



BALANCED PROTEIN DIET®

1800 Calorie Elite Meal Plan **

Breakfast	1 - BPD Supplement 1 - Breakfast (Crunch Cereal, Apple 'n Cinnamon Oatmeal, Hot Cakes, Vegetable Cheese Omelet) 1 - Fruit
Morning Snack	1 - BPD Supplement 1 - Fruit
Lunch	1 - BPD Supplement 1 - BPD Light Entrée or BPD Soup 2 – Vegetables 1 - Fruit 2 - Starch, 1 Optional
Afternoon Snack	1 - BPD Nutrition Bar or Snack
Dinner	2 Starch, 2 Protein, 3 Vegetables, 2 Fats, 1 Optional
Evening Snack	Choose ONE - BPD Supplement, Hot Drink, Cold Drink, Dessert or Snack

Take 1 Solaray MultiVitamin and 2 Solaray Omega-3 Fish Oil Daily.

Drink at Least 8 Cups of Water or Non-Caloric Beverages Daily.

BPD Supplements	Pudding & Shakes, Smoothies, Cold Drinks, Hot Drinks, Soups
BPD Nutrition Bars	Crispy Bars, Snack Bars
BPD Breakfast	Crunch Cereal, Apple 'n Cinnamon Oatmeal, Hot Cakes, Vegetable Cheese Omelet
BPD Lite Entrees	Vegetarian Joe, Spicy Cheese 'n Pasta, Zesty Vegetarian Chili w/Beans
BPD Snacks	Pretzel Twists, Double Bites, Crunch O's, Tasty Bites, Milk Chocolate Crunchies, Cinna-Crunch 'n Chocolate,
BPD Desserts	Creamy Cheesecake, Double Chocolate Cake, Pudding

****It is recommended that you consult with your physician before beginning any weight loss or exercise program.**

WARNING: Do not consume under 1000 calories per day without medical supervision.

Instructions:

1. Foods may be re-arranged within one day to meet your schedule or personal preferences.
(ex: use a serving of fruit as a snack).
2. Use the **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. It is recommended that you take in 25 grams of fiber daily when following a weight loss program. We recommend taking at least 1 to 2 servings of Ensulate (6 grams per serving) daily to reach that goal.