

Lifestyle Nutrition's Counseling Program®

Meal Plan Guidelines & Information

After 20 years of nutrition counseling in hospitals, physician practices and our own clinics we have learned how to increase a patient's success and nutritional compliance when dealing with specific medical needs or if interested in wellness, weight loss or optimal health. Our program is a way to credibly increase office revenues while providing patients with the help they need.

The key to the nutritional program is using a sliding scale meal plan based on the patient's lean body weight, height, age, sex and activity level. The higher the metabolic rate, the more muscle and the higher the activity level, then the more carbohydrates a patient will receive. Doesn't this just make sense?



Our program will provide:

- Specific food and food combinations that patients can learn and incorporate in their lifestyle based on **their food preferences** without having to weigh food and count calories or grams.
- Weekly goals, shopping lists and simple recipes in a way patients can understand and realistically incorporate into their modified lifestyle.
- We keep it simple by initially incorporating quick and easy recipes for meals and snacks with name brand specific foods that patients will learn from.
- Continual and alternative protocols for over 30 clinical concerns.

By the 3rd-6th weekly nutritional session patients will have the skills and knowledge necessary to eat in real life situations, such as restaurants, social occasions and while traveling. The average client receives 4 weekly sessions.

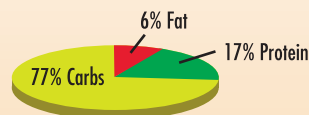
During your webinar with one of our nutritionists you will see more of our specific recommendations by completing the Meal Plan Questionnaire Form.

Meal Plan Snapshot

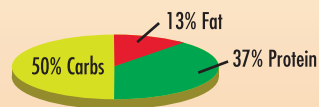
Here is a **per meal example** of a patient meal plan and an example of food **written out per day**.

Breakfast:

Dairy: 1 cup low fat almond or soy milk
Fruit: 3/4 cup berries or 1 apple
Starch: 1 cup steel cut oats or XX cereal



Afternoon Snack: Dr. Jones Health Bar



Dinner:

Protein: 3 oz. chicken & bean detox soup (5 min. homemade soup)
Starch: 1/2 cup brown rice
Vegetable: 2 cup oriental mixed veggies and/or salad
Fat: 2 Tbs. lite vinaigrette
Fruit: 1/2 cup mixed fruit

Dessert: Healthy banana split sundae with healthy chocolate syrup

3 Vegetable Servings

1 cup carrots
1 cup vegetable juice
1 cup green beans
1 cup broccoli
1 cup tomato
1 cup squash
1 cup mushrooms

OPTIONAL

Any nutritional product or supplement can be provided in the meal plan.

Give Your Patients a New Lifestyle...Not Just Another Diet!

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