



# THE QUEEN'S MEDICAL CENTER

## COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

### 1700 Calorie Partial Meal Replacement Plan

#### Diet Guidelines

1. Aim for a daily calorie intake between **1600 to 1800 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	200-300	200-300	500-600	150-200	500-600
Food Choice	Protein Shake 1 serv Fruit	15-20 g Protein 1 serv Fruit	30-40 g Protein ¾ cup Carb 2-3 cups Veggies	Protein Bar 1 cup Veggies	30-40 g Protein ¾ 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](http://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



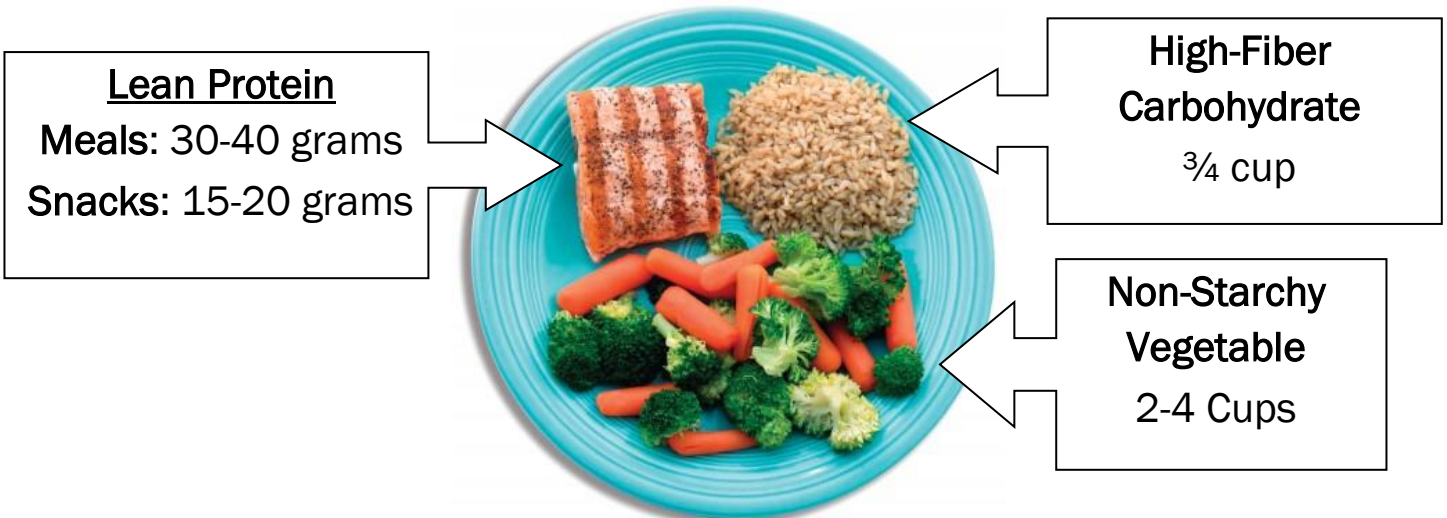
**Eat more vegetables! Include with meals and snacks.**

## 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, and 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

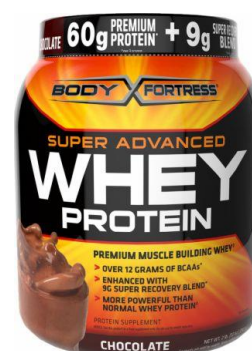
To prepare, mix one scoop powder with 8-12 ounces of water. Use a whisk or shaker bottle.



**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

## Protein Bars

# Sample Menus

**Breakfast** 1 scoop Optimum Nutrition Gold Standard 100% Whey  
1 Apple Banana

**Snack** 2 Boiled Eggs  
 $\frac{3}{4}$  cup Grapes  
15 Almonds

**Lunch** 5 oz Ahi Wasabi Poke  
 $\frac{3}{4}$  cup Poi  
2 cups Spinach (raw)  
2 Tbsp Bolthouse Farms Classic Ranch Dressing

**Snack** 1 Kirkland Protein Bar  
1 cup Celery Sticks

**Dinner** 5 oz Baked Salmon  
 $\frac{3}{4}$  cup Brown Rice  
2 cups Steamed Broccoli  
1 tbsp Olive Oil

Total Intake: 1728 calories, 132 g protein, 148 g carb, 66 g fat, 30 g fiber

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**Breakfast** 1 Premiere Shake  
1 medium Apple

**Snack**  $\frac{1}{2}$  cup 1% Cottage Cheese  
 $\frac{1}{2}$  cup Blueberries

**Lunch** 3 Boiled Eggs  
2 Tbsp light Mayonnaise  
2 tsp Yellow Mustard  
2 slices Whole Wheat Bread  
 $\frac{1}{4}$  small Avocado  
8 leaves Romaine Lettuce

**Snack** 1 Quest Protein Bar  
1 cup sliced Cucumbers

**Dinner** 5 oz Rotisserie Chicken Breast  
2 cups roasted Zucchini  
 $\frac{3}{4}$  cup roasted Sweet Potato  
1 tbsp Olive Oil

Total Intake: 1697 calories, 141 g protein, 158 g carb, 65 g fat, 42 g fiber