

1000-1100 Calorie Meal Plan

Before starting any new diet program please check with your doctor or dietitian nutritionist. For Information about how to order the food go to Jump Start Weight Loss at www.allhealthyportions.com

BREAKFAST

Meal Replacement + 1 small piece of fruit

AM SNACK

Meal Replacement

LUNCH

Cooked PROTEIN = 5 oz of lean beef, salmon or dark poultry OR 6 oz. of chicken or 7 oz. of white fish or shell fish or 14 egg whites (see meat list in quick start guide)

VEGETABLE x 3 servings = 3 cups leafy or 1 ½ cup cooked or chopped (see vegetable list in quick start guide)

FAT = 1 serving if 6 oz. lean protein, 2 servings if 7 oz. lean protein, 0 servings if 5 oz cooked protein (see fat options in quick start guide. Examples = 1 tsp. oil, 2 Tbsp. half and half, 2 Tbsp. low carb. salad dressing or 1 Tbsp. regular salad dressing)

PM SNACK

Meal Replacement

DINNER

Cooked PROTEIN = 5 oz of lean beef, salmon or dark poultry OR 6 oz. of chicken or 7 oz. of white fish or shell fish or 14 egg whites (see meat list in quick start guide)

VEGETABLE x 3 servings = 3 cups leafy or 1 ½ cup cooked or chopped (see vegetable list in quick start guide)

FAT = 1 serving if 6 oz. lean protein, 2 servings if 7 oz. lean protein, 0 servings if 5 oz cooked protein (see fat options in quick start guide. Examples = 1 tsp. oil, 2 Tbsp. half and half, 2 Tbsp. low carb. salad dressing or 1 Tbsp. regular salad dressing)

PM SNACK

Meal Replacement

