



Balanced Protein Diet.com

Welcome to the **Balanced Protein Diet**. Here is a brief explanation to help you understand how the plan works.

1) You will be eating six times a day (three meals and three snacks). This will do two things for you:

- 1) Increase your metabolism
- 2) Keep you from being hungry

2-a) Refer to the meal plan: You will see references to the following categories - **Starch, Fruits, Protein (Very Lean OR Lean), Vegetables, Fat, Optional, Dairy, Beverages**. These are the foods you will select from to make up your meals.

2-b) Refer to the **Food Selection List & Shopping List Guide**. You will see the categories. Under each category is a listing of the foods and portion sizes that you can plug into the meal plan. This is how you plan your daily meals and make your shopping list.

The lower portion of the **Food Selection List & Shopping List Guide** has a breakdown of the **BPD Supplements and Bars**.

3) Here's an example of a daily **Breakfast: BPD Supplement, 1 Starch, 1 Fruit, 1 Optional**.

Choose one BPD Supplement – Choose from Hot Drinks (Hot Chocolate, Cappuccino), Pudding and Shakes, Cold Drinks etc.

1 Starch - you may choose ½ English Muffin

1 Fruit – you may choose Apple, small (4 oz)

1 Optional – you may choose Reduced Fat Margarine (1 tsp) to put on your English Muffin.

The meal plan is that easy to follow. You choose the foods you like from the categories, plan your meals and create your shopping list.

If you have any questions please call us at (800) 854-3891.

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

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