



Credible and Efficient

Gain instant credibility, reduce liability, save time and add value to your weight management consulting business with our newly enhanced collection of RD designed and approved meal plan templates. Each template offering provides ready-to-print balanced meal plans containing 7 days of menu and can be imported into DietMaster Pro products within minutes. Templates can be copied into client folders and used over and over again.

Series 1 Collection

Lean Bodybuilder

Calorie ranges available: 2200, 2400, 2600, 2800, 3000, 3200
Balanced ratios: 50% carbs, 35% protein & 15% fat

Low Cholesterol / Low Fat

Calorie ranges available: 1500, 1700, 2000
Balanced ratios: 65% carbs, 20% protein & 15% fat

Mass Builder

Calorie ranges available: 3200, 3400, 3600, 3800, 4000
Balanced ratios: 50% carbs, 30% protein & 20% fat

Vegetarian Low fat

Calorie ranges available: 1700, 1900, 2100
Balanced ratios: 65% carbs, 15% protein & 20% fat

Wheat Free/Low Fat

Calorie ranges available: 1400, 1600
Balanced ratios: 65% carbs, 20% protein & 15% fat

Series 2 Collection

Performance Training

Calorie ranges available: 1900, 2100, 2300, 2500, 2700, 3000
Balanced ratios: 60% carbs, 20% protein & 20% fat

Heart Healthy

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 25% protein & 15% fat

Low Carb

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 40% carbs, 30% protein & 30% fat

Mature Women

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 50% carbs, 30% protein & 20% fat

Vegan

Calorie ranges available: 1300, 1500, 1700, 1900
Balanced ratios: 55% carbs, 25% protein & 20% fat

Series 3 Disease Prevention

Stable Blood Sugar

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Heart Disease Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Osteoporosis Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Stroke Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Cancer Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Series 4 Glycemic Management

Low Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Low to High Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

High to Low Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Series 5 Collection

Energy Booster

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Healthy Aging

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 20% protein & 25% fat

On The Go

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Teen Scene

Calorie ranges available: 1800, 2000, 2200, 2400, 2600, 2800
Balanced ratios: 55% carbs, 20% protein & 25% fat

Series 6 Low Carbohydrate

Fast Food

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

All American

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Mexican Fiesta

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Italian

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Series 7 Collection

Organic Low Fat

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Organic Low Carb

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 40% carbs, 30% protein & 30% fat

Lactose Intolerant

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Gluten Free

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Kosher

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Series 8 Collection

North Beach—Phase I Weight Loss

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 45% carbs, 30% protein & 25% fat

North Beach—Phase II Maintain

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 20% protein & 20% fat

Healthy Soy

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

High Fiber

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

Asian Explosion

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

Mediterranean

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 20% protein & 30% fat

Series 9 Detox & Cleanse

Fruit Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

Veggie Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

Lean Meat Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Fruit Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Veggie Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Meat Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

R.D. Designed & Approved

"As the Registered Dietitian, on the Board of Lifestyles Technologies, Inc., I have completed a thorough nutritional assessment of the DietMaster PhD Meal Templates. I have evaluated all caloric levels, macronutrients and micronutrients available. As a registered dietitian I deem and approve these Templates to be consistent with guidelines that result in safe and healthy weight loss". **Kimberly A. Tessmer, R.D., L.D.**

Adding years to life and life to the years



Lifestyles Technologies, Inc.