



# DietMaster WebMed Meal Plan Library 2019 - RD Designed and Doctor Contributed



## Meal Plans Supported Using DietMaster WebMed & Go Mobile Platforms

### Standard Series

#### Series I

- Low Cholesterol - (65c/20p/15f)
- Vegetarian Lifestyle - (65c/15p/20f)
- Wheat Sensitivity - (65c/20p/15f)
- Muscle Builder - (50c/30p/20f)
- Lean & Tone Physique - (50c/35p/15f)
- Paleo Lifestyle (40c/30p/30f)

#### Series II

- Heart Healthy Living - (60c/25p/15f)
- Women's Healthy Aging - (50c/30p/20f)
- Low Carb Lifestyle - (40c/30p/30f)
- Athletic Training - (60c/20p/20f)
- Vegan Lifestyle - (55c/25p/20f)

#### Series III - Disease Prevention

- Stable Blood Sugar - (60c/20p/20f)
- Heart Disease Prevention - (60c/20p/20f)
- Osteoporosis Prevention - (60c/20p/20f)
- Stroke Prevention - (60c/20p/20f)
- Cancer Prevention - (60c/20p/20f)

#### Series IV - Glycemic Management

- Low Glycemic - (50c/25p/25f)
- Low (am) to High (pm) - (50c/25p/25f)
- High (am) to Low (pm) - (50c/25p/25f)

#### Series V

- Sustained Energy - (50c/25p/25f)
- Anti Aging - (55c/20p/25f)
- On The Go - (50c/25p/25f)
- Teen Lifestyle - (55c/20p/25f)

#### Series VI - Low Carbohydrate

- Fast Food - (40c/30p/30f)
- All American - (40c/30p/30f)
- Hispanic - (40c/30p/30f)
- Italian - (40c/30p/30f)

#### Series VII

- Organic Low Fat - (55c/25p/20f)
- Organic Low Carb - (40c/30p/30f)
- Lactose Intolerant - (55c/25p/20f)
- Gluten Free - (55c/25p/20f)
- Kosher - (55c/25p/20f)

#### Series VIII

- North Beach Phase One - (45c/30p/25f)
- North Beach Phase Two - (60c/20p/20f)
- Healthy Soy - (60c/25p/15f)
- Mediterranean - (50c/20p/30f)
- Asian Explosion - (60c/25p/15f)
- High Fiber - (60c/25p/15f)

#### Series IX - Detox & Cleanse

- Detox, Fruit - (14 days)
- Detox, Lean Meat - (14 Days)
- Detox, Vegetarian - (14 Days)

- 21 Day Jump Start Fruit Detox & Low Glycemic
- 21 Day Jump Start Veggie Detox & Low Glycemic
- 21 Day Jump Start Lean Meat Detox & Low Glyc.

#### Series X 30 - Day Meal Plan Compilation Series

- 30 Day Women's Anti Aging
- 30 Day Weight Loss
- 30 Day Post Pregnancy
- 30 Day Pre/Post Natal Lactating
- 30 Day Heart Healthy
- 30 Day Cholesterol Control for Men
- 30 Day Hypertension

#### Series XI - True Paleo Series

- True Paleo FODMAP
- True Paleo AutoImmune
- True Paleo Pescapaleo
- True Paleo Strength
- True Paleo Triathlete

#### Series XII - Intermittent Fasting Series

- I.F. 16:8 Hour Plan
- I.F. Alternate Day Plan
- I.F. 5:2 Day Plan

### \*Medical Series

#### Bariatric VLCD Series\* (very low calorie)

- Low Glycemic - (50c/25p/25f) 700 to 1300 cal.
- Low Carb - (40c/30p/30f) 700 to 1300 cal.
- Stable Blood Sugar - (60c/20p/20f) 700 to 1300

#### Bariatric Post Lap Band Series\*

- Stage 1 Template - Liquids Only
- Stage 2 Template - Puree Foods
- Stage 3 Template - Soft Foods
- Stage 4 Template - Maintenance

#### Childhood Obesity Series\*

- Healthy Start 2-3 years (55c/10p/35f)
- Healthy Habits 4-8 years (55c/15p/35f)
- Healthy Habits 9-13 years (55c/20p/25f)
- Healthy Teens 14-18 years (55c/25p/25f)
- Low Cholesterol (9-18 years)(55c/20p/25f)

#### Food Allergy Series\*

- Peanut - (50c/25p/25f)
- Fish / Shell Fish - (55c/20p/25f)
- Cow Milk - (50c/25p/25f)
- Chicken Egg - (55c/20p/25f)
- Pine Nut - (55c/20p/25f)
- Gluten R2 - (50c/25p/25f)

#### Maternity Pre/Post Natal Series\*

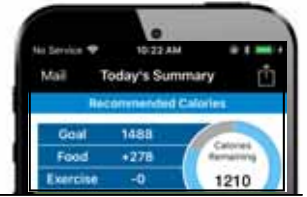
- Prenatal - (50c/25p/25f)
- Healthy Breastfeeding - (50c/30p/20f)
- Post Pregnancy Weight Loss - (45c/35p/20f)
- Post Pregnancy Hormone Balance - (50c/30p/20f)

#### Bariatric Ketogenic Series\*

- Ketogenic VLCD (25c/5p/70f) 500 to 1000 cal
- Ketogenic (25c/5p/70f) 1300 to 1700 cal



## Advanced Medical Series - New for 2019 Meal Plan Templates



### Advanced Medical Series

- Alkaline Cancer
- Alzheimer's
- Anemia
- Anti-Inflammatory
- Arthritis and Diabetes
- Arthritis and Heart Disease
- Asthma
- Behavioral Disorders
- Cancer and Heart Disease
- Chronic Kidney Disease
- Cirrhosis
- Congestive Artery Disease
- Congestive Heart Disease
- COPD
- Crohn's Disease
- Cystic Fibrosis
- Depression
- Diabetes
- Diabetes and High Chol
- Diabetes and Hypertension
- Eczema
- Epilepsy
- GERD
- Gout
- Hepatitis
- High Cholesterol
- Hormone Balance
- Hypertension
- Irritable Bowel Syndrome
- Multiple Sclerosis
- Obesity and Diabetes
- Osteomalacia
- Osteoporosis
- Pancreatic
- Psoriasis
- Rheumatic Heart Disease
- Rheumatoid Arthritis
- Rickets
- Sarcopenia
- Stroke
- Thyroid
- Ulcerative Colitis