

MEAL PLANS



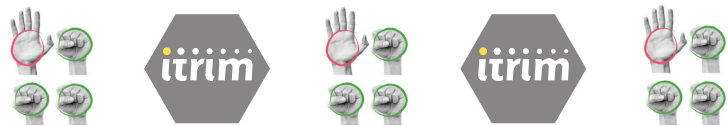
RAPID



VARIED



PALM PORTION DIET



PALM PORTION
TRANSITION

Starch added to two morning meals



Half Size

PALM PORTION
BALANCE



Half Size

ITRIM MEAL PLANS



ITRIM MEAL REPLACEMENT SELECTION

- Proti Max Smoothies
- VLC Smoothies
- VLC Soups
- Meal Replacement Bars



PALM PORTION DIET

- 1 palm-sized portion of protein, no starch.
- 3 fist-sized portions of fruits or vegetables



PALM PORTION TRANSITION AND BALANCE

- 1 palm-sized portion of protein
- 2 fist-sized portions of fruits or vegetables
- 1 fist-sized portion of grain or starch or “fresh set”