

Away

Breakfast

Females: Pick One | Males: Pick Two

- 1/2 cup low-fat / fat-free cottage cheese
 - 1/2 cup low-calorie yogurt
 - 1 egg or 1/2 cup egg substitute
 - Protein supplement*
 - Lean protein (2 oz.)
- And
- 1 Pick from the Fruit List

Snack (Pick 1 from the Snack List, Optional)

Lunch

Females: 4 oz. Cooked Protein | Males: 6 oz.

- 1 Pick from the Fruit List (optional)
- 2 cups vegetables (no potatoes or corn) or 2 cups of salad with light dressing (Max 3g sugar per serving)

Snack (Pick 1 from the Snack List, Optional)

Dinner

Females: 4 oz. Cooked Protein | Males: 6 oz. Cooked Protein

- 2 cups vegetables (no potatoes or corn) or 2 cups of salad with light dressing (Max 3g sugar per serving)

Snack (Pick 1 from the Snack List, Optional)

Fruits

- 1/2 large grapefruit or 4 oz. natural grapefruit juice
- 10 grapes or 4 oz. natural grape juice
- 1 small orange or 4 oz. natural orange juice
- 1/2 cup fresh pineapple or 4 oz. natural pineapple juice
- 1/2 cup strawberries, blueberries, or other berries

Proteins

- Chicken or Turkey, Cornish Hen, Lean Pork
- Low Fat Deli Meat (turkey, chicken, ham, roast beef)
- Shellfish (crab, lobster, shrimp, scallops, oysters, clams)
- Fish (Cod, Haddock, Trout, Halibut, Smoked Salmon (lox), Tuna, Grouper, Tilapia, Swordfish, Catfish, Orange Roughy, Salmon, Sea Bass, etc.)
- Veal or Lamb (chop or roast)
- Steak (sirloin or top round), 93/7 Lean Ground Beef (limit to 3 times a week)
- Tofu

Snacks (Max 125 Calories)

- Protein Supplement*
- 1/2 Approved Protein Bar
- Assorted Nuts (almonds, cashews, walnuts, etc.)
- Cheese
- 1 hard-boiled egg
- 2 stalks celery with 1 tbsp natural sugar-free nut butter
- Lean Protein (2 - 2 1/2 oz.)
- 1/2 cup low-calorie yogurt
- 1/2 cup low-fat / fat-free cottage cheese
- Sugar-free gelatin snack / sugar-free whipped topping
- 1 small apple
- 1 cup of strawberries, blueberries, blackberries, melons, etc.

You may substitute an approved protein bar for the following:

*ONE bar as a MEAL REPLACEMENT (Maximum of ONE bar per day)

*HALF bar as your SNACK (Maximum of TWO snacks)

Away (diet plan)



Nuviva Supplements and Directions:

Ultra Multivitamin

Maintaining proper nutrition and vitamin requirements while on a diet is sometimes hard. This supplement was designed to fill in the gaps of what most people don't consume to have a complete nutrition profile and will support a healthy metabolism, immune system, and general health.

Dosage: Take 2 capsules daily, 1 in the morning, 1 in the afternoon/evening.

Ultra Cleanse

This custom-designed supplement helps detox your system and keep your digestive system moving correctly throughout your weight loss journey. It helps move water, toxins, and waste through your system at a steady rate.

Dosage: 1 capsule daily for maintenance, up to a maximum of 3 capsules daily if constipated.

Recommended: Take Ultra Cleanse each night before bed. Increase dose as needed until bowel movements return to normal. If you experience diarrhea or loose stool, discontinue use.

Thyro+

The thyroid gland plays a major role in metabolism and weight loss. Thyro+ is designed to optimize thyroid function, even if you are already on thyroid medication. Consult a medical provider before use if on thyroid medication.

Dosage: Take 2 capsules each morning on an empty stomach and wait 30 minutes before eating.

Rem-Trim

Rem-Trim is a nighttime sleep aid and weight loss product. It contains melatonin, so **start with 1 capsule at night and increase up to 3 capsules as needed.**

Some users may feel drowsy or groggy if taking too high a dose. Start low and adjust as necessary.

Zofran

(if approved by Physician):

Emergency 4-pack prescription medication for extreme nausea or uncontrolled vomiting if over-the-counter remedies have failed. If needed, **contact our office for guidance on adjustments to your treatment.**