



THE QUEEN'S MEDICAL CENTER
COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

1200 Calorie Partial Meal Replacement Plan

Diet Guidelines

1. Aim for a daily calorie intake between **1100 to 1300 calories**.
2. Try to eat within an hour of waking up, then every 3-4 hours afterwards.
 - Skipping meals or snacks will eventually lead to hunger. It's harder to focus on choosing the right foods and eating slowly when you're hungry.
3. **Select protein and fiber rich foods with every meal and snack.**
 - Protein improves the function of weight-regulating hormones, while fiber slows down digestion and stabilizes your blood sugars.
4. **Replace a meal and a snack with a protein shake or bar.**
5. **Avoid extra calories** from high-calorie foods and "liquid calories"
 - High-fat foods: fatty meats, anything deep fried, and dishes with cream
 - High-sugar foods: desserts, candies, flavored yogurt and sweet sauces
 - Sugary drinks: soda, juice, smoothies, and sports drinks

Meal	Breakfast	Snack	Lunch	Snack	Dinner
Time	7:00 am	10:00 am	12:30 pm	3:30 pm	6:30 pm
Calories	200	150-200	300	150-200	300-400
Food Choice	Protein Shake 1 serv Fruit	5-10 g Protein 1 serv Fruit	15-20 g Protein ½ cup Carb 2-3 cups Veggies	Protein Bar	20-30 g Protein ½ cup Carb 2-3 cups Veggies

Food Logging

Begin tracking your diet with **MyFitnessPal**. This online tool is free and will help you to be more aware and accountable of your diet.



Download the app on your smartphone or use the website: www.myfitnesspal.com.

The Components of Food

Role of Protein

- Protects and builds lean muscle mass
- Reduces appetite by suppressing hunger hormones

Choose enough lean, low-fat protein food with every meal.

Sources of Protein

- **Beef, pork, venison, chicken, turkey, fish, seafood, eggs**
 - Select leaner cuts of meat, like round roast, sirloin, or tenderloin
 - Select white meat (breast) instead of dark meat (thigh, leg)
 - Take off the skin and trim off visible fat
 - Select >90% lean ground meat or turkey
 - Choose canned fish packed in water (not oil)
- **Milk, cheese, cottage cheese, Greek yogurt, ricotta cheese**
 - Select low-fat (1%) or fat-free (skim)
 - Avoid flavors with >10 grams of sugar
- **Beans, lentils, soybeans, tofu, hummus**
- **Nuts, nut butter (peanut butter)**
 - Look for short ingredient list (no oils, sugars)



Lean Protein Servings

5 - 10 grams =

- 1 whole egg
- 1 stick or slice cheese
- 2 slices Canadian bacon
- ½ cup beans, hummus, or tofu
- ¼ cup almonds or 2 Tbsp nut butter
- 8 oz milk or unsweetened soy milk

15-20 grams =

- ½ cup canned fish or chicken
- ½ cup cottage cheese
- ¾ cup Greek yogurt
- 2 slices deli turkey or ham

20 - 30 grams =

- 3-4 oz sirloin steak or pork tenderloin
- 3-4 oz skinless chicken or roast turkey
- 3-4 oz lean ground turkey or beef
- 3-4 oz fish, cooked (not fried)
- 8-10 large shrimp or shellfish (not fried)
- ½ cup poke



Role of Carbohydrates (Carbs)

- Main source of energy for the body
- Less processed choices contain more fiber
 - Look for “**100% Whole**” on the packaging
 - Aim for at least **3 grams of Fiber** per serving



**Choose higher fiber, less processed carbs.
Limit portion to ½ cup at Lunch and Dinner.**

½ cup = 1 slice of bread, 1 tortilla, 1 English muffin, or 1 mini bagel

High Fiber (Less Processed)	Low Fiber (More Processed)
✓ Brown rice	✗ White rice
✓ 100% Whole grain breads (Bagel, English muffin, Pita)	✗ White breads
✓ 100% Whole wheat pasta	✗ White pasta
✓ Whole wheat or corn tortilla	✗ Flour tortilla, Tortilla chips
✓ Sweet potato	✗ White potato (Fries, Potato chips)
✓ Whole fruit	✗ Fruit juice, Smoothies
✓ Whole grain cereals (Oatmeal, Shredded Wheat, Kashi)	✗ Refined, sugary cereals (Honey Bunches of Oats, Special K)
✓ 100% Whole wheat crackers (Triscuit, Ak-mak)	✗ Soda crackers, Pretzels (Ritz, Club, Diamond Bakery)
✓ Soba (Buckwheat) noodles	✗ Ramen, Udon, Somen, Saimin
✓ Beans, Lentils	
✓ Corn, Popcorn (plain)	
✓ Poi	



1 Fruit Serving =

- 1 small apple or ½ medium
- 1 apple banana (5")
- ½ cup or ½ small papaya
- ½ cup or 2 slices pineapple
- ½ cup mango
- 2 clementines or tangerines
- ½ cup lychee
- ¾ cup berries
- 1 cup watermelon
- 1 cup cantaloupe, honeydew
- 1 cup or 17 small grapes
- ¾ cup cherries
- 4 lilikoi (passionfruit)
- 1 kiwi

Role of Non-Starchy Vegetables

- High in fiber to help you feel fuller for longer
- Loaded with vitamins, minerals, and antioxidants
- Very low in calories



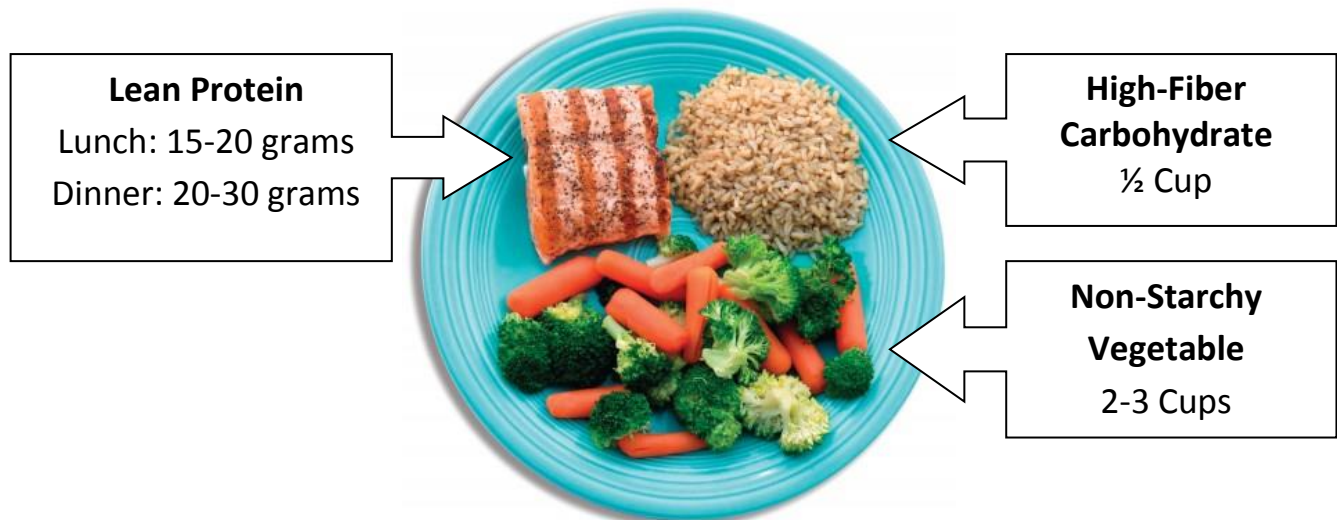
Eat more vegetables! Include with meals and snacks.

Sources of Non-Starchy Vegetables

Alfalfa sprouts	Chinese cabbage	Okra
Artichoke hearts	Choy sum	Onions
Asparagus	Cucumber	Radishes
Bamboo shoots	Eggplant	Snow peas or pea pods
Bean sprouts	Green beans	Spinach
Bell peppers	Jicama	Summer squash
Bok choy	Kale	Swiss chard
Broccoli	Leeks	Tomatoes
Brussels sprouts	Lettuce (manoa, romaine, red leaf, escarole)	Turnips
Cabbage	Long beans	Chinese water chestnut
Carrots	Mushrooms	Watercress
Cauliflower		Zucchini
Celery		

**Starchy vegetables include potatoes, peas, corn, butternut squash, pumpkin.*

Building a Healthy, Balanced Plate



Guidelines for Protein Shakes & Bars

Nutrition per Serving

Calories: 150-200

Protein: 15-30 grams

Total Fat & Sugar: Less than 5 grams

Other Ingredients:

- Fiber (3+ grams) will help with satiety
- **Whey Protein Isolate** and **Hydrolysate** are best, especially if you're lactose intolerant or have indigestion with whey blends

Protein Powders

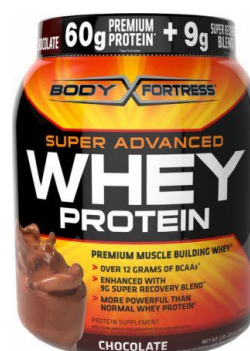
To prepare, mix one scoop powder with 8-12 ounces of water. Use a whisk or shaker bottle.



Bariatric Advantage
High Protein Meal Replacement
Queen's POB 1 Pharmacy



Optimum Nutrition
Gold Standard 100% Whey
Costco, Walmart, Vitamin Shoppe



Body Fortress Whey Protein
Walmart, Safeway

Ready-Made Protein Shakes



Premiere Protein Shake
Costco, Sam's Club,
Target, Walmart



Muscle Milk LIGHT
Costco, Target,
Walmart, Safeway



Quest Bar
Vitamin Shoppee,
GNC, Walmart, Safeway



Kirkland Protein Bar
Costco

Sample Menus

- Breakfast** 1 Premiere Protein Shake
1 small Fuji Apple
- Snack** 1 String Cheese
 $\frac{3}{4}$ cup Grapes
- Lunch** 2 slices Columbus Peppered Turkey Breast
1 Whole Wheat Tortilla
1 Tbsp light Mayonnaise
6 leaves Romaine Lettuce
3 slices Tomato
- Snack** 1 Quest Protein Bar
- Dinner** 4 oz Baked Salmon
 $\frac{1}{2}$ cup Brown Rice
2 cups Steamed Broccoli
1 tsp Olive oil

Total Intake: 1180 calories, 109 g protein, 98 g carb, 39 g fat

- Breakfast** 1 scoop Optimum Nutrition Gold Standard 100% Whey
 $\frac{1}{4}$ Papaya
- Snack** 1 Boiled Egg
1 Medium Apple
- Lunch** $\frac{1}{2}$ cup Canned Tuna in Water
1 slice Dave's Killer Bread
2 cups Spring Mix
2 slices Tomato
1 Tbsp light Mayonnaise
- Snack** 1 Kirkland Protein Bar
- Dinner** 4 oz Rotisserie Chicken Breast
10 spears Asparagus
 $\frac{1}{2}$ cup roasted Sweet Potato
1 tsp Olive oil

Total Intake: 1156 calories, 96 g protein, 105g carb, 39 g fat