

# JUMP Basic Meal Plan

During the first phase, or the JUMP phase of Path to Success, you will be on a full meal replacement diet plan. This calorie restricted diet includes high-protein, high-fiber meal replacements that aims to increase energy and keep you feeling full. This program must be followed under medical supervision. Talk to your physician or other healthcare provider to establish your personalized health and nutrition goals under the Path to Success program.

The following is the basic structure of your daily meal plan on JUMP:

Meal	Product
Breakfast	Celebrate Meal Replacement <ul style="list-style-type: none"> <li>Made with Water or Milk / Dairy Alternative</li> </ul>
Morning Snack	Choose 1 Snack: <ul style="list-style-type: none"> <li>Celebrate Protein Bar</li> <li>Celebrate Protein Snack</li> </ul>
Lunch	Celebrate Meal Replacement <ul style="list-style-type: none"> <li>Made with Water or Milk / Dairy Alternative</li> </ul>
Afternoon Snack	Choose 1 Snack: <ul style="list-style-type: none"> <li>Celebrate Protein Bar</li> <li>Celebrate Protein Snack</li> <li>Meat Snack Stick</li> </ul>
Dinner	Celebrate Meal Replacement <ul style="list-style-type: none"> <li>Made with Water or Milk / Dairy Alternative</li> </ul>
Evening Snack	Choose 1 Snack: <ul style="list-style-type: none"> <li>Celebrate Protein Bar</li> <li>Celebrate Protein Snack</li> </ul>

You can use the nutrition facts label to keep track of your calories, fiber, and protein intake throughout the day. Use milk or milk alternative to make meal replacements in order to reach the goals set up by your healthcare provider. Remember to add the nutrition information from your milk or milk substitute to your total daily intake. A 14-Day meal plan is also available.

Remember:

- Do not skip meals. Always eat breakfast.
- Plan your meals and snacks out evenly throughout the day.
- Stay within your individualized nutritional goals for the day.
- Talk to your doctor if you experience any adverse signs or symptoms while following this diet plan.

Check out our Meal Replacement Recipes to add extra flavors and textures to give your JUMP plan extra variety.