

EXAMPLE MEAL PLAN GUIDELINE

The bottom of each Example Meal Plan is labeled with:

THIS MEAL PLAN HAS BEEN OPTIMIZED TO OFFER THE BEST CASE SCENARIO TO MEET THE RECOMMENDED DIETARY ALLOWANCE (RDA) AS PRESENTED BY THE FOOD AND NUTRITION BOARD OF THE INSTITUTE OF MEDICINE.

Interactive Report Card	
Weight Control	
Total Calories	A
Carbohydrates	A
Protein	A
Fat	A
Heart Health	
Sodium	A
Cholesterol	A
Saturated Fat	A
Fiber	A
Omega 3	A
Omega 6	A
Vitamins	
B1 - Thiamin	A
B2 - Riboflavin	A
B3 - Niacin	A
B6 - Pyridoxine	A
B9 - Folate	A
B12 - Cobalamin	A
C - Ascorbic Acid	A
E - Tocopherol	A
Minerals	
K - Potassium	A
Mg - Magnesium	A
Ca - Calcium	A
Fe - Iron	A
Cu - Copper	A
Zn - Zinc	A
P - Phosphorus	A
Se - Selenium	A

Click the Grades for More Info

Patent Pending
GPA: 4.00

Each Meal Plan has been optimized for balance of Macro Nutrients – Carbs/Fats/Proteins as well as base vitamins and minerals as shown in the chart.

These values are based on the most recent research to include some of the depletion of nutrients we see in our food today.

The provided meal plans do not guarantee exact calculations nor guarantee any results to our clients.

These Meal Plans are to be used as an EXAMPLE ONLY as we can not prescribe food plans.

Notice the repeating, nutrient dense foods.

Example Meal Plans may vary to include

Base Nutrients – Carbs 45-65% / Fats – 20-35% / Protein – 10-35%

High Protein – Protein 25-35%

Dairy Free

No Red Meat

No Seafood

Special Requests