



Welcome to Vive Medical Weight Loss and Aesthetics! Congratulations on choosing to reach your weight loss goals on our Modified Low Calorie Diet program. Along with your meal replacements (shakes, soup, bars, etc.) you will also be consuming an additional 550 calories per day from food of your choosing. Below you will find a variety of meal suggestions, each totaling about 550 calories each. Feel free to utilize these suggestions in a way that is going to work best for you, either eaten all at once or broken up as smaller meals throughout the day.

Keep in mind, these are general starting points for how to prepare a healthy, well-balanced meal. For more flavor and variation, consider using the following low- to no-calorie seasonings: fresh/dried herbs, black pepper, cayenne pepper, chili powder, cinnamon, cumin, curry, garlic, ginger, nutmeg, paprika, saffron, turmeric, vinegar, and fresh lemon or lime juice.

Suggested Dinners or Lunches (about 550 calories):

1. Turkey & Avocado Sandwich
  - 2 slices Ezekiel Sprouted Grain Bread
  - 2 oz turkey
  - 1 slice Swiss cheese
  - ¼ avocado, sliced
  - Lettuce, onion, tomato
  - Yellow mustard (optional)
  - 14 baby carrots
  - 2 tbsp hummus
  - ½ cup fresh berries
  
2. 4 oz grilled chicken breast
  - 1 cup grilled vegetables
  - ½ medium baked sweet potato
    - with 1 tsp butter
  - Salad: 2 cups spring mix, ½ cup sliced cucumber & 1 tbsp red onion
    - with 1 tbsp Italian dressing
  - 1 oz almonds
  
3. Grilled Portabella Mushroom Pizza
  - 2 portabella mushroom caps
  - ½ cup tomato sauce
  - ½ cup shredded mozzarella cheese
  - 6 slices pepperoni
  - 1 cup steamed or roasted broccoli sprinkled with 1 tbsp pine nuts
  - Caesar salad: 2 cups romaine, 1 tbsp parmesan cheese
    - with 1 tbsp Caesar dressing
  
4. 4 oz fish fillet (wild is better than farm raised)
  - 1.5 cups zucchini and yellow squash, sliced & sautéed
  - 1 tbsp butter
  - ¼ medium avocado, sliced
  - 1 oz cashews

5. Chicken & Quinoa Soup
  - ¼ cup each carrots, celery, and onion, diced
  - 1 tbsp olive oil
  - 2 cups chicken broth
  - 4 oz cooked chicken breast, diced
  - ½ cup cooked quinoa
  - 1 cup fresh spinach, chopped
  - ½ cup plain yogurt with ½ tsp cinnamon
  
6. Veggie Omelet
  - 3 large eggs
  - ½ cup sautéed onions and peppers
  - 1 tbsp butter (for cooking)
  - ¼ cup shredded cheddar cheese
  - ¼ medium avocado, sliced
  
7. 4 oz pork tenderloin
  - 1 cup green beans
  - ½ medium baked sweet potato
  - 1 tbsp butter
  - 1 medium apple
  - ½ oz almonds
  
8. Chicken Caesar Salad
  - 4 oz grilled chicken breast
  - 2-3 cups romaine lettuce
  - 1 tbsp Parmesan Cheese
  - 1 tbsp Caesar dressing
  - ½ cup fresh berries
  - 3 tbsp cashews (about 13)
  
9. 4 oz grilled salmon
  - 1 cup asparagus (steamed or grilled)
  - 2 tbsp parmesan cheese
  - ½ cup cooked quinoa
  - 10 celery sticks (about 4" long)
  - 1 tbsp almond butter
  
10. Snack Platter
  - 1 oz Cheddar cheese
  - 5 Triscuits
  - 1 oz Almonds
  - 10 Celery sticks (about 4" long)
  - ¼ cup Hummus
  - ½ cup Grapes
  
11. 4 oz grilled steak
  - ½ cup sautéed mushrooms and onions
  - 1 cup roasted cauliflower
  - 1 tbsp butter
  - Side salad: 2 cups spring mix, ½ cup sliced cucumber, 4 cherry tomatoes & 1 tbsp diced red onions with 2 tbsp balsamic vinaigrette
  - 1 medium pear

12. Greek Salad

- 4 oz grilled chicken breast
- 3 cups Spring mix or romaine
- 1 oz crumbled feta cheese
- 5 cherry tomatoes
- 2 tbsp red onion
- 1 oz Pepperoncini peppers, sliced (optional)
- 5 Kalamata olives
- 2 tbsp Greek dressing
- 1 small (4" diameter) whole wheat pita, grilled or toasted

13. Taco Lettuce Wraps

- 4 oz taco meat (preferably ground turkey)
- 3-6 large Iceberg lettuce leaves
- ½ cup tomato, diced
- ½ cup onion, diced
- 1 oz shredded cheddar cheese
- ¼ cup salsa
- ¼ cup guacamole
- 1 medium apple

14. Turkey Kielbasa & Rice

- 3 oz Turkey kielbasa, sliced
- ½ cup black beans
- ½ cup sautéed onion, diced
- ½ cup sautéed zucchini, diced
- ½ cup sautéed yellow squash, diced
- ½ cup sautéed red bell pepper, diced
- ½ cup cooked brown rice
- (Combine all of the above and season with hot sauce to taste)
- 3 Clementine oranges