

Week 3: Time to Feel the Burn

Congrats! It's time for you to start the Burn phase of the Medical Weight Loss program

You will now start to add whole foods back into your diet!

Burn Meal Plan

A partial meal replacement is when you substitute some of your meals with supplement shakes. Each day you will have 2 meal replacements and 2 high-protein snacks. You will also make 1 meal and 1 snack from whole foods found in the grocery store.

Make all your meal replacements with water, unless otherwise directed by your doctor.

Burn Basic Meal Plan

Meal	Products / Grocery Meal
Breakfast	Celebrate Meal Replacement
Morning Snack	Make Snack From: <ul style="list-style-type: none">• "Make Your Own Snack" Guide• Celebrate Cookbook
Lunch	Celebrate Meal Replacement
Afternoon Snack	Choose 1 Celebrate Snack: <ul style="list-style-type: none">• Protein Bar• Protein Snack• Meat Snack Stick
Dinner	Make Meal From: <ul style="list-style-type: none">• "Make Your Own Meal" Guide• Celebrate Cookbook
Evening Snack	Choose 1 Celebrate Snack: <ul style="list-style-type: none">• Protein Bar• Protein Snack• Meat Snack Stick

How should I make my whole foods meals?

- To create a balanced meal, use your "Make-Your-Own-Meal" guides to choose healthy ingredients at proper portion sizes. Each meal should include...
 - A lean protein (meats, eggs, fish, tofu)
 - A starch or whole grain (beans, potatoes, grains, bread, etc.)
 - Two or more servings of vegetables (broccoli, mixed greens, squash, etc.)
 - A serving of fat (oil, salad dressing, avocado, etc.)
- Make your meal from one of the delicious recipes from the Celebrate Cookbook. Use the recommended serving size for whichever diet plan option you are on.

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Try new healthy strategies

The upcoming weeks are the time to find out what strategies works for you. Here are some strategies to try:

- Start writing down your health habits in a journal. This can include what you eat and what physical activities you do.
- Calculate your how many calories you are eating using a health app
- Meal prep one or two days a week to cut vegetables, portion out single serving snacks, or make meals that you can easily warm up.
- Practice listening to your hunger cues. Pay attention to when your body is telling you when to eat.
- More tips and tricks will be shared throughout the other Path to Success Online videos!

Tips for success in the Burn phase

- Do not skip meals.
- Always have breakfast.
- Space out meals and snacks evenly throughout the day, every 3-4 hours.
- Stay within your individual nutrition goals from your healthcare provider.
- Talk to your doctor if you have new signs or symptoms on the program.