



FAQ'S | *Choosing a Meal Plan*

WHICH MEAL PLAN SHOULD I CHOOSE?

We all have different goals, different bodies, and different needs. Choosing a meal plan that fits your goals is important so you can have the best success. Each plan provides an ideal balance of healthy fat, lean protein, healthy carbohydrates, and essential nutrients to help your body stay healthy. Every plan follows the recommended guidelines of the American Heart Association, American Diabetes Association, and the Dietary Guidelines for Americans.

WHY CHOOSE THE 1200 CALORIE TRADITIONAL MEAL PLAN?



Our most popular plan for weight loss and health management. It is the lowest in fat, cholesterol, carbohydrates and sodium. This plan is beneficial if the goal is:

- Weight loss (for small to average body shape)
- Weight management with minimal exercise
- Health condition management

Includes: 3 meals per day & recommended to add 2 servings of skim milk a day

WHY CHOOSE THE 1500 CALORIE VEGETARIAN MEAL PLAN?

This plan is a lacto-ovo vegetarian plan. It does not contain fish or poultry and rather includes plant-based proteins, eggs & dairy. This plan is beneficial if the goal is:



- Weight loss with a vegetarian diet (for medium to larger body shape)
- Those choosing no meat for health, environment, or animal rights purposes
- Training or fitness goals
- Weight management (for smaller body shape and less active)
- Health condition management
- Health advantages of a plant-based vegetarian diet

Includes: 3 meals a day & recommended to add 3 servings of low-fat milk per day.

If preferred, customers may choose to eliminate the recommended low-fat dairy (saving 300 calories) to reach 1200 calories per day plan.

WHY CHOOSE THE 2000 CALORIE TRADITIONAL MEAL PLAN?

This plan offers larger portions of the 1200 calorie plan. The most popular plan for men and for those that are actively training to meet fitness goals. This plan is beneficial if the goal is:



- Weight loss and management (for larger, taller body shape or active person)
- Health condition management
- Weight gain or hospital stay/illness recovery (may need to include healthy snacks for weight gain depending on body shape)
- Split meals with partner for cost savings

Includes: 3 meals a day & recommended to add 3 servings of low-fat milk per day.

If preferred, customers may choose to eliminate the recommended low-fat dairy to reach 1700 calories a day plan.

Still Unsure? We encourage you to contact one of our Registered Dietitian Nutritionists. We are happy to advise you on the best choice to meet your unique dietary goals. Visit seattlesutton.com/RDN to schedule a free phone consultation, call us directly at 815-770-2060 OR email us at dietitians@sshe.com

Still have questions? Visit www.seattlesutton.com or call 800-442-3438



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