



## BALANCED PROTEIN DIET

1800 Calorie Meal Plan \*\*

3 Supplements, 1 Bar, 3 Meals

<b>Breakfast</b>	BPD Supplement 2 Starch, 2 Fruit, 1 Optional
<b>Morning Snack</b>	BPD Supplement
<b>Lunch</b>	2 Starch, 4 oz. Very Lean Meat OR 3 oz. Lean Meat 2 Vegetables, 2 Fruit, 2 Fat, 1 Optional <i>(May use Spray Salad Dressing on Meat, Vegetables or Salad)</i>
<b>Afternoon Snack</b>	BPD Nutrition Bar or Lite Bites Snack
<b>Dinner</b>	2 Starch, 6 oz. Very Lean Meat OR 4 oz. Lean Meat 3 Vegetables, 2 Fat, 1 Optional <i>(May use Spray Salad Dressing on Meat, Vegetables or Salad)</i>
<b>Evening Snack</b>	BPD Supplement

Take 1 Solaray MultiVitamin and 1 Solaray Omega-3 Fish Oil Daily.  
Drink at Least 8 Cups of Water or Non-Caloric Beverages Daily.

<b>BPD Supplements</b>	Cold Drinks, Hot Drinks, Soups, Pudding & Shakes, Shakes, Puddings
<b>BPD Nutrition Bars</b>	Crispy Bars, Snack Bars or any Lite Bites Snack
<b>Salad Dressing Spray</b> (Optional: 10 – 12 Sprays)	Balsamic Vinaigrette, Honey Mustard <i>(may be used on salads or enhancements to meat, fish or poultry)</i>

**Note:** BPD Pastas may substitute for 2 starches and 1 oz. of meat.

\*\*It is recommended that you consult with your physician before beginning any weight loss or exercise program.

**WARNING:** Do not consume under 1000 calories per day without medical supervision.

### Instructions:

1. Foods may be re-arranged within one day to meet your schedule or personal preferences.  
(ex: use a serving of fruit as a snack).
2. Use the **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. It is recommended that you take in 25 grams of fiber daily when following a weight loss program. We recommend taking at least 1 to 2 servings of Ensulate (6 grams per serving) daily to reach that goal.