

## Full Meal Replacement Plan

### 4 Weeks

4-5 shakes + 1 bar/day

- See shake options on the next page

For the first 4 weeks, your meal plan will look similar to the example below.

Example Schedule	
<b>Breakfast</b>	1-2 shakes
<b>Lunch</b>	1 shake
<b>Snack</b>	1 bar
<b>Supper</b>	1 shake
<b>Snack</b>	1 shake

### Medicine Changes

- No changes
- \_\_\_\_\_
- \_\_\_\_\_

Recommended Schedule	
Time	Shake/Bar

This is a very low carbohydrate plan. It is intended to establish a metabolic state of ketosis. The first few days on this diet you may feel: hungry, irritable, tired, have a headache, have looser stools. These symptoms should go away after a few days once you are in a steady state of ketosis. It's very important to drink a lot of water, as you tend to lose body fluids the first few weeks on keto diets.

Do not follow this diet without following up with your health-care provider.

### Fluids

Drink lots of water (in addition to the shakes).

- Drink 80-100 oz extra water or low-calorie drink (less than 5 calories per serving) daily.
- No alcohol, no soda and little or no caffeine.

### Salty Snack or Drink

Choose 1 option **twice** a day:

- 1-2 dill pickles (not sweet)
- ½ cup olives
- small V8
- ½-1 cup bouillon (broth)

### Extras (Optional)

- Sugar-free gum (up to 6 sticks)
- Sugar-free Jell-O® (up to 2 servings per day)
- Sugar-free popsicles (up to 2 servings per day)
- Sugar-free breath mints

### Supplements

- **Multivitamin with minerals:** You can keep taking any other standard vitamins.
- **Oil:** Take 1000-2000mg of oil twice daily if you still have your gall bladder. Choose 1 below:
  - Fish oil
  - Flax-seed oil
  - MCT oil

## After 4 Weeks

Add greens and veggies to your meal plan.

Your meal plan will consist of:

- 3-4 shakes
- 0-1 bar
- Lots of water
- Salty snack twice a day
- Multivitamin with minerals
- 1 salad

## Salad Options

- 2-4 cups greens
  - Spinach
  - Kale
  - lettuce (or similar)
- ½-1 cup raw veggies
  - no peas, beets, corn or potatoes
- Dressing **only** if it is zero carb
  - Walden Farms is a good option.
- Extra options
  - 1 hard-boiled egg
  - or 2 oz deli meat
  - or 2 oz cheese
  - No croutons

## Meal Plan Adjustments

As you get closer to your weight loss goal, you should meet with your dietitian or health-care provider to have your meal plan further adjusted (returning to a food-based weight-sustaining meal plan).

## Product Guide

### Ready-to-Drink in Cartons

You can find these at many grocery stores.

- Premier Protein
- Muscle Milk
- Quest

### Powder shake mixes (mixed with cool

water). You can find these at some grocery stores and health-food/vitamin stores.

Options are:

- Bariatric Advantage found at UW American Center Pharmacy
  - Large bag (35 servings) around \$70 per bag
  - Single serving bottles around \$2.95 per bottle
- Premium Gold Whey Protein 100
- Gold Standard 100% Whey
- 100 % Whey Cytosport
- Select (PEScience)
- Whey Tech Protein Isolate
- Whey Tech Pro-24
- Blue Bonnet (with Stevia)

### Bars

Bars should have **less than** 200 calories and **less than** 18 grams total carbs. You can find them at many grocery stores. Some options include:

- Pure Protein bar
- Quest bars
- Kirkland Signature found at Costco
- Fit Crunch
- Bariatric Advantage found at UW American Center Pharmacy

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8227.