

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 Pescatarian
- 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

Macro Balance

Series XIV -Macro Balance Series

- Macro Balance 20P 60C 20F
- Macro Balance 25P 50C 25F
- Macro Balance 25P 55C 20F
- Macro Balance 30P 40C 30F
- Macro Balance 30P 45C 25F
- Macro Balance 35P 35C 30F
- Macro Balance 40P 30C 30F

*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

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