

Why try meal replacements

- Convenience and ease
- Provide quality nutrition (protein, vitamins, minerals)
- Creates structure in the diet
- Excellent on the go option
- If you don't like to cook
- If you normally skip a meal
- If you lack time for meal prep
- Portion control
- Increased weight loss compared to following the same calorie target using all conventional foods



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What counts as a meal replacement?

- Protein bar examples:

Atkins Advantage Meal

South Beach Protein Fit

Think! High Protein Bars

Pure Protein High Protein Fruit and Nut bar

Pure Protein Bar

Balance Bar

Zone Perfect

Quest

Nu Go Slim

Kroger protein bar

Simple Truth or Life Choice Protein bars at King Soopers

Simply Protein bar

Kirkland Protein Bar



Note: some of these are not fully fortified with vitamins and minerals, which is why we recommend a daily multivitamin with minerals when following a meal replacement plan

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What counts as a meal replacement?

- Protein shake examples:

Atkins High Protein

Boost Glucose Control

Slim Fast High Protein, Low Carb

GNC Lean 25

Glucerna Hunger Smart

Vega One Nutritional Shake or Raw Shake

Pure Protein (it comes in a power or premixed)

Muscle Milk or Muscle Milk Light

Premier protein shake

EAS Carb Control

Quest protein powder

Fairlife Core Power 26g protein

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Alternatives

- Meal replacements can be expensive. Yogurt and cottage cheese could be a good alternative. While they are not true meal replacements (not complete nutrition), you can use 1 per day in place of a protein bar or shake
- 6 oz pre-portioned Greek yogurt (ex Plain non-fat Greek yogurt by Fage, Chobani, or Siggis) Chobani 100, Oikos triple zero, Yoplait Greek 100, Kroger light Greek yogurt or Non fat flavored Siggis
- ½ - 1 cup low-fat cottage cheese
- Ensure you are taking a daily multivitamin with minerals



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Following a Partial Meal Replacement Plan

Your calorie goal is _____

Please take a daily multivitamin with minerals when following a partial meal replacement plan

- 1200 calorie plan:

2 meals + 1 meal replacement and 1 fruit serving per day OR

1 meal + 2-3 meal replacements + 1 fruit serving per day + 2 c of non starchy vegetables during the day.

- 1400 calorie plan:

2 meals + 2 meal replacements + 1 fruit servings per day

1 meal + 4 meal replacements + 1 fruits servings per day + 2 c of non starchy vegetables during the day.

- 1600 calorie plan:

2 meals + 3 meal replacements + 1-2 fruit servings per day + 2 c of non starchy vegetables during the day.

What consists of a meal?

- 4 oz (cooked) lean protein
- 2-4 cups of non-starchy vegetables
- 100 calories from starches or starchy vegetables (this is ½ c cooked starch or 1 slice of bread, 2 slices of 45 calorie “light” bread, 1 whole wheat sandwich thin or 1 high fiber tortilla such as La Tortilla factory brand)
- Limit to 1 teaspoon cooking oil or 2 tablespoons of low-fat salad dressing
- Meals are ~400-500 calories

Lean and medium-fat proteins

1 oz of protein = 7 g of protein 4 oz = 28 g or protein	You weigh your protein after it is cooked.
Chicken breast	93% or higher ground beef
Turkey	Lean, trimmed red meat like round or flank
1 Egg = 1 oz or 1 c egg whites = 4 oz	Lean ground chicken or turkey
Low-fat cottage cheese – 1 c = 4 oz	Venison or elk
Low-fat or non-fat greek yogurt	Veggie burgers or vegetarian product with 18-28 g protein and <200 calories
Low-fat cheese (light or 2%)	2 servings of extra-firm tofu
Lean Buffalo	1 cup of shelled shelled edamame
All fish and shellfish	½ - ¾ cup tempeh or seitan

Non-starchy vegetables

This is just a list of examples.	There are many different kinds of vegetables.	
Alfalfa sprouts	Eggplant	Swiss chard
Artichoke	Green beans	Summer squash
Arugula	Jicama	Spaghetti squash
Asparagus	Kale	Snap peas
Broccoli	Leeks	Sprouts
Brussels Sprouts	Mushroom	Spinach
Bok Choy	Mustard Greens	Water chestnuts
Cauliflower	Okra	Zucchini
Cabbage	Onion	
Cucumber	Radish	
Carrot	Rutabega	
Chayote	Tomato	

100 calorie portions of starches

½ cup brown rice	2 slices of low-calorie (45 cal) bread
½ cup beans or lentils	1 Flat Out wrap
½ cup quinoa or cous cous	100-110 calorie sandwich thin
½ cup whole wheat pasta or white pasta	½ cup sweet potato
1 slice 100% whole wheat bread	¾ cup green peas
¾ cup corn or 1 small ear of corn	1 ¼ cup butternut or acorn squash
½ cup cooked oatmeal	1 high fiber tortilla (4 g fiber or more)

Examples of 1 fruit serving

1 extra small banana or ½ large banana	17 grapes
½ cup unsweetened apple sauce	1 small orange
1 small pear or ½ large pear	2 kiwi
1 small apple or ½ large apple	1 cup melon
1 medium peach	¾ cup pineapple
1 cup raspberries	¾ cup mango
¾ cup blueberries	2 clementines
1 ¼ cup whole strawberries	½ grapefruit

How do I choose a meal replacement?

- **Look at the calories:** Aim for 140-210 calories per product.
- **Look at the protein:** Aim for 15-30 grams of protein per meal.
- The grams of protein need to be similar to or greater than the grams of carbohydrates.

Nutrition Facts	
Serving Size 1-1/4 cup (3g)	
Amount Per Serving	
Calories 170	Calories from Fat 50
	%Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 370g
Dietary Fiber	25g 30g

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What does NOT count as a meal replacement?

- Granola bars
- Fruit and nut bars that lack adequate protein
- Fiber bars that lack adequate protein



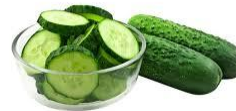
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Adding additional vegetables

- You may add additional non-starchy vegetables as needed with your meal or between meal to curb your hunger. Vegetables are high in water and fiber and may help to suppress your appetite. Aim for 4-8 c of non-starchy vegetables per day to help reduce hunger and keep you feeling full.



Medical risks of weight loss

- Losing weight too fast can put you at risk for gallstones.
- Losing weight too fast can cause low blood pressure.
- If you have diabetes and take any diabetes medications other than Metformin, please work with one of the Metabolic-Surgical Weight Management dietitians one-on-one to develop your customized partial meal replacement plan.
- A safe rate of weight loss is about 3 pounds per week. If you are losing more than 3 pounds per week, please let your dietitian know.
Weinsier R. L., Wilson L. J., Lee J. (1995) Medically safe rate of weight loss for the treatment of obesity: a guideline based on risk of gallstone formation. Am J Med. 98: 115-7.

Long term success

- Once you achieve a 5-10% body weight loss, you can continue with the PMR plan or replace 2 meal replacements with a second meal (4 oz protein, 2-4 cups of vegetables and ½ cup of starch, optional). In addition, you can explore medication and surgical weight loss options in the MSWM department
- If you have questions about following this plan, need additional support or have reached a weight plateau lasting longer than 3 weeks on this plan, please schedule a dietitian visit with the Metabolic Surgical Weight Management department at 303-861-3400