

LEANMR VITAL STATISTICS/SUMMARY

A BETTER MEAL REPLACEMENT



Summary of Unique/Key Points

The specific macronutrient ingredients and ratios were selected in accordance with best potential weight control outcomes shown in clinical trials such as but not limited to:

- *Protein type (whey isolate) and amount (~42%)*
- *CHO source (low GI sustained release) and amounts (~50%)*
- *Dietary fat sources (unsaturated) and amounts (~8%, which allows to add daily fats as necessary).*

As a highly palatable addition to the daily diet, these ingredients & ratios along with usage recommendations would give the user best chances of improved satiety, preservation of LBM & energy expenditure while ameliorating the common discomforts of dieting when compared to other MRs formulas, restricted calorie diets alone or diet & drug therapies

Addresses (mechanisms of action):

- **Underreporting: portion control & calorie counts**
- **Satiety: meal freq, fiber, pro ratio/type, low GI CHO**
- **LBM preservation: pro ratio/type**
- **Energy expenditure & levels (cal burn): meal freq, pro ratio/type, LBM preserve**



- **21GM WHEY ISOLATE**
- **24GM SUSTAINED RELEASE CHO**
- **NO SUGAR**
- **7GM FIBER**
- **2.5GM HEALTHY FATS**
- **115MG CALCIUM**

1svg (2-scoops): 190cal; 21g protein (whey isolate); 24g CHO (sustained); 2.5g Fat (CLA & Plant); 7g Fiber; 115mg Calcium



LEANMR INTEGRATION



Weight loss phase:

- MRs are generally used to replace two meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. **Always include and MVM**
- **Recommend:** MRs supply 2 small meals within any calorie restricted meal plan of 4-5 meals since it's been shown that frequent small meals are better for weight loss than fewer larger ones especially as it relates to satiety, preservation of LBM and energy levels^{73,74,120,121,130,143}

Maintenance phase

- Consume 4-5 small meals daily that include **2 MRs for convenience and help insure overall diet quality while reducing food costs**^{130,143}

Supply 2 small meals/d then 1-2



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1500 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - High Protein Vanilla Frappe:				
16 oz Water & Ice as desired				
2 scoops Vanilla LeanMR	20	23	2	180
1 scoop Vanilla WheySmooth	25	7	2	150
1 packet Starbucks VIA Instant Coffee				
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	45	30	4	330
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Turkey & Avocado Wrap with Side Salad:				
4 oz Turkey Breast Meat	19	5	2	118
1 Whole Wheat Tortilla, medium	4	22	3	130
1 oz Avocado	1	2	4	45
1 tbsp Shredded Parmesan Cheese	2	-	1	22
2 cups Romaine Lettuce	1	3	-	16
1 oz Tomato Slices	1	4	-	17
1 oz Cucumber Slices	-	1	-	4
1 tbsp Zesty Italian Dressing	-	1	1	12
Total:	28	38	11	364
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Berry Bliss LeanMR Shake:				
2 scoops Vanilla LeanMR	20	23	2	180
1/2 cup Strawberries	1	6	-	27
1/2 cup Blueberries	1	11	-	42
1/2 cup Raspberries	1	7	-	32
1 cup Almond Milk	1	8	2	60
Total:	24	55	4	341
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
4 oz Salmon, Cooked	25	-	14	233
1 cup Brown Rice, Medium Grain Cooked	5	46	2	218
1 cup Green Beans, Boiled	2	10	-	44
Fresh Lemon Wedges as desired	-	-	-	-
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	32	56	16	495
Menu Totals	129	179	35	1530
Percent of Calories for Menu:	34%	45%	21%	
	38 g Fiber	741 mg Calcium	219 mg Cholesterol	



2000 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
Oatmeal, Fresh Fruit & Walnuts:				
1/3 cup Steel Cut Oats	6	31	3	170
1 cup Skim Milk	9	12	1	91
1/2 cup Blueberries	1	11	-	42
2 tbsp Chopped Walnuts	4	2	9	96
1/2 tsp Ground Cinnamon as desired	-	1	-	3
1 each dotFIT Multivitamin	-	-	-	-
Total:	21	55	13	402
Morning Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - Chocolate Strawberry Banana Shake:				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/4 Nonfat Milk	11	15	1	113
1 small Banana	1	23	-	89
6 medium Strawberries	-	6	-	23
Total:	32	68	3	415
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Spinach Salad with Chicken & Wheat Roll:				
3 cups Baby Spinach	9	6	-	75
4 oz Roasted Chicken Breast, skinless	35	-	4	186
6 Cherry Tomatoes	-	6	-	30
3 Red Onion Slices	-	2	-	6
2 tbsp Balsamic Vinaigrette Dressing	-	2	10	100
1 (1 oz) Whole Wheat Roll	3	13	1	70
Total:	47	29	15	467
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Mocha Madness LeanMR Shake				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/2 cups Nonfat Milk	15	15	0.5	148
1 tbsp Instant Coffee	-	-	-	-
Ice as desired				
Total:	35	39	2.5	338
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
Steak, Sweet Potato & Veggies				
4 oz Sirloin Steak, Lean, Broiled	35	-	7	207
1 Medium (4 oz) Sweet Potato	2	23	-	100
2 cups Squash & Zucchini, Boiled	2	6	-	25
1 1/2 cup Diced Watermelon	1	17	-	68
1 each dotFIT Multivitamin	-	-	-	-
Total:	40	46	7	400
Menu Totals	175	237	40	2022
Percent of Calories for Menu:	35%	46%	19%	
Other Nutrients	41 g Fiber	1369 mg Calcium	190 mg Cholesterol	

From dotFIT Home Page Type in “recipes” in Search Box



<https://www.dotfit.com/category-cid-1868.html>

dotFIT Vanilla Frappe

Coffee smoothie with 40g of protein, high fiber, and just 300 calories [»](#)

Blueberry Pear Banana Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich shake with frozen blueberries, banana, and pear. [»](#)

Chocolate Banana Strawberry Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich chocolate shake with banana and strawberries. [»](#)

Apricot Pineapple Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity shake with LeanMR, fresh apricot, crushed pineapple, strawberries, banana [»](#)

Peach Berry Shake with LeanMR

By Registered Dietitian on December 09, 2009

Peach Berry Shake with LeanMR, nonfat peach yogurt, peach nectar, ripe peaches, raspberries. [»](#)

Fruit Salad Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity, high-fiber shake with LeanMR, watermelon, pineapple, cantalope, mango, strawberries, honey & orange juice. [»](#)

Banana Pear Shake with LeanMR

By Registered Dietitian on December 08, 2009

High-fiber shake with LeanMR, pear, banana & nonfat yogurt. [»](#)

Mocha Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fiber-rich LeanMR with delicious coffee & chocolate flavors. [»](#)

Mint Oreo® Crunch Shake with LeanMR

By Registered Dietitian on December 08, 2009

Peppermint extract, Oreo cookies, & chocolate LeanMR make a decadent frozen treat. [»](#)

Melon Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fresh cantalope or honeydew melon, lemon juice, and vanilla frozen yogurt blend perfectly with LeanMR [»](#)

Lemon Apple Honey Shake with LeanMR

By Registered Dietitian on December 08, 2009

A sweet-tart fiber-rich shake with LeanMR, lemon, apple, banana, and honey. [»](#)

Fountain of Youth Shake with LeanMR

By Registered Dietitian on December 08, 2009

Antioxidant-rich shake with frozen blueberries, strawberries, chilled green tea, flax seed. [»](#)

Cinnamon Swirl Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR, cinnamon and vanilla blended together to create a satisfying, nutritious shake. [»](#)

Chocolate Malt LeanMR

By Registered Dietitian on December 08, 2009

Chocolate LeanMR, malted milk powder and nonfat milk make the perfect low-calorie malt. [»](#)

Carrot Mango Yogurt Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with carrot juice, frozen mango chunks, plain nonfat yogurt, honey and lime juice. [»](#)

Carrot Mango Shake with LeanMR

By Registered Dietitian on December 08, 2009

Smooth and sweet shake with Vanilla LeanMR, carrot juice & frozen mango chunks. [»](#)

Berry Bliss Shake with LeanMR

By Registered Dietitian on December 08, 2009

A tasty shake made with LeanMR, fresh blueberries, strawberries, and raspberries. [»](#)

Bermuda Triangle Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with peach slices and pineapple chunks makes a healthy, delicious shake. [»](#)

Banana Freeze Shake with LeanMR

By Registered Dietitian on December 04, 2009

LeanMR shake mix blended with banana & non-fat frozen vanilla yogurt. The perfect treat f [»](#)

Strawberry Chocolate Smash Shake with LeanMR

By Registered Dietitian on December 04, 2009

Decadent shake with LeanMR, chocolate syrup and ripe strawberries. [»](#)

Mocha Mint Shake with LeanMR

By Registered Dietitian on December 04, 2009

Rich, flavorful shake with LeanMR, swiss mocha coffee mix, & peppermint extract. [»](#)

MERGER OF HEALTH-SPAN & LIFETIME WEIGHT MANAGEMENT (AND B/C LEANMR IS NOT A PRE/POST)



The perfect long term health and weight loss/maintenance program might be:

- MVM
- LeanMR (or other dF favorite) for MR (2 of at least 4 daily meals)
- AminoBoostXXL: pre/during/post workout to maximize daily synthesis
 - ✓ Low calorie, high muscle synthesis formula to enhance LBM gains and long-term preservation

As needed

- SuperCalcium
- SuperOmega



Supplement Facts	
Serving Size: 1 scoop (17.5 g)	
Servings Per Container: 37	
	Amount Per Serving
Calories	10
Total Carbohydrate	2 g
Sodium (as sodium chloride)	87 mg
Amino Boost XXL Proprietary Blend:	12 g
L-Leucine	4000 mg
L-Phenylalanine	1670.5mg
L-Lysine HCl	1669.5 mg
L-Threonine	1300 mg
L-Valine	1100 mg
L-Histidine	900 mg
L-Isoleucine	900mg
DL-Methionine	360mg