Couscous - ⅓ cup
- Pasta, cooked - ⅓ cup
- Quinoa, cooked - ⅓ cup
- Rice, cooked: white, brown - ⅓ cup
- Wild rice, cooked - ½ cup
- Starchy vegetables**
- Corn - ½ cup
- Corn on the cob, large - ½ cob
- Mixed vegetables with corn, peas or pasta - 1 cup
- Parsnips - ½ cup
- Plantain, ripe - ⅓ cup
- Potato, large, baked with skin - ¼ (3 oz)
- Potato, mashed - ½ cup
- Pumpkin, canned - 1 cup
- Spaghetti or pasta sauce - ½ cup
- Squash: acorn, butternut - 1 cup
- Succotash - ½ cup
- Yam or sweet potato, plain - ½ cup (4 oz)

DAIRY Serving

- Skim Milk - 1 cup
- 1% Milk - 1 cup
- Soy Milk, unsweetened - 1 cup
- Pea Protein Milk, unsweetened - 1 cup

FRUIT Serving

- Apple, small (2 inches across) - 1 (4 oz)
- Apricots - 4 (5 ½ oz)
- Banana, extra-small - 1 (4 oz)
- Blackberries, blueberries - ¾ cup
- Cantaloupe, honeydew, papaya, cubed - 1 cup (11 oz)
- Cherries - 12 (3 oz)
- Dates - 3
- Grapefruit, large - ½ (11 oz)
- Grapes, small - 17 (3 oz)
- Kiwi - 1 (3 ½ ounces)
- Mango, cubed - ½ cup
- Nectarine, small - 1 (5 oz)
- Orange, small - 1 (6 ½ oz)
- Peach, medium - 1 (6 oz)
- Pear, large - ½ (4 oz)
- Pineapple, cubed - ¾ cup
- Plums, small - 2 (5 oz)
- Raspberries - 1 cup
- Strawberries - 1 ¼ cup
- Tangerines, small - 2 (8 oz)
- Watermelon, cubed - 1 ¼ cup (13 ½ oz)
- Dried fruit**
- Apples - 4 rings
- Apricots - 8 halves
- Blueberries, cherries, cranberries, mixed fruit - 2 tbsp
- Figs - 1 1/2
- Prunes - 3
- Raisins - 2 tbsp
- Canned fruit, unsweetened**
- Applesauce, apricots, cherries, peaches, pears, pineapple, plums - ½ cup
- Grapefruit, mandarin oranges - ¾ cup

GROCERY FOOD SELECTION LIST

Each option = 1 Serving

VEGETABLE Serving | 1 cup raw OR 1/2 cup cooked

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mung bean sprouts | <input type="checkbox"/> Sugar snap peas |
| <input type="checkbox"/> Artichoke hearts | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chayote | <input type="checkbox"/> Okra | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Baby corn | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onions | <input type="checkbox"/> Tomato: raw, canned,
sauce, juice |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Asian radish or daikon | <input type="checkbox"/> Tomato sauce, no
added sugar |
| <input type="checkbox"/> Beans: green, Italian, wax | <input type="checkbox"/> Green onions or scallions | <input type="checkbox"/> Palmini noodles | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Greens: collard, kale, mustard,
turnip | <input type="checkbox"/> Pea pods | <input type="checkbox"/> Vegetable juice cocktail |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Jicama | <input type="checkbox"/> Peppers, all varieties | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Radishes | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Leeks | <input type="checkbox"/> Rutabaga | |
| <input type="checkbox"/> Cabbage: bok choy,
Chinese, green | <input type="checkbox"/> Mixed vegetables without
corn, peas or pasta | <input type="checkbox"/> Sauerkraut | |
| <input type="checkbox"/> Carrots | | <input type="checkbox"/> Soybean sprouts | |
| | | <input type="checkbox"/> Spinach | |

FAT Serving

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Olive oil - 1 tsp | <input type="checkbox"/> Mayonnaise, reduced
fat - 1 tbsp | <input type="checkbox"/> Macademia nuts - 3 | <input type="checkbox"/> Tahini Sauce - 2 tsp |
| <input type="checkbox"/> Coconut oil - 1 tsp | <input type="checkbox"/> Salad dressing, full fat - 1 tbsp | <input type="checkbox"/> Cashew nuts - 6 | <input type="checkbox"/> Black olives - 8 large |
| <input type="checkbox"/> Vegetable oil - 1 tsp | <input type="checkbox"/> Salad dressing, reduced fat
- 2 tbsp | <input type="checkbox"/> Brazil Nuts - 2 | <input type="checkbox"/> Green olives with pimienta
- 10 large |
| <input type="checkbox"/> Butter, full fat - 1 tsp | <input type="checkbox"/> Sour cream, full fat - 2 tbsp | <input type="checkbox"/> Hazelnuts - 5 | <input type="checkbox"/> Prosciutto - 1 oz |
| <input type="checkbox"/> Butter, reduced-fat - 1 tbsp | <input type="checkbox"/> Avocado - 2 tbsp | <input type="checkbox"/> Walnuts - 4 halves | <input type="checkbox"/> Hemp seeds - 1 tbsp |
| <input type="checkbox"/> Ghee - 1 tsp | <input type="checkbox"/> Nut butters - 1 ½ tsp | <input type="checkbox"/> Pecans - 4 halves | <input type="checkbox"/> Coconut - 2 tbsp |
| <input type="checkbox"/> Bacon, pork - 1 slice | <input type="checkbox"/> Almonds - 6 | <input type="checkbox"/> Pistachios - 16 | <input type="checkbox"/> Sour cream, reduced fat
- 3 tbsp |
| <input type="checkbox"/> Cream cheese, full fat - 1 tbsp | <input type="checkbox"/> Peanuts - 10 | <input type="checkbox"/> Pinenuts - 1 tbsp | |
| <input type="checkbox"/> Cream cheese, reduced fat
- 1 ½ tbsp | <input type="checkbox"/> Pumpkin seeds - 1 tbsp | <input type="checkbox"/> Chia seeds - 1 tbsp | |
| <input type="checkbox"/> Mayonnaise, full fat - 1 tsp | | <input type="checkbox"/> Flaxseeds - 1 tbsp | |
| | | <input type="checkbox"/> Sesame seeds - 1 tbsp | |

FREE Serving | Unlimited unless otherwise noted

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Pink Himalayan sea salt or
any salt | <input type="checkbox"/> Hot peppers | <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Walden Farm Syrup,
Sugar free |
| <input type="checkbox"/> Dry herbs, no added sugar | <input type="checkbox"/> Mustard | <input type="checkbox"/> Cocoa powder | <input type="checkbox"/> Unsweetened coffee |
| <input type="checkbox"/> Dry spices, no added sugar | <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Unsweetened tea |
| <input type="checkbox"/> Spice mixes, no added sugar | <input type="checkbox"/> All vinegar, except balsamic | <input type="checkbox"/> Stevia drops | <input type="checkbox"/> Shirataki Noodles |
| <input type="checkbox"/> Herb mixed, no added sugar | <input type="checkbox"/> Lemon juice | <input type="checkbox"/> Erythritol | <input type="checkbox"/> Miracle Noodles |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Lime juice | <input type="checkbox"/> Truvia | <input type="checkbox"/> Seaweed snack |
| <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Hot sauce, no added sugar | <input type="checkbox"/> Monk fruit | |
| | <input type="checkbox"/> Capers | <input type="checkbox"/> Xylitol | |

Diet Direct Meal Replacements

Biocare GLP-1 Beverage, Chocolate
Biocare GLP-1 Beverage, Strawberries & Cream

Diet Direct Protein Breakfast

Protein Oatmeal, Apple & Cinnamon
Protein Oatmeal, Maple Brown Sugar
Low Carb Protein Cereal, Chocolate Peanut Butter
Low Carb Protein Cereal, Cocoa
Low Carb Protein Cereal, Cinnamon
Low Carb Protein Cereal, Honey Nut
Low Carb Protein Cereal, Fruity
Low Carb Protein Cereal, Variety Pack
Protein Pancake & Waffle Mix, Blueberry
Protein Pancake & Waffle Mix, Chocolate Chip
Protein Pancake & Waffle Mix, Original
Protein Pancake & Waffle Mix, Variety Pack
Protein Fruit Drink, Berry Blend
Protein Fruit Drink, Cran-Grape
Protein Fruit Drink, Tangy Orange
Protein Fruit Drink, Variety Pack

Diet Direct Lunch & Soup

Protein Soup Mix, Chicken Bouillon
Protein Soup Mix, Chicken Noodle
Protein Soup Mix, Cream of Broccoli
Protein Soup Mix, Cream of Chicken
Protein Soup Mix, Cream of Tomato
Protein Soup, Chicken Noodle
Protein Soup, Chicken & Vegetable Cream
Protein Soup, Tomato
Protein Soup, Variety Pack
Protein Soup, Minestrone
Protein Meal, Classic Sloppy Joe Mix
Protein Meal, Zesty Vegetable Chili with Beans
Instant Mashed Potatoes, Garlic
Instant Mashed Potatoes, Sour Cream & Chives

Diet Direct Bars & Snacks

Meal Replacement Bar, Berry
Meal Replacement Bar, Vanilla
Protein Pretzels
Protein Cracker Snack Chips, Cheddar
Protein Cracker Snack Chips, Honey Mustard
Protein Snack Crisps, Party Mix
Protein Snack Crisps, Pizza
Popper Puff Snacks, Chocolate
Popper Puff Snacks, Caramel Peanut
Protein & Fiber Bar, Fluffy Nutter
Protein & Fiber Bar, Fluffy Vanilla Crisp
Protein & Fiber Bar, Fluffy Salted Toffee Pretzel
Protein & Fiber Bar, Fluffy S'more Crisp

Pea Protein Chips, Cool Ranch
Pea Protein Chips, Salt & Vinegar
Pea Protein Chips, Hickory BBQ
Protein Cookie, Chocolate Chip

Diet Direct Desserts

Protein Pudding Mix, Banana Delight
Protein Pudding Mix, Chocolate Chip with Marshmallows
Protein Pudding Mix, Dark Chocolate
Protein Pudding Mix, Lemon
Protein Pudding Mix, Toffee Crème
Protein Pudding Mix, Variety Pack
Protein Cake, Creamy Cheesecake
Protein Cake Mix, Double Chocolate
Protein Mug Cake, Blueberry
Protein Mug Cake, Chocolate
Protein Mug Cake, Chocolate Caramel
Protein Hot Chocolate, Chocolate
Protein Hot Chocolate, Chocolate with Marshmallows

Protein Cappuccino Mix, Original
Protein Cappuccino, Creamy Original
Protein Hot Chocolate, Creamy Original
Protein Hot Chocolate, Creamy Original with Marshmallows
Protein Hot Drink, Variety Pack

FOOD & ACTIVITY DIARY

Keep track of everything you eat, drink and do every day.

Day 1

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 2

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 3

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 4

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

When recording your food intake, be specific regarding portion size.

*Minimum of 8 cups per day.

FOOD & ACTIVITY DIARY

Keep track of everything you eat, drink and do every day.

Day 5

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 6

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 7

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

When recording your food intake, be specific regarding portion size.

*Minimum of 8 cups per day.

