



Meal Plan Guidelines & Information

After 30 years of counseling in hospitals, physician practices and our clinics we know how to increase patient's success and nutritional compliance

The key to the nutritional program is using a sliding scale meal plan based on lean body weight, height, age, sex and activity level.

The Meal Planning Software will provide specific food and food combinations based on lifestyle and food preferences. without having to weigh or count calories or grams.

Our program will provide:

- **Weekly goals, shopping lists and simple recipes** so patients can understand and incorporate into their hectic lifestyle.
- Keep it simple by incorporating quick recipes for meals and snacks with **name brand specific foods.**
- Conventional and alternative protocols for over 30 clinical concerns.



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

During a one on one webinar with one of our nutritionists you will see your custom program to evaluate.

A TURNKEY NUTRITION PROGRAM CUSTOMIZED FOR EACH PATIENT

Meal Plan Snapshot

Meal example food written out per meal and per day.

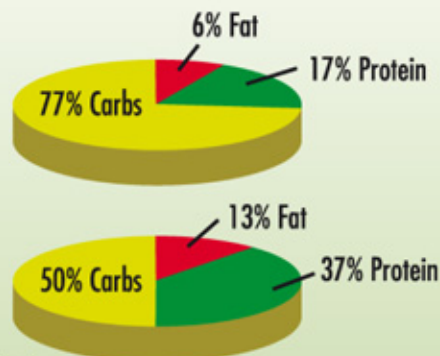
Breakfast:

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 & 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



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 can be incorporated in meal plan.

Give Your Patients A **New Lifestyle...Not Just Another Diet!**[®]

