

Meal Replacement Weight Loss Plan - Baseline

Weight Control, Recovery & Health Supplements

Daily:

- **dotFIT Active, Women's or Over 50 Multivitamin & Mineral, depending on age and/or gender (see directions)**
 - Take as directed with meals
- **LeanMR (protein and fiber rich meal replacement formula)**
 - Use as directed within daily meal planning (see below) and to make sure you get ~1 gram of protein per pound of lean body mass (or weight if not overweight) daily from all sources divided 4-5 times daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein needs

As needed:

- **SuperCalcium+**
 - Use if you do not meet the daily calcium requirements (~1,000-1,300 mg) from food intake*
 - Females take 1 or 2 daily with food; if you need to take 2, take 1 with AM meal and the 2nd with PM meal
 - Males take 1 only if necessary, with food
- **SuperOmega-3 Fish Oils**
 - Take 1 daily with food if not consuming at least 8 ounces (2-4 servings weekly) of fatty fish

****All food labels including LeanMR must contain calcium levels by serving so always check***

Meal Replacement Integration

Weight Loss Phase:

- Meal Replacements (MRs) generally supply two small meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. Therefore, use as two 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 lean body mass (LBM) and energy levels
 - **Get LeanMR recipes [here](#)**

Maintenance Phase

- Continue to consume 4-5 small meals daily within caloric allotment that includes 2 MRs for convenience and to help ensure overall diet quality while reducing food costs

A wide variety of healthy recipes including meal replacement recipes are available [here](#).

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Sample Menus with Meal Replacements

1500 Calories + 2 Lean MR Shakes

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	

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2000 Calories + 2 Lean MR Shakes

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 <u>tbsp</u> 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 <u>oz</u> Roasted Chicken Breast, skinless	35	-	4	186
6 Cherry Tomatoes	-	6	-	30
3 Red Onion Slices	-	2	-	6
2 <u>tbsp</u> Balsamic Vinaigrette Dressing	-	2	10	100
1 (1 <u>oz</u>) 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 <u>tbsp</u> Instant Coffee	-	-	-	-
Ice as desired	-	-	-	-
Total:	35	39	2.5	338
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
Steak, Sweet Potato & Veggies				
4 <u>oz</u> Sirloin Steak, Lean, Broiled	35	-	7	207
1 Medium (4 <u>oz</u>) 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	