



An HMR® Program

Weight Loss Guide Example Plans (Video 4/5)

Ex. 1

Fruits/Vegetables- 5 total Daily

Meal Replacements- 3 Shakes, 2 Entrees Daily

Physical Activity- 2000 Calories Weekly

Goal/Tracking- 50 lbs. Weigh-ins on Friday

Record Keeping- Paper Records (Food and PA + Totals Weekly)

Support- Attend a Weight Loss Support Group, Weekly

Extra Rules-

-Sauces/Spices under 15 calories/TBSP (100 cal/100mL)

-No other grocery store foods

B- Shake/Coffee, Banana

S- (Pickles, Carrots/Hummus)

L- Entree (Chicken Alfredo), Broccoli, Blackening Seasoning

S- Shake, Blueberries

D- Entree (Fiesta Chicken) Stuffed Pepper, Baked Potato, FF sour cream

S- Shake (70 Pudding), Apple

v/f- 6 s- 3 e- 2

Ex. 2

Fruits/Vegetables- 2 total Daily

Meal Replacements- 0 Shakes, 2 Entrees Daily

Physical Activity- 2000 Calories Weekly

Goal/Tracking- 20 lbs. Weigh-ins on Friday

Record Keeping- Phone Records (Food and PA + Totals Weekly)

Support- Attend a Weight Loss Live Stream, Weekly

Extra Rules-

-Sauces/Spices under 15 calories/TBSP (100 cal/100mL)

B- Banana, Oatmeal

S- (Applesauce, Pineapple)

L- Entree (Chili), Baked Potato

S- Blueberries, Bar

D- Entree (Lasagna), Low Cal Toast (Rice Cakes), Salad

S- SF Gelatin, FF Ice cream, Shake

v/f- 4 s- 1 e- 2



An HMR® Program

Ex. 3

Fruits/Vegetables- 8 total Daily

Meal Replacements- 1 Shakes, 1 Entrees Daily

Physical Activity- 2000 Calories Weekly

Goal/Tracking- 200 lbs. Weigh-ins on Friday

Record Keeping- Phone Records (Food and PA + Totals Weekly)

Support- Youtube channel, Weekly

Extra Rules-

-Sauces/Spices under 15 calories/TBSP (100 cal/100mL)

B- Potatoes, ½ Onion, ½ Peppers, ½ Mushroom, Egg whites

S- ½ Shake, Banana

L- Entree (Mac n Cheese), Shrimp, Apple

S- ½ Shake, Strawberry

D- Spinach, Oranges, ½ Onion, Stir fry veg, Chicken, SF Teriyaki, Sesame Ginger dressing

S- Mug Cake, Strawberries, FF Whipped Cream

v/f- 10 s- 1 e- 1