

Meal Replacement Weight Loss Plateau Breaker!

Many people experience a weight loss plateau. A weight loss plateau is defined as two or more weeks with no weight loss. The plateau can be brief or it can last for an extended period. The Meal Replacement Plateau Buster is a specialized plan designed to kick-start your weight loss by altering the overall macronutrient composition. Once you are losing weight again, you may resume your Weight Loss Professional's plan. **The effective use of HealthWise 100-Calorie meal replacements combined with a temporary change in your daily intake is the key to resuming normally expected weight loss on your journey.**

Instructions for Patients/Clients:

Follow the Plateau Buster meal plan for a minimum of 4 days or until you start to lose weight again.

THE MEAL PLAN: (~700-950 calories / day)

1. 3-4 Meal Replacements per Day

These meal replacements come in 5 delicious flavors: Chocolate, Vanilla, Chocolate Mint, Mocha, Strawberry and Coffee! Available in packets to make into a shake or a pudding or in easy-to-go shaker bottles to make a delicious shake on the go!

2. Lean Protein: 8-10*oz per day of lean protein (* cooked weight)

Be sure to use healthy cooking methods such as baking, grilling, broiling or steaming. Avoid fatty cuts of meat, processed meats (hotdogs, sausage) and sandwich meats (cold cuts) due to their fat and sodium content. Avoid breading on any meats, fish or seafood.

Beef	Lean Steak, Roast, Ground Beef (80/20 or 90/10)
Poultry without skin	Chicken or Turkey Breast, Dark Meat (on occasion), Ground Chicken or Turkey
Other Meat	Pork Chop, Pork Tenderloin, Low-sodium Ham, Lamb, Deer, Elk, Buffalo/Bison, Moose, Duck, Rabbit, Alligator, Ostrich
Fish	Trout, Cod, Haddock, Pollock, Salmon, Catfish, Orange Roughy, Grouper, Rockfish, Mahi-Mahi, Ahi Tuna, Swordfish, Bass, Red Snapper, Yellow Tuna, Monk
Shellfish	Crab, Scallops, Shrimp, Lobster
Vegetarian Options (Under 10 gm of carbohydrate per serving for Veggie Burgers)	15 oz. Tofu, Boca Burger®, Morning Start Farms Burger® or Garden Burger®, 10 Egg whites, 2 cups Eggs Substitute, 3 whole eggs, 2 whole eggs + 4 egg whites

3. Non-Starchy Vegetables (Unlimited)

Salad Greens	<u>Lettuce</u> : Romaine, Iceberg, Butterhead/Boston, Green Leaf, Mizuna, Oak Leaf, Puslane, Mache, Little Gem, Red Leaf, Watercress, Mesclun/Spring Mix <u>Greens</u> : Collard, Mustard, Turnip, Kale, Spinach, Endive, Escarole, Arugula
Vegetables (cooked or raw)	Asparagus, Broccoli, Broccoli Rabe, Cabbage (green or red), Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Fennel Bulb, Green Beans, Hearts of Palm (canned), Jicama, Kale, Kohlrabi, Mushrooms, Mustard Greens, Nopales, Okra, Peppers (green, red or yellow), Radishes, Scallions, Spinach, Sprouts, Summer Squash, Tomatoes, Turnip Greens, Wax Beans, Winter Squash: spaghetti squash only)

4. Healthy Fats (1-2 servings per day)

One serving = 1 tsp oil, 5-10 green or black olives, 2 TBSP of Low carbohydrate salad dressing (<6gm of carbohydrate per serving); or 1 tsp butter/margarine.

Sample Meal Plan:

Breakfast	Vanilla 100-calorie Meal Replacement
Mid-Morning Snack	Strawberry 100-cal Meal Replacement
Lunch	4-5 oz grilled chicken breast (<i>1/2 of lean protein for the day</i>) Salad (<i>unlimited non-starchy vegetables</i>) 2 TBSP Low Carb Salad Dressing (<i>1 fat serving</i>)
Mid-Afternoon Snack	Chocolate Mint 100-calorie Meal Replacement
Dinner	4-5 oz steamed shrimp (<i>1/2 of lean protein for the day</i>) steamed broccoli & cauliflower (<i>unlimited non-starchy vegetables</i>) 1 tsp butter (<i>1 fat serving</i>)
Evening Snack	Mocha 100-calorie Meal Replacement (4 th one is optional)

Be sure to see your weight loss counselor after two full days on the Plateau Breaker meal plan.

WATER: Drink at least 64 oz. of water per day (eight 8oz glasses). Water intake should occur throughout the day; adequate hydration is essential to the weight loss process.

OTHER BEVERAGES: Other beverages such as coffee, tea and non-caloric drinks may be consumed while following this meal plan. Limit caffeinated beverages to no more than 3 per day and use non-nutritive sweeteners such as Stevia® or Splenda® instead of sugar. Creamers may be used but limit to 1-2 TBSP.

SUPPLEMENTS: Be sure to continue taking all the supplements that your program recommends. Especially important are Essential Fatty Acids (EFAs) and Multivitamin-mineral supplements.

FOR WEIGHT LOSS PROFESSIONALS/STAFF

The Plateau Breaker normally produces a swift return to weight loss. The Plateau Breaker meal plan is designed for short-term durations and the original weight loss plan should be reinstated as soon as weight loss resumes. The Plateau Breaker is a ketogenic diet approach and this plan should be instituted only after a review by a healthcare professional of the patient's medical history.



Contraindications to the Plateau Breaker Meal Plan

Absolute Contraindications

1. Pregnant Women
2. Heart attack/acute unstable cardiac conditions (strokes/TIAs, etc) within the last 3 months
3. Active disease states (cancer), acute inflammatory states (acute hepatitis, lupus flare), Acute Peptic Ulcer Dieases (PUD, Bleeding Ulcers)
4. Severe chronic renal disease
5. Severe liver disease
6. Unstable mental disorders (i.e. psychotic disorders, schizophrenia, bipolar disorder, depression w/ suicidal tendencies)
7. Drug / alcohol abuse with poor nutritional status
8. Active eating disorders (anorexia, bulimia, BED, etc.).

Relative Contraindications

1. Children 13 to 18 years of age
2. AIDS (HIV)
3. Nursing mothers with a baby over 2 months of age
4. Type 1 Diabetes
5. Diuretics
6. Lithium (weekly laboratory monitoring by treating physician required for one month; frequency beyond 1 month determined by treating physician)
7. Anticoagulant Drug Therapy (Coumadin, Warfarin – laboratory monitoring by treating physician with frequency determined by treating physician.
8. Gout