



The Center for Medical Weight Loss

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Liquid Diet Modified Plan

Below are meal suggestions for the 550-calorie lunch or dinner that is part of the Modified Low Calorie Diet (in addition to the meal replacement products recommended by your medical provider). It is important that your total food consumption is in a 24 hr period. The self prepared food should total about 550 calories.

Suggested Dinners or Lunches (about 550 calories):

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|---|--|---|--|
| 1 | 4-5 oz grilled chicken
1cup grilled vegetables
Salad (vegetables only)
1 med baked potato
45 calories added fat (for salad or cooking)
1 piece of fruit (75 calories) | 5 | 4-oz tuna or other grilled fish
1cup cooked vegetable
Salad
45 calories of fat (for salad or cooking)
2/3 cups brown rice
1 piece of fruit (75 calories) |
| 2 | 4-5 oz hamburger (90% lean beef)
Large salad
1 whole wheat roll
45 calories fat (for salad or cooking)
1 piece of fruit (75 calories) | 6 | 4-5oz cooked shrimp
1cup pasta (whole wheat best)
1 cup steamed vegetable like broccoli
½ tomato sauce
45 calories of fat (for salad or cooking)
1 piece of fruit (75 calories) |
| 3 | 5 egg whites or eggbeaters.
1 cup vegetables (can sauté and put in omelet)
2 slices diet bread
100 calorie yogurt
1 piece fruit (75 calories)
45 calories of fat (for salad or cooking) | 7 | 2 eggs
1 slice Low Fat American cheese
1 cup vegetable
100 calorie yogurt
1 slice light toast
45 calories of fat (for salad or cooking) |
| 4 | Peanut butter and jelly sandwich
1 tbsp peanut butter
2 slices diet bread
100 calorie yogurt
Carrot sticks or grape tomato
1 piece of fruit (75 calories) | 8 | 3-4 oz lean steak
1 medium baked potato
1 cup string beans
45 calories fat (for salad or cooking)
Salad
1piece of fruit (75 calories) |

Note: All salads may include lettuce, tomatoes cucumbers, carrots, celery, onions and peppers

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|---|---|
| <p>9 Med baked potato
3 oz Low Fat cheese melted
Large salad
45 calories of fat (for salad or cooking)
1 piece of fruit (75 calories)</p> | <p>12 4-5 oz broiled flounder
2/3 cup brown rice
1 cup carrots
Salad
45 calories of fat (for salad or cooking)
1 piece of fruit (75 calories)</p> |
| <p>10 1 slice pizza
Large salad
45 calories fat (for salad or cooking)
1 piece of fruit (75 calories)</p> | <p>13 4-5 oz salmon with herb rub
1 cup mixed vegetable (broccoli, mushrooms)
1 cup whole what pasta
45 calories fat (for a stir fry with pasta and veg)
1 piece of fruit (75 calories)</p> |
| <p>11 Restaurant grilled chicken sandwich on Whole Wheat roll with no sauce
45 calories fat (for salad or cooking)
Large salad
1 piece of Fruit (75 calories)</p> | <p>14 Home Made Chinese food
1 tbsp Low sodium soy sauce
Sesame seeds
1 tsp sesame oil
Mixed frozen vegetables
1 chicken breast cut up
2/3 cup brown rice
1 piece fruit (75 calories)</p> |

Note: All salads may include lettuce, tomatoes cucumbers, carrots, celery, onions and peppers