

# MAINTENANCE PLAN

## DAILY REQUIREMENTS

### 1 Dream Shake meal replacement \*

- Dream Shake can be used as a nutritionally balanced meal replacement for any meal of your choice
- \* For a change, try blending your favourite fruit or a Dream Cookie in with your Dream Shake

### 2 Meals as per menu plan

#### 2 AM Formula

- take one 15 min before morning meal
- take one 15 min before mid-day meal

#### 2 PM Formula

- take one 15 min before mid-day meal
- take one 15 min before evening meal

#### Snacks

- Women choose 2 snacks per day from snack menu
- Men choose 3 snacks per day from snack menu

## SNACK MENU

1 Dream Cookie* (with water)	Flavoured mini rice cakes (15 pieces)	6 Melba toast with 1 tbs. low cal cream cheese
1 Serving of fruit* (1 med. apple; ½ cup of berries; ½ grapefruit etc)	6 saltine crackers and 1 tbs light peanut butter	35g (2oz.) baked tortilla chips and salsa
Pretzels (thin sticks 30 pieces)	Raw vegetables (as desired)	1 cup 1% low fat cottage cheese
120 ml (4oz.) dry red wine or 1 light beer	1 cup sorbet or low fat frozen yogurt	½ cup low calorie pudding
1 oz. cheddar cheese	1 cup low fat yogurt with fruit	1 bowl low fat popcorn

## 7-DAY MENU PLANNER

### BREAKFAST 1

- 1 cup high-fibre cereal
- ½ cup low-fat milk
- ½ cup of berries (or fruit of your choice)
- ½ cup unsweetened orange juice
- 1 slice whole-wheat bread toasted
- 1 pat butter
- 1 cup coffee or tea with
- 1 tbs whole milk (optional)

### BREAKFAST 2

- 1 medium poached egg
- 1 slice whole-wheat bread toasted
- 1 pat butter
- ½ cup (120mls) low-fat fruit yogurt
- ½ cup unsweetened orange juice
- 1 cup coffee or tea with
- 1 tbs whole milk (optional)
- ½ pink grapefruit

### BREAKFAST 3

- 1 cup fresh fruit salad w/citrus
- ½ cup of 1% low fat cottage cheese
- 2 slices whole-wheat bread toasted
- 1 pat butter
- 1 tbs strawberry jam
- 1 cup coffee or tea
- 1 tbs whole milk (optional)

### LUNCH 1

- 1 cup minestrone soup
- ½ ham and cheese sandwich made with whole-wheat bread
- 1 med apple sliced ( or fruit of your choice)
- 1 cup vegetable juice cocktail
- 1 cup coffee or tea
- 1 tbs whole milk (optional)

### LUNCH 2

- large tossed green salad with
- 1 oz. cheddar cheese and
- 2 tbs light salad dressing - no salt
- 1 cup chicken rice soup
- ½ cup 1% low-fat cottage cheese
- 1 cup vegetable juice cocktail
- 1 cup herb tea or coffee

### LUNCH 3

- 4 oz. canned light tuna packed in water
- 1 whole-wheat pita pocket bread
- 2 tbs low-fat mayonnaise
- 1 cup tossed green salad with light salad dressing - no salt
- 1 cup vegetable juice cocktail
- 1 cup (93g) fresh grapes (or fruit of your choice)

### DINNER 1

- 85 g (3 oz.) broiled round steak
- 114 g (4 oz.) steamed broccoli pieces or equal amount of other vegetable
- 1 boiled potato
- 1 slice whole-wheat bread or dinner roll
- 1 pat butter
- 240 ml (1 cup) 1% low-fat milk

### DINNER 2

- 85 g (3 oz.) roasted skinless chicken breast or thigh or 85 g (3 oz.) roasted skinless turkey
- 60 g (2 oz) frozen yellow corn, steamed or equal amount of other vegetable
- 114 g (1/2 cup) long grain brown rice, cooked
- 1 whole-wheat dinner roll
- 1 pat butter

### DINNER 3

- 85 g (3 oz.) Atlantic salmon, broiled or baked or 114 g (4 oz.) cod, broiled or baked with lemon and garlic
- 114 g (1/2 cup) long grain brown rice, cooked
- 100 g (3 1/2 oz.) fresh green beans, steamed or equal amount of other vegetable
- 1 whole-wheat dinner roll
- 1 pat butter

### DINNER 4

- 85 g (3 oz.) lean pork centre loin chop, broiled
- 1 medium baked potato
- 114 g (4 oz.) fresh carrot slices, steamed or equal amount of other vegetable
- 1 tbs. low-fat sour cream
- 1 whole-wheat dinner roll
- 1 pat butter
- 240 ml (1 cup) 1% low-fat milk

### DINNER 5

- 100 g (3 1/2 oz. dry weight) whole-wheat spaghetti pasta noodles, cooked
- 120 ml (1/2 cup) homemade spaghetti meat sauce
- 1 whole-wheat dinner roll
- 1 pat butter
- 240 ml (1 cup) 1% low-fat milk

### DINNER 6

- 360 ml (1.5 cup) chili con carne
- 1 mixed green salad with 1 tbs. light dressing - no salt
- 1 whole-wheat dinner roll
- 1 pat butter

### DINNER 7

- Chicken stir-fry with: 85 g (3 oz.) skinless, boneless chicken breast
- 240 g (1 cup) fresh sliced mixed vegetables (any combination of broccoli pieces, carrots, snow peas, mushrooms, onions, celery, sweet peppers)
- 114 g (1/2 cup) long grain brown rice, cooked
- 1 tsp. canola or safflower oil
- 2 tbs. low-sodium soy sauce (as marinade)
- 1/2 tsp. cornstarch (mixed with soy sauce)
- 240 ml (1 cup) 1% low-fat milk
- 1 piece fresh fruit

### TIPS:

Fat has almost twice the calories of proteins and carbohydrates.

We suggest that you:

- Avoid highly processed and refined foods.
- Eat a variety of fruits, vegetables and whole grains.
- Avoid deep fried and fast foods (i.e. burger restaurants).
- Consume steamed and sautéed foods rather than fried, stir fry with water rather than oil.
- Limit oil to suggested amounts.
- Exercise regularly.

**Lifestyles**

**RAPID RESULTS**  
Weight Loss System

