

## Meal Replacement Weight Loss Plan – Baseline + Added Recovery

---

### 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 2<sup>nd</sup> 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*

#### Workout Days:

- **AminoBoostXXL**
  - Take 1-scoop ~10 minutes before and may continue to drink during first 20 minutes of workout
  - Take 1-scoop immediately following workout

### 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. **LeanMR recipes are available [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](#).**

## Meal Replacement Weight Loss Plan – Baseline + Added Recovery

### 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	-	-	-	-
<b>Total:</b>	<b>45</b>	<b>30</b>	<b>4</b>	<b>330</b>
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
<b>Total:</b>	<b>28</b>	<b>38</b>	<b>11</b>	<b>364</b>
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
<b>Total:</b>	<b>24</b>	<b>55</b>	<b>4</b>	<b>341</b>
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	-	-	-	-
<b>Total:</b>	<b>32</b>	<b>56</b>	<b>16</b>	<b>495</b>
<b>Menu Totals</b>	<b>129</b>	<b>179</b>	<b>35</b>	<b>1530</b>
<b>Percent of Calories for Menu:</b>	<b>34%</b>	<b>45%</b>	<b>21%</b>	
	<b>38 g Fiber</b>	<b>741 mg Calcium</b>	<b>219 mg Cholesterol</b>	

## Meal Replacement Weight Loss Plan – Baseline + Added Recovery

### 2000 Calories + 2 Lean MR Shakes

2000 Calories with 2 Lean MR Shakes				
<b>Breakfast</b>				
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	-	-	-	-
<b>Total:</b>	<b>21</b>	<b>55</b>	<b>13</b>	<b>402</b>
<b>Morning Snack</b>				
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
<b>Total:</b>	<b>32</b>	<b>68</b>	<b>3</b>	<b>415</b>
<b>Lunch</b>				
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
<b>Total:</b>	<b>47</b>	<b>29</b>	<b>15</b>	<b>467</b>
<b>Afternoon Snack</b>				
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	-	-	-	-
<b>Total:</b>	<b>35</b>	<b>39</b>	<b>2.5</b>	<b>338</b>
<b>Dinner</b>				
<b>Steak, Sweet Potato &amp; Veggies</b>				
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	-	-	-	-
<b>Total:</b>	<b>40</b>	<b>46</b>	<b>7</b>	<b>400</b>
<b>Menu Totals</b>	<b>175</b>	<b>237</b>	<b>40</b>	<b>2022</b>
<b>Percent of Calories for Menu:</b>	<b>35%</b>	<b>46%</b>	<b>19%</b>	
<b>Other Nutrients</b>	<b>41 g Fiber</b>	<b>1369 mg Calcium</b>	<b>190 mg Cholesterol</b>	