

Name: _____ DOB: _____ Date: _____ Initial Weight: _____

PCP: _____ Referring Provider: _____ Allergies: _____

Physical, Behavioral, & Historical Assessment:

Vital Signs: BP _____ HR _____ Height _____ Weight _____ BMI _____ Pulse Ox _____

Measurements: Waist _____ Hips _____ Arms (R/L) _____ Thighs (R/L) _____

*Highest/Lowest Adult Weights: _____ lbs. @ age _____ & _____ lbs. @ age _____

*Past weight history, onset, duration, strategies used, weight lost, etc.: _____

*Fluid intake per day: _____ oz. *# Meals per day: _____ *Fruit & Veggie/ Day: _____ *Protein/ Day: _____

*Hours of Sleep: _____ *Routine Exercise/Activity: _____ for _____ minutes, _____ days per week.

Meal Recall:

*Patient Goals: Weight: (Personal): goal _____ / excess _____ (Objective): goal _____ / excess _____

Increased health, mobility, & longevity _____ Learn about healthier choices _____ Decrease medications _____ Maintain weight loss _____

Other... _____

*Patient Obstacles: Medication known to cause weight gain _____, ETOH consumption _____, meal-skipping _____ late night eating _____, poor portion control _____, calorie dense foods/beverages _____, lack of meal prep/cooking at home _____, Eating out _____, not calorie counting _____, snacking due to stress or other emotions _____, binge-eating _____, lack of exercise _____, eating too fast _____, not feeling full _____, not drinking enough water _____, pregnancy _____, lack of consistent effort _____.

Other _____

*Medical History: _____

*Surgical History: _____

*Social History: _____

*Family History: _____

*Meds: _____ See list _____ GFR: _____

*Preferences- Meal Replacements: _____ Weight Loss Medication: _____ Surgery: _____

Plan or Strategy for Success:

What lifestyle changes can you make to achieve your goals? _____

- **General-** Follow up with PCP as directed. **Take meds & vitamins as directed.** Weigh yourself regularly. **JOURNAL** food, exercise, emotions, & anything else that you feel has an impact on your weight. (i.e. **My Fitness Pal, Lose It, Fit Bit**).
- **Nutrition-** Rotate between _____ - _____ **Calories/day** & **45- 65- 85- 100- Grams of Protein/ day** & **Drink 48-64 oz of water/ day.** Use a protein meal replacement instead of skipping a meal. Practice portion control, plan meals, eat protein first, & eat well-balanced meals. **START** eating within 1 hour of waking, eat every 2-3 hours, & **STOP** eating 2 hours prior to bed time.

Meal Plan:

- **Mobility-** **Move your body 3-5 days per week for 15-20 minutes & do what you enjoy!** No lifting or straining > or = 20 lbs. for 4-6 weeks after surgery. A good rule of thumb for activity is "if it hurts, then stop." Just remember to challenge yourself.
- **Sleep/Rest-** Try to **get 6-8 hours of sleep or rest each day** (or over each 24- hour period). Wear CPAP if indicated.
- **Behavioral-** Work on identifying behaviors & seek help or therapy to change behaviors that do not align with your plan.
- **Follow Up-** _____ with _____ & _____ with dietitian for support & guidance. **OR after testing** _____ to discuss results with _____

Issues to discuss with PCP: _____

Additional recommendations/Solutions: _____

Our office number is 410-641-9568. There is always someone to address concerns during business hours & there is always a surgeon on-call after hours.

General Tips:

- There are at least 5 components of a good weight loss regimen: Good nutrition, Exercise, Adequate water intake, Stress management, & Sleep!
- Remember to focus on the “Big Picture” & take on one task at a time.
- Eat small, frequent meals. Aim for 4-5 per day.
- Eat real food!!! Fruits, veggies, & protein. Try to avoid processed foods.
- Getting your crazy 8s... 8-10 8 ounce glasses of water daily, & 8 hours of sleep daily.
- De-stress yourself with extracurricular activities.
- Your hand tells you a lot. The palm gives a good example of serving size. 5 fingers remind us to eat foods with less than 5 ingredients...
- When possible, call or come to support group when you are struggling. This is a life-long process & you must surround yourself with people who can empathize, & you must arm yourself with resources & learn to be patient with yourself.

New Direction Product Info:

- ND Shakes are 200 calories & 27 grams of protein & ND Bars are 160 calories & 10-15 grams of protein. (3 shakes a day would total 81 grams of protein & 600 calories & 3 bars would total 30-45 grams of protein & approximately 480-500 calories).
- Each box of products contains seven servings, enough for 7 meals. If you want to use 2-3 products per day, you will need 2-3 boxes per week.
- Mix each serving with 9oz of water. For best results, add 9oz water first, then add product to mix.
- No more than 2 servings of soup recommended (high in sodium). Mix soup well with cold water first, then heat in microwave.
- No more than 2 Fiber products per day (if consuming more than 20g fiber, can cause gastrointestinal distress)
- Make a pudding milkshake! You can double the water when making the puddings- will have the consistency of a thick milkshake (puddings are good in the refrigerator for 24 hours)
- Here is a sample menu for a 1200-1400 Calorie Day:

Breakfast:	New Direction Beverage + ½ cup fruit
Snack:	Low fat cheese with crackers
Lunch:	1 cup cooked broccoli/ 4oz chicken/ ½ cup brown rice
Snack:	New Direction Bar + ¼ cup nuts
Dinner:	2 cups Salad/ 4oz fish/ ½ cup mashed potatoes

200 Calorie Meal & Snack Ideas

- Lite vanilla yogurt with ½ cup Kashi Go Lean Crunch cereal
- Cheesy Popcorn: Toss hot popcorn (94% fat free) with 1 Tbsp grated Parmesan, 1 Tbsp olive oil and a pinch of cayenne pepper (1/2 large bag mixed with ingredients ~200 calories)
- Sesame carrots: Toss 2 cups of baby carrots with 1 Tbsp toasted sesame seeds and a pinch each of dried thyme and salt
- ½ English muffin with 2 tsp peanut butter and ½ banana
- 3 Ryvita Krisps with 3 Tbsp hummus or 3 Tbsp Alouette lite garlic spread
- Nutty Rice Cake: Spread 1 Tbsp almond butter or peanut butter on 1 brown rice cake. Top with ¼ sliced apple and drizzle with ¼ tsp honey
- Trail mix (1 cup cereal, 1 Tbsp raisins, 1 Tbsp nuts)
- 1/4 cup hummus with 5-6 whole grain, low fat crackers or 1 cup raw veggies
- ½ cup reduced fat cottage cheese with ½ cup mandarin oranges (in own juices)
- Protein Power Snack: 1 large hard-boiled egg with 1 cup edamame (soybean pods) plus ½ cup grapes
- 10 Garden of Eatin' ® Tortilla chips with ¼ cup salsa plus 1 oz string cheese
- Whole wheat flatbread- spread with 1 Tbsp Alouette® light garlic spread. Top with diced cucumber, chopped tomato and 1 Tbsp Reduced Fat feta cheese.
- 1 (1.5oz) bag pistachios (130 calories) with piece of fruit
- Energy Bar (Look for a bar that is <200 calories, <2.5g saturated fat, at least 3g fiber) Try Luna Bar, Power Bar- Whole Grain Harvest, Balance Trail Mix
- Small sweet potato (computer mouse size)- Microwave for 6 minutes or until tender. Add 1 tsp tub margarine and sprinkle with cinnamon or drizzle with a little honey
- 1 cup Cascadian Farms® edamame (soybeans- looks like fuzzy, sugar snap peas- good for you heart!)- sprinkle with sea salt
- Hard-boiled egg with Hummus (remove yolk and replace with hummus)
- 1 (1.5oz) bag pistachios (130 calories) with piece of fruit

If you have a sweet tooth...

- Chocolate Whip- Mix 2 heaping Tbsp Hershey's baking cocoa with 1- 8oz container Cool Whip Lite and freeze (1 cup serving= ~180 calories)
- Dip 4 Nilla Wafers or 10 Back to Nature® Cinnamon Graham Sticks (Food Lion- health section) in Vanilla Fat free Jello pudding (individual cups)
- Banana Fluffer Nutters- Cut 1 small banana in half lengthwise. Combine 1 ½ Tbsp marshmallow crème and 1 tsp peanut butter in a small bowl. Spread peanut butter mixture over 1 half of banana; top with remaining half (151 calories)
- Skinny Cow low fat ice cream sandwich (1 sandwich= 130 calories)
- Smart Ones Fudge Bar (80 calories)
- Sugar free cocoa with skim milk



About the AGH New Direction Medical Weight Loss Program

a service provided by the Atlantic Bariatric Center

Obesity is a major health risk that is serious and costly. According to the CDC, more than three in five American are overweight. One-third is obese. Obesity related conditions include heart disease, high blood pressure, high cholesterol, stroke, type 2 diabetes, and certain types of cancer. Like other chronic diseases, obesity requires responsible, comprehensive treatment, including ongoing care.

An Alternative Option for Weight Loss

The AGH New Direction Medical Weight Loss Program provides the treatment needed to achieve long-term success. Our bariatric team includes the medical director, Dr. Zarif, our nurse practitioner, Angela Simmons, CRNP, CBN, Bariatric Coordinator & nurse practitioner, & our registered dietitians, Amy Gehrig, RD, & Amanda Buckley, RD.

Together with our patients, our providers create individualized plans for improvement in nutrition, activity, & emotional well-being. Goals focus on helping our patients achieve permanent weight loss through life long changes in dietary, exercise, & behavioral patterns. Personalized plans incorporate each patient's individual challenges & life goals. Our staff communicates with our patients' primary care providers & reports to them periodically as needed in order to facilitate practical & safe management of each patient. Periodic lab tests, EKGs, & other types of testing are ordered as needed based on individual patient needs & monitoring protocols.

Support groups augment education provided during office visits & provide additional opportunities for accountability through weight monitoring & open discussions. These groups are casual & intimate, & are run by our Nurse Practitioner & Registered Dietitian. Research shows that support groups & peer support helps patients form new eating, exercise, & coping habits thus promoting better weight management skills.

Atlantic General Hospital and Health System associates have the opportunity to take advantage of the service, supported by the Associates Getting Healthy Wellness Program & covered by Atlantic General's Insurance Plans.

*The program approaches individual weight loss goals in stages.

- Stage 1: Screening. Patients are medically screened during this phase to see if it is safe for them to participate in the New Direction program. The screening process occurs during the initial appointment & includes a physical examination, review of medical history & laboratory testing.
- Stage 2: Reducing/Active Weight Loss. During this phase, patients will aim to lose 85-90% of their excess weight _____. Using the system's nutritional products, participants begin to learn & practice weight management skills without the influence of much grocery food. This may take several months. Patients should expect to lose 1-3-5 lbs a week, on average.
- Stage 3: Adapting/Transitioning to primarily grocery food. In this phase, patients will aim to lose the last 10-15% of their excess weight _____. Practicing newly acquired eating & exercise habits, participants gradually return to grocery meals while still allowing them to stay in control of their eating.
- Stage 4: Sustaining/Maintenance-This stage aims to keep you within 5 lbs of your goal weight by continuing to give support using relapse prevention & individualized meal plans to help patients live a healthier lifestyle.

Frequently Asked Questions

Q. What kind of diet will I follow?

A. During the weight loss phase you will follow a low calorie diet consisting of delicious drinks and bars specially formulated to provide the necessary proteins, carbohydrates, vitamins and minerals that you need, in addition to healthy grocery food. The meal replacement products can be used to supplement lean/green meals.

Q. What are the health benefits of the program?

A. Weight loss can improve, reverse or even prevent serious medical conditions, including type 2 diabetes, high blood pressure, cardiovascular disease and high cholesterol. It can also reduce joint and back pain, and dramatically improve your energy and mood.

Q. How do I know which diet plan is best for me?

A. AGH New Direction staff will take into account your BMI, weight loss goals and health status to determine the appropriate diet plan for you.

Q. How much weight can I expect to lose?

A. This may be everyone's top question! It depends on several factors including your weight, age, gender, and activity level. A loss of one to three pounds a week is considered a healthy rate of weight loss & typically predicts a sustainable loss for the future.

Q. How much does the program cost?

A. There are several price components of the program.

- Depending upon your needs, the program drinks and bars should be approximately \$40-50 a week for breakfast, lunch and snacks. That's less than \$3 a meal.
- Patients will need to provide co-payments and/or co-insurance fees for any necessary physician checkups, nutrition consultations, blood work, and EKGs as determined by the program administrators.

Q. Is the expenses of the products & the co-pays worth the cost in the long run?

A. Motivated individuals who stick with the program find it to be well worth the investment. The cost, both financially and physically, of the complications and disease risks tied to being overweight, are much greater than the cost of the medical weight loss care provided through AGH New Direction.

Q. When does the program start?

A. Each individual person decides when it is best for him or her to start.

Q. How do I enroll?

A. Call or e-mail Angela Simmons, CRNP, CBN, Bariatric Coordinator, at 410-641-9568 or asimmons@atlanticgeneral.org to begin the enrollment process.

Support Groups

Support group is an important part of your weight-loss journey.

We encourage participation for all of our patients however there is NO penalty for not attending.

There are two support group classes for non-surgical patients & two support group classes for surgical patients each month.

Unless otherwise announced (i.e for weeks with holidays in them), meetings will take place either on-line or in the office conference room on the following days and times:

WEDNESDAYS

1st Wednesday: NO SUPPORT GROUP

2nd Wednesday via Zoom from 5:00-5:30 pm

3rd Wednesday: NO SUPPORT GROUP

4th Wednesday via Zoom from 5:00-5:30 pm

There will not be a meeting if there is a 5th Wednesday in the month.

We may offer the in-person option if patient's depending on the provider and requests for this.

We have gone back to separating the surgical & non-surgical patients in an effort to offer enhanced program structure & consistency for each group of patients. No one will be penalized in any way for not participating in these. Simply attend when you are able to with your respective group. **Both surgical and non-surgical patients may attend both groups if they wish to do so. Contact the office if you have questions please.**

Zoom link as follows:

Zoom link as follows:

Join Zoom Meeting

<https://atlanticgeneral.zoom.us/j/93872121574>

Meeting ID: 938 7212 1574

One tap mobile

+19294362866,,93872121574# US (New York)

+16699006833,,93872121574# US (San Jose)

Dial by your location

+1 929 436 2866 US (New York)

+1 669 900 6833 US (San Jose)

*Please do not hesitate to call or contact our office for any questions or concerns at 410-641-9568.

Thank you



ATLANTIC GENERAL BARIATRICS: NEW DIRECTION PRODUCT ORDERING FORM

PATIENT NAME: _____ TODAYS DATE: ____/____/____

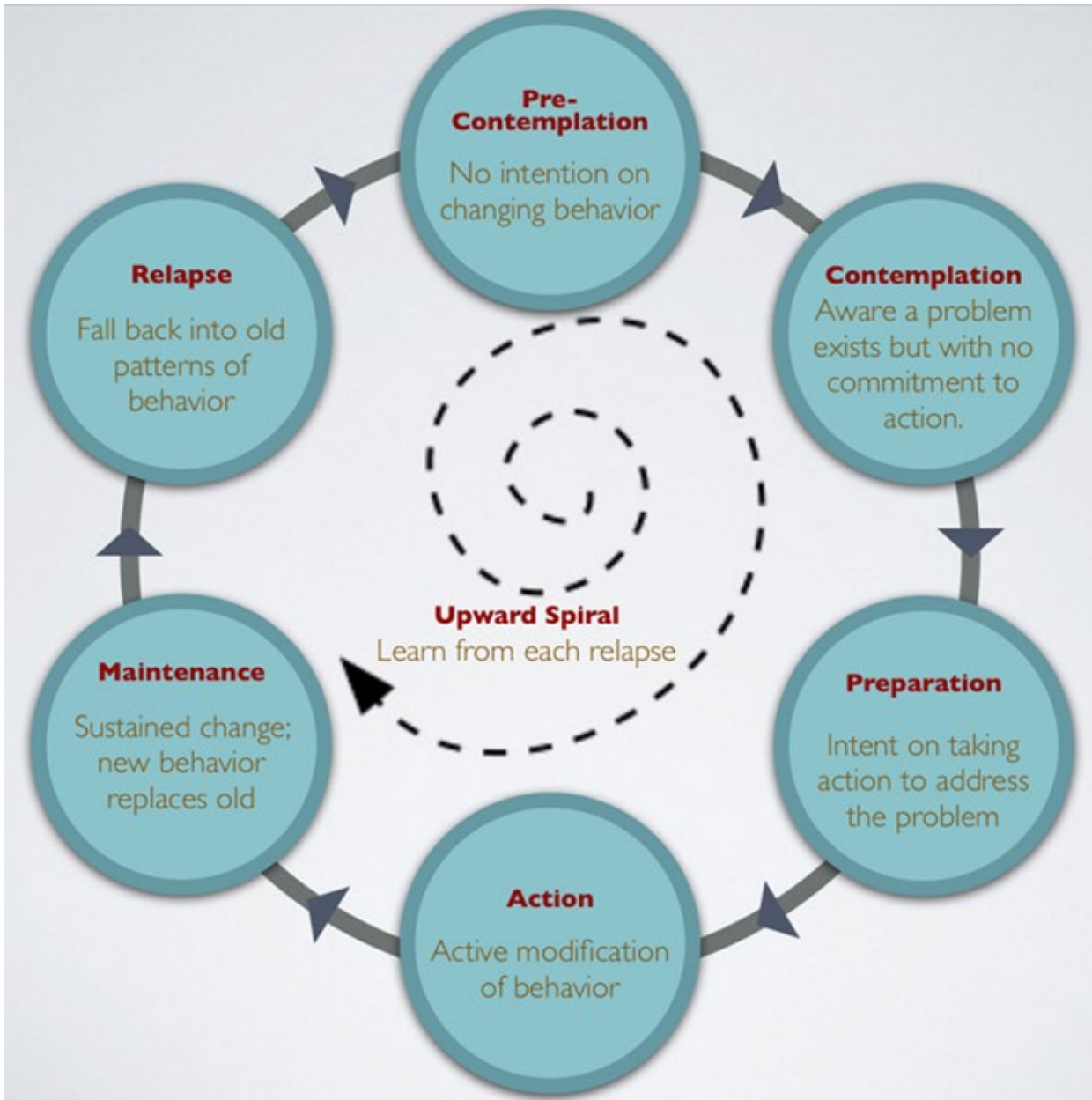
PATIENT #: _____ TOTAL: \$ _____

D.O.B: ____/____/____ PAYMENT METHOD: C.C / CASH / CHECK / AGH INS.

BARS \$8	QTY	BEVERAGES \$16	QTY	PUDDINGS \$16	QTY
15 Gram		Apple Pie Pudding Shake 27 G		Chocolate 27 G/ 480 mg Na	
10 Gram		Caramel Frappe 27G/ 540 mg Na		Lemon w/Fiber 15 G/ 460 mg Na	
Brownie with Caramel 10G		Chocolate 27 G/ 580 mg Na		Natural Vanilla 27 G/ 430 mg Na	
Butter Pecan 10G		Chocolate w/Fiber 27 G/ 580 mg Na		Vanilla 27 G/ 460 mg Na	
Butter Pecan w/ Caramel 10G		Chocolate Pea Protein 15 G/ 330 mg Na		TOTAL: \$	
Caramel Cocoa 15G		Cookies & Cream Pudding/Shake 27G/540 mg Na		SNACKS	QTY
Chocolate Almond 15G		Fruity Cran- Grape w/ Fiber 15 G/ 65 mg Na		Fava Chips Cheddar (\$1) 10 G/ 420 mg Na	
Cinnamon 15G		Hot Cocoa 12 G/ 230 mg Na		Fava Chips Garlic (\$1) 10 G / 360 mg Na	
Dark Chocolate S'mores 15G		Mixed Berry Drink 15 G/ 70 mg Na		Honey Mustard Chips (\$1) 10G / 350mg Na	
Double Berry 15G		Mixed Berry Drink w/ Fiber 15 G/ 70 mg Na		Pretzel Twists (\$1) 10 G	
Fudge Graham 15G		Nat Mixed Berry Smoothie 27 G/ 460 mg Na		Tasty Bites Party Mix (\$1) 10 G/ 390 mg Na	
Lemon Meringue 10G		Orange Mango Fruit Drink 27 G/ 540 mg Na		TOTAL: \$	
Marshmallow Brownie Crisp 10G		Vanilla 27 G/ 580 mg Na		DESSERTS \$16	QTY
Oatmeal Cinnamon Raisin 10G		Vanilla w/Fiber 27 G/ 580 mg Na		Cheesecake 12 G/ 170 mg Na	
Peanut Butter Mousse 10G		Vanilla Pea Protein		Chocolate Fudge Cake 12 G/ 75 mg Na	
Peanut Butter Crunch 10G		Variety Pack 27 G		TOTAL: \$	
Peppermint Cocoa Crunch 15G		TOTAL: \$		SOUPS \$16	QTY
Salted Caramel 14G		ENTREES	QTY	Cheddar Broccoli 27 G	
Shortbread Cookie 15G		Cheese Steak Pasta (\$8) 12G/ 480 mg Na		Cream of Chicken 15 G	
Sweet & Salty Peanut 10G		Cheesy Nacho Pasta (\$8) 15 G/ 590 mg Na		Chicken Noodle 15 G	
Vanilla Caramel Crunch 15G		Fettucine Alfredo (\$8) 12 G/ 870 mg Na		TOTAL: \$	
TOTAL: \$		Macaroni & Cheese (\$5) 12 G/ 880 mg Na		ACCESSORIES	QTY
BREAKFAST \$8		Vegetarian Chili w/Beans (\$8) 12 G/ 540 mg Na		Shaker Bottle (\$8)	
Apple Cinnamon Oatmeal 10G/120 mg Na		Vegetarian Sloppy Joe (\$8) 12 G/ 570 mg Na		Shaker Cup (\$2)	
Cinnamon O's Cereal 15G w/ Fiber		Zesty taco plant based rice (\$8) 15g w/ fiber		TOTAL: \$	
Maple Oatmeal 15 G/ 200 mg Na		TOTAL: \$			
Mini Crisps Chocolate (\$5) 12 G/ 170 mg Na					
Pancakes 15 G/ 270 mg Na					
TOTAL: \$					

_____ was sold for 50% or free due to expiration date.

https://www.google.com/search?q=cycle+of+change+pdf&rlz=1C1GCEA_enUS1006US1006&oq=cycle+of+c&aqs=chrome.69i59j0i433i512j69i57j0i512l7.2699j0j15&sourceid=chrome&ie=UTF-8#imgrc=cbL7nZnohfOXNM



	NUTRITION	FITNESS	SLEEP	STRESS	RELATIONSHIPS	VALUES
NUTRITION	What are you eating? Quality foods? Amount? Hydration? Is timing appropriate?	Are you eating enough to support activity level and fitness goals?	Are you timing your eating to optimize sleep and recovery? Do you snack before bed?	Are you eating when stressed? What helps with that? How is your gut health?	Who do you eat with? Do you eat to socialize? Do you feel pressure to eat from friends and family?	What is your relationship with food? Does it serve a cultural purpose?
FITNESS	Are your calories and macros appropriate for your fitness goals?	Are you following the right program for your fitness goals? Are you pain free?	Are you exercising at the best time of day to support quality sleep? Do you get hot at night?	Do you find exercise relaxing? Is it done mindfully? Do you get outside?	Who do you share your fitness with? Where do family and friends fit in?	What purpose or value does fitness serve for you? Is it part of your identity?
SLEEP	How does your nutrition impact your sleep? Timing? Specific foods?	How does exercise affect your sleep? What is the best time to do it to optimize sleep quality?	Do you give yourself enough time to sleep? Do you have a bedtime ritual? Do you practice good sleep hygiene?	Do you practice a wind down routine and shut off devices? Is sleep a priority?	How does sleep fit into family and work life? What can you do to prioritize it while staying relationship focused?	Do you value sleep for your health and wellbeing? Why or why not?
STRESS	Do you eat when stressed? How do you manage that? What role does food play in your overall happiness?	Is work or life stress high? How does that impact your training? Do you adjust expectations accordingly?	Is your bedroom conducive to sleep and relaxing? What is your wind down routine? How do you clear your head before sleep?	What are your beliefs about stress? How do you manage it? Do you practice self care? What makes you feel most mindful? Do you have hobbies?	How do you manage conflict to alleviate stress? How do you balance work and home life? How do you prioritize relationships?	Are you staying present? Do you plan time off for self care and connection?
RELATIONSHIPS	Who do you eat with? What is meal time like? Are you mindful and present? Do you feel pressure to eat?	Does fitness serve a social value? Who do you share activities with? Where do family and friends fit in?	Are your relationships conducive to quality sleep? What can you do to prioritize sleep and recovery?	How do you manage conflict in your life? How do you leave work at work? How do your relationships support you?	Who in your life supports you? Who drains you? How do you foster positivity and show gratitude? How do you manage toxicity?	Do the relationships you maintain serve you well? What roles do you play in the lives of others?
VALUES	What role does nutrition play in your life? Why is it important? Do you feel better with whole foods? What impacts your food choices?	What role does exercise play in your life? Do you feel better when you are active? Do you have goals? How do they shift with your life stage?	Sleep is important for health. Do you make it a priority? Why or why not?	Are you living in the present moment? Do you practice self care during time off?	What do your best relationships have in common? How do you nurture them? How do you connect with others?	Are you happy? What are your dreams for the future? What will be your legacy? What are you grateful for? Where does health fit into your big picture?

PHARMACEUTICAL MEAL PLANNING FOR HEALTHY NUTRITION WHILE ON ANTI-OBESITY MEDICATIONS

BASIC MEAL PLAN

- Avoid Skipping Meals; eating regular meals and snacks are important to maintain your lean body mass and a healthy metabolism while losing weight.
- Eating protein with each meal is especially important when calorie intake is reduced due to decreased appetite.
- Sample plans below provide 2 to 3 Meal Replacements with options for simple meal and snacks.
- Meal Replacement should contain 15-27g protein; 3-6g fiber; at least 25% DV for Vitamin/Minerals, and will typically provide 200 calories or less per serving.
- Protein products with less than 15g protein can be utilized as snack alternatives between meals or to increase total protein content within a meal to support lean body mass.

ADDITIONAL TIPS

- Keep hydrated, drink 64 FL oz. of water each day.
- Eat at 2-3 hour intervals, 3 small-moderate meals and 2-3 healthy snacks.
- Aim for fiber rich food to prevent constipation; vegetable or fruits (goal 5 servings per day).
- Use high fiber/whole-grain cereal, bread, or beans (goal 2 servings per day),
- Prioritize protein at each meal - include 4-6 oz. of lean protein for women; 5-8 oz. lean protein for men per day.
- Choose food low in fat, added sugar or sodium (target <10% of the daily value per serving).
- **Sample Meal Plan** (35-40% Protein, 30-35% Carbohydrate, 25-30% Fat)

	1000 calories*	1200 calories*	1500 calories*
Breakfast	Protein Meal Replacement (≤200 calories, 15-27 protein)	Protein Meal Replacement (≤200 calories, 15-27 protein)	Protein Meal Replacement (≤200 calories, 15-27 protein) 3/4 cup berries (50 calories)
Snack	1 low-fat string cheese stick + 10 grapes (100 calorie snack)	1 small apple + 1 Tbsp natural peanut butter (150 calorie snack)	Protein Meal Replacement (≤200 calories, 15-27 protein)
Lunch	Protein Meal Replacement (≤200 calories, 15-27 protein)	Salad with 2-3 cups mixed greens with: 1/4 cup grape tomatoes, 1/4 cup diced green bell pepper 1/4 cup sliced cucumber, 3 oz. tuna, grilled or canned/water 1 oz. whole grain bread or 1/2 cup cannellini bean 2 Tbsp. Lite Dressing(300 calorie meal)	Sandwich with 2 slices high-fiber bread, 3 ounces low sodium deli- turkey, 1 Tbsp. lite mayo, lettuce and tomato 1 cup sliced cucumbers 1 low-fat string cheese stick 15 almonds (500 calorie meal)
Snack	10 almonds and 5 baby carrots (100 calorie snack)	4-5 whole wheat crackers + 1/2 cup low-fat cottage cheese (150 calorie snack)	Protein Meal Replacement (≤200 calories, 15-27 protein)
Dinner	5 oz. baked salmon 1 medium sweet potato 1 cup roasted asparagus + 1 tsp olive oil for cooking (300 calorie meal)	Protein Meal Replacement (≤200 calories, 15-27 protein) 3 oz. baked chicken 1 cup steamed broccoli (300 calorie meal)	Stir fry with 4oz. lean pork, 1/2 cup zucchini, 1/2 cup snow peas, 1/4 cup onion with, 1 Tbsp.avocado oil, 1 Tbsp. sesame seed 1/2 cup wild rice (650 calorie meal)

* Calories & Protein will be adjusted for individuals considering BMI & co-morbidities. Consult with a registered dietitian to obtain individualized recommendations for your health needs. Robard Corporation • 821 East Gate Drive • Mt. Laurel, NJ 08054