

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 |