



ROADMAP DIET

Step-by-step Structured Meal Plan
As Part of The PGX Program™

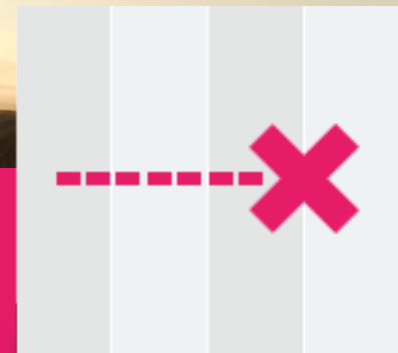


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Introduction

Is the Roadmap Diet Right for Me?

Just as it sounds, if you are someone who needs a roadmap to better health, the Roadmap Diet Plan is a safe, highly effective, and clinically proven way to lose weight. It's easy to follow because it's a structured meal plan.

Need a little less structure? Try the PGX Explore Diet Instead.

If you've tried portion controlled structured diets before, and know that the Roadmap Diet Plan will not work for you then move to the Explore Diet Plan, a more flexible and tailored meal plan for you.

Other reasons to possibly choose the Explore Diet Plan: If you have certain food restrictions, food allergies, food intolerances, or food sensitivity, want to follow another meal plan or weight management program or other sensible diet.



Quick Start Guide:

1. Start the PGX Program™ by signing up at PGX.com
2. Follow along with the lesson booklets each week
3. Track each meal as you go along
4. For best results take 2½-5 grams of PGX with every meal



The PGX Roadmap Diet in a nutshell.

In its simplest form, the PGX Roadmap Diet consists of:

1. Two PGX Meal Replacement Shakes per Day

Take a full serving of the PGX Meal Replacement Shake twice per day, in place of two meals such as breakfast and dinner, or breakfast and lunch. Alternatively, you can take PGX Granules, Capsules or SatisFast shakes with a meal in place of the PGX Meal Replacement Shakes, but be sure to slowly increase your PGX intake from 2½ up to 5 g per meal.

2. Two or Three 100-150 Calorie Snacks

Have two small snacks with a source of protein and fiber between meals. To make it easier and to stave off hunger, mix up a PGX SatisFast shake as a snack. Only have an after dinner snack if absolutely necessary.

3. A Healthy, Balanced Meal with 2½ - 5 grams of PGX

A portion-controlled, healthy and balanced meal for lunch or dinner with 2½ - 5 grams of PGX. The easiest way to get this additional PGX is with the PGX Granules or Capsules.

Try to include as many whole foods in their most natural state and really limit processed or manufactured industry foods. If you don't know how to cook, or your cooking skills are poor, or just don't have time to cook refer to The PGX Program™ Booklet 10 Lazy Person's Guide to Food Planning and Preparation.

Paying Attention to Your Habits

During the PGX Explore Diet Plan and as you work through program booklets, start to explore and look closely at your own eating habits. If you pay attention, you'll begin to recognize:

- How your environment, family, friends and work influence your food choices and portions
- What triggers your unhealthy habits and makes change difficult
- How your mental health (stress/anxiety, mood/emotions and sleep) affect your energy, food cravings and eating episodes
- What causes your inner appetite monster to wake up

This awareness allows you to better understand and explore the possible ways to improve your health and weight. In the end, the Explore Diet will help you better identify the triggers of your unhealthy habits and perhaps shed some light on what unhealthy habits you want to positively change.



The PGX Program™

An Overview

The Roadmap Diet plan is part of The PGX Program™ which consists of 3 phases. The first two phases focus on **weight loss** and establishing healthy habits while the third phase will get you to concentrate on **keeping the weight off**. If you'd like to continue losing weight after you complete Phase 3, just restart the program.



The Basics Weeks 1-6

In the first 6 weeks, you'll learn how to; Start the Roadmap Diet and learn how to control your appetite and manage your blood sugar. You'll also practice portion control and learn how to get and stay active for the rest of your life.



Advanced Weeks 7-12

In the next 6 weeks you'll learn why so many diets don't work and why your metabolism is so important. You'll also reprogram your thinking on meal planning, food preparation and motivation so you can achieve your goals. We'll also go over mood, stress and sleep and how they can affect your waist line.



Maintenance Beyond Week 12

The Graduate phase of the PGX Program™ is specialized to make sure you maintain the weight loss you have earned. There will be additional lessons about defying yo-yo diets, some roadblocks you may hit along your way as well some long-term tips for keeping the weight off.

A note about help:

Get help or take charge if you are not the one cooking and grocery shopping. You may need to involve whoever handles those chores with your weight loss goals or you may need to take charge of your own meals for some time.



The PGX Program™

Details

PHASE 1

The Basics

Weeks 1-6

- Before You Begin:**
Make sure you have read all of the PGX Roadmap Diet information (this booklet).
- Week 1**
Start the Roadmap Diet
Read Booklet 1: The 4 Guiding Principles
- Week 2**
Continue with the Roadmap Diet
Read Booklet 2: Tame Your Inner Appetite Monster
- Week 3**
Continue with the Roadmap Diet
Read Booklet 3: Stop Riding the Blood Sugar Rollercoaster
- Week 4**
Continue with the Roadmap Diet
Read Booklet 4: Don't be a Victim of Portion Distortion
- Week 5**
Continue with the Roadmap Diet
Read Booklet 5: Get Active for Life
- Week 6**
Continue with the Roadmap Diet
Read Booklet 6: Review of The 4 Guiding Principles



Week 1: Basics

- Read the PGX Explore Diet information plan (this booklet)
- Read the PGX Essentials Guide

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or orange, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of baked, skinless chicken thigh or breast, ½ small baked yam (with skin) 1 cup cauliflower (steam/baked) 2 cups of spinach salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, ½ cup of 1 small fruit cut up
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or orange, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of baked, skinless chicken thigh or breast, ½ small baked yam (with skin) 1 cup cauliflower (steam/baked) 2 cups of spinach salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, ½ cup of 1 small fruit cut up
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> 3 oz. (90 g) of baked salmon, ½ cup cooked quinoa, 1½ cups of cabbage salad with grated carrots and beets with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ of 1 small fruit, cut up and sprinkled with 1 tbsp slivered almonds
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> 3 oz. (90 g) of baked salmon, ½ cup cooked quinoa, 1½ cups of cabbage salad with grated carrots and beets with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ of 1 small fruit, cut up and sprinkled with 1 tbsp slivered almonds
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 orange or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/>
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 orange or apple, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> Veggie stir-fry: ½-1 cup edamame, ½ cup zucchini, ½ bell pepper, 1-2 tbsp teriyaki sauce, ½ cup quinoa cooked 1 cup mixed greens salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 tbsp of raw nut butter on a piece of whole wheat crisp bread
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of lean steak (broiled) ½ cup whole wheat pasta cooked al dente with tomato-based sauce, 2 cups zucchini and mushrooms sautéed in 1 tsp oil and 2½-5 g of PGX	<input type="checkbox"/> 1 tbsp of raw nut butter on a piece of whole wheat crisp bread

Week 2: Basics

- Review the PGX Explore Diet information plan (this booklet)
- Review the PGX Essentials Guide

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 2 cups salad made from ½ cup chickpeas, 1 hard-boiled egg, 1 small tomato, garlic or green onion, 1 tbsp pumpkin seeds and 1tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, 1 tbsp of raw nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 2 cups salad made from ½ cup chickpeas, 1 hard-boiled egg, 1 small tomato, garlic or green onion, 1 tbsp pumpkin seeds and 1tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, 1 tbsp of raw nuts
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) pork chop (pan fried or baked) 1 cup brussel sprouts roasted with lemon juice and olive oil, ½ cup mashed yam with skin, 1 cup tomato and cucumber salad and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) pork chop (pan fried or baked) 1 cup brussel sprouts roasted with lemon juice and olive oil, ½ cup mashed yam with skin, 1 cup tomato and cucumber salad and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. —OR— <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) of cod fillet (baked), ½ cup cooked quinoa, 1 cup steamed green beans, ½ cup cherry tomatoes and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake —OR— <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> ½ cup whole wheat pasta (cooked al dente), ½ cup prepared pasta sauce, 1 cup frozen mixed veggies, ½-1 can of tuna in water and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts

Week 3: Basics

Read PGX Program Booklet 1: Tame Your Inner Appetite Monster

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1-2 pieces whole wheat crisp bread with 2 tbsp hummus or bean dip	<input type="checkbox"/> Beef stir-fry: 3 oz. (90 g) beef sirloin cut into strips, 1½ cups mix broccoli, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1-2 pieces whole wheat crisp bread with 2 tbsp hummus or bean dip	<input type="checkbox"/> Beef stir-fry: 3 oz. (90 g) beef sirloin cut into strips, 1½ cups mix broccoli, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
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s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus	<input type="checkbox"/> 2 eggs scrambled, 1 whole wheat tortilla, 2 tbsp shredded, low fat cheese (less than 20% milk fat), 1 cup sautéed peppers, 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup bran buds
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and skim milk mozzarella stick	<input type="checkbox"/> 3 oz (90 g) baked salmon with lemon and dill, 2 cups steamed broccoli, ½ cup cooked brown rice and salad with light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup bran buds

Week 4: Basics

Read PGX Program Booklet 2: Stop Riding the Blood Sugar Roller Coaster

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread, 1 tsp chia seeds	<input type="checkbox"/> 1½ cups hearty vegetable and lentil or bean soup, 1 slice sprouted grain bread, 1 tbsp nut butter and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread, 1 tsp chia seeds	<input type="checkbox"/> 1½ cups hearty vegetable and lentil or bean soup, 1 slice sprouted grain bread, 1 tbsp nut butter and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz. (90 g) pork loin baked or pan-fried, ½ cup roasted beets, 1-2 cup cabbage salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz. (90 g) pork loin baked or pan-fried, ½ cup roasted beets, 1-2 cup cabbage salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX <small>Up to 380 calories plus extra veggies</small>	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Chicken stir-fry: 3 oz. (90 g) chicken cut into strips, 1 cup cabbage and other veggies you have on hand, teriyaki or soy sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz (90 g) baked salmon with lemon and olive oil, 2 cups steamed or roasted broccoli and cauliflower, ½ cup cooked green lentils and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter

Week 5: Basics

Read PGX Program Booklet 3: Don't Be a Victim of Portion Distortion

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> 1 whole grain tortilla, 1 veggie burger, a handful of salad, ½ tomato, 1 oz. cheese and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> 1 whole grain tortilla, 1 veggie burger, a handful of salad, ½ tomato, 1 oz. cheese and 2½-5 g of PGX	<input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> Shrimp stir-fry: ¾ cup shrimp, 1-2 cups mixed snap peas, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice; 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> Shrimp stir-fry: ¾ cup shrimp, 1-2 cups mixed snap peas, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice; 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX <small>Up to 380 calories plus extra veggies</small>	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> 2 eggs scrambled with 1 cup vegetables, 1 slice sprouted grain bread, 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) chicken (skinless) cut into 1 inch pieces and pan fried, ½ cup whole wheat pasta (cooked al dente), 1 tbsp pesto and 1-2 cups veggies and 2½-5 g of PGX	<input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter

Basics: Week 6

Read PGX Program Booklet 4: Get Active for Life

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Veggie stir-fry: ¾ cup firm tofu, 1-2 cups of fresh vegetables you have on hand, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice or quinoa and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Veggie stir-fry: ¾ cup firm tofu, 1-2 cups of fresh vegetables you have on hand, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice or quinoa and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) snapper or other white fish baked with lemon juice, salad mix, ½ cup beans, 1 tomato, ½ cup corn, cilantro and ¼ avocado and ½ lime juice, 1 whole wheat tortilla and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) snapper or other white fish baked with lemon juice, salad mix, ½ cup beans, 1 tomato, ½ cup corn, cilantro and ¼ avocado and ½ lime juice, 1 whole wheat tortilla and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 1½ cups lentil or black bean soup; 2 cups spinach salad with ½ cup fresh fruit, 1 tbsp of raw nuts; 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt



PHASE
2

Advanced
Weeks 7-12

If the last 6 weeks weren't too bad, then keep going with the Roadmap Diet Plan.

However, if you miss real food, are a foodie or chef at heart, you may want to transition to the PGX Explore Diet Plan which is more flexible when it comes to the variety of foods you can eat by teaching you how to construct healthy, sustainable meals. Just start the PGX Explore Diet Plan at Week 7.

- Week 7**
Continue with the Roadmap Diet
Read Booklet 7: Finally, a Diet that Really Works!
- Week 8**
Continue with the Roadmap Diet
Read Booklet 8: The Mythbusters Guide to Weight Loss
- Week 9**
Continue with the Roadmap Diet
Read Booklet 9: Metabolism Really Matters
- Week 10**
Continue with the Roadmap Diet
Read Booklet 10: Reprogram Your Thinking and Achieve your Goals
- Week 11**
Continue with the Roadmap Diet
Read Booklet 11: Mood, Stress and Sleep
- Week 12**
Continue with the Roadmap Diet
Read Book 12: The Lazy Person's Guide to Food Planning and Preparation

Week 7: Advanced

Read PGX Program Booklet 5: Finally, A Diet that Really Works

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or orange, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of baked, skinless chicken thigh or breast, ½ small baked yam (with skin) 1 cup cauliflower (steam/baked) 2 cups of spinach salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, ½ cup of 1 small fruit cut up
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or orange, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of baked, skinless chicken thigh or breast, ½ small baked yam (with skin) 1 cup cauliflower (steam/baked) 2 cups of spinach salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, ½ cup of 1 small fruit cut up
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> 3 oz. (90 g) of baked salmon, ½ cup cooked quinoa, 1½ cups of cabbage salad with grated carrots and beets with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ of 1 small fruit, cut up and sprinkled with 1 tbsp slivered almonds
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> 3 oz. (90 g) of baked salmon, ½ cup cooked quinoa, 1½ cups of cabbage salad with grated carrots and beets with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ of 1 small fruit, cut up and sprinkled with 1 tbsp slivered almonds
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 orange or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/>
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 orange or apple, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt, 1 tbsp chia seeds	<input type="checkbox"/> Veggie stir-fry: ½-1 cup edamame, ½ cup zucchini, ½ bell pepper, 1-2 tbsp teriyaki sauce, ½ cup quinoa cooked 1 cup mixed greens salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 tbsp of raw nut butter on a piece of whole wheat crisp bread
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple or pear, 1 tbsp raw nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 3 oz. (90 g) of lean steak (broiled) ½ cup whole wheat pasta cooked al dente with tomato-based sauce, 2 cups zucchini and mushrooms sautéed in 1 tsp oil and 2½-5 g of PGX	<input type="checkbox"/> 1 tbsp of raw nut butter on a piece of whole wheat crisp bread

Week 8: Advanced

Read PGX Program Booklet 6: The Mythbusters Guide to Weight Loss

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 2 cups salad made from ½ cup chickpeas, 1 hard-boiled egg, 1 small tomato, garlic or green onion, 1 tbsp pumpkin seeds and 1tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, 1 tbsp of raw nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> 2 cups salad made from ½ cup chickpeas, 1 hard-boiled egg, 1 small tomato, garlic or green onion, 1 tbsp pumpkin seeds and 1tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup plain low-fat Greek yogurt, 1 tbsp of raw nuts
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) pork chop (pan fried or baked) 1 cup brussel sprouts roasted with lemon juice and olive oil, ½ cup mashed yam with skin, 1 cup tomato and cucumber salad and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) pork chop (pan fried or baked) 1 cup brussel sprouts roasted with lemon juice and olive oil, ½ cup mashed yam with skin, 1 cup tomato and cucumber salad and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 small can of tuna (85 g), 1 piece of whole wheat crisp bread	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 small fruit (such as an orange or apple)	<input type="checkbox"/> 3 oz. (90 g) of cod fillet (baked), ½ cup cooked quinoa, 1 cup steamed green beans, ½ cup cherry tomatoes and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 cup of grapes, 1 skim milk mozzarella stick (string cheese)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch veggies with 2-3 tbsp hummus	<input type="checkbox"/> ½ cup whole wheat pasta (cooked al dente), ½ cup prepared pasta sauce, 1 cup frozen mixed veggies, ½-1 can of tuna in water and 2½-5 g of PGX	<input type="checkbox"/> ½ cup of unsweetened applesauce with 1 tbsp raw nuts

Week 9: Advanced

Read PGX Program Booklet 7: Metabolism Really Matters

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1-2 pieces whole wheat crisp bread with 2 tbsp hummus or bean dip	<input type="checkbox"/> Beef stir-fry: 3 oz. (90 g) beef sirloin cut into strips, 1½ cups mix broccoli, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1-2 pieces whole wheat crisp bread with 2 tbsp hummus or bean dip	<input type="checkbox"/> Beef stir-fry: 3 oz. (90 g) beef sirloin cut into strips, 1½ cups mix broccoli, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> ¾ cup mixed fruit salad with 1 tbsp walnut pieces
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1-2 pieces whole wheat crisp bread with 2 tbsp hummus or bean dip topped with tomato or cucumber	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 tbsp nuts or seeds	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus	<input type="checkbox"/> 2 eggs scrambled, 1 whole wheat tortilla, 2 tbsp shredded, low fat cheese (less than 20% milk fat), 1 cup sautéed peppers, 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup bran buds
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and skim milk mozzarella stick	<input type="checkbox"/> 3 oz (90 g) baked salmon with lemon and dill, 2 cups steamed broccoli, ½ cup cooked brown rice and salad with light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup bran buds

Week 10: Advanced

Read PGX Program Booklet 8: Reprogram Your Thinking and Achieve Your Goals

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread <input type="checkbox"/> 1 tbsp chia seeds	<input type="checkbox"/> 1½ cups hearty vegetable and lentil or bean soup, 1 slice sprouted grain bread, 1 tbsp nut butter and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread	<input type="checkbox"/> 1½ cups hearty vegetable and lentil or bean soup, 1 slice sprouted grain bread, 1 tbsp nut butter and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cub low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz. (90 g) pork loin baked or pan-fried, ½ cup roasted beets, 1-2 cup cabbage salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cub low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz. (90 g) pork loin baked or pan-fried, ½ cup roasted beets, 1-2 cup cabbage salad with 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 slice sprouted grain bread	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX <small>Up to 380 calories plus extra veggies</small>	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cub low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Chicken stir-fry: 3 oz. (90 g) chicken cut into strips, 1 cup cabbage and other veggies you have on hand, teriyaki or soy sauce, ½ cup cooked brown rice and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cub low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> 3 oz (90 g) baked salmon with lemon and olive oil, 2 cups steamed or roasted broccoli and cauliflower, ½ cup cooked green lentils and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter

Week 11: Advanced

Read PGX Program Booklet 9: Mood, Stress and Sleep

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> 1 whole grain tortilla, 1 veggie burger, a handful of salad, ½ tomato, 1 oz. cheese and 2½-5 g of PGX	<input type="checkbox"/> 1 cup grapes or strawberries and 1 tbsp nuts
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> 1 whole grain tortilla, 1 veggie burger, a handful of salad, ½ tomato, 1 oz. cheese and 2½-5 g of PGX	<input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> Shrimp stir-fry: ¾ cup shrimp, 1-2 cups mixed snap peas, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice; 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> Shrimp stir-fry: ¾ cup shrimp, 1-2 cups mixed snap peas, carrots, red peppers, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice; 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Hard-boiled egg, 1 piece whole wheat crisp bread	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX <small>Up to 380 calories plus extra veggies</small>	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 rolled up whole wheat tortilla with 1 tbsp nut butter	<input type="checkbox"/> 2 eggs scrambled with 1 cup vegetables, 1 slice sprouted grain bread, 1 tsp oil for cooking and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ½ cup 0-2% Greek yogurt with ½ cup fresh or frozen fruit	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 2-3 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) chicken (skinless) cut into 1 inch pieces and pan fried, ½ cup whole wheat pasta (cooked al dente), 1 tbsp pesto and 1-2 cups veggies and 2½-5 g of PGX	<input type="checkbox"/> 1 whole wheat tortilla rolled up with 1 tbsp nut butter

Week 12: Advanced

Read PGX Program Booklet 10: The Lazy Person's Guide to Food Planning and Preparation

Dates: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Dinner or Frozen Meal*: Up to 500 calories with 2½-5 g PGX	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Veggie stir-fry: ¾ cup firm tofu, 1-2 cups of fresh vegetables you have on hand, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice or quinoa and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Veggie stir-fry: ¾ cup firm tofu, 1-2 cups of fresh vegetables you have on hand, 1-2 tbsp teriyaki sauce, ½ cup cooked brown rice or quinoa and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) snapper or other white fish baked with lemon juice, salad mix, ½ cup beans, 1 tomato, ½ cup corn, cilantro and ¼ avocado and ½ lime juice, 1 whole wheat tortilla and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz (90 g) snapper or other white fish baked with lemon juice, salad mix, ½ cup beans, 1 tomato, ½ cup corn, cilantro and ¼ avocado and ½ lime juice, 1 whole wheat tortilla and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> ¼ cup low fat ricotta cheese, 2 pieces of whole wheat crisp bread, slices of tomato or cucumber	<input type="checkbox"/> Dinner out at a restaurant where the nutritional info is listed. Meal up to 500 calories. _____ OR _____ <input type="checkbox"/> Frozen Meal* with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 3 oz. (90 g) of turkey or lean beef meatballs, ½ cup whole wheat pasta, ½ cup pasta sauce, 1 cup frozen or fresh steamed vegetables and 2½-5 g of PGX	<input type="checkbox"/> 1 apple dipped into 1 tbsp nut butter
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> 1 piece of fruit (such as an apple or orange) and 1 skim milk mozzarella stick	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Non-starch vegetables with 1-2 tbsp hummus or bean dip	<input type="checkbox"/> 1½ cups lentil or black bean soup; 2 cups spinach salad with ½ cup fresh fruit, 1 tbsp of raw nuts; 1 tbsp light dressing and 2½-5 g of PGX	<input type="checkbox"/> ½ cup 0-2% Greek yogurt

PHASE
3

Maintenance
Beyond Week 12

As a Graduate of the PGX Program you now have two options.

a

Continue to Lose More Weight

You may want to continue your weight loss efforts and aim to lose the next 5-10% of your body weight by following / restarting the PGX Roadmap or Explore Diet Plans with 1 or 2 PGX Meal Replacements + 2.5 to 5 g PGX granules per day for the next 6 weeks, then transition to weight maintenance, your best diet.

b

Maintain your Weight Loss

You may want to focus on maintaining the weight you have lost by continuing to use 1 PGX Meal Replacement per day or adding the PGX granules to your meals and / or snacks for long-term weight management, your best diet.

Over the next 8-12 weeks of maintenance, please continue to read these booklets to help you along your path. If you feel like more weight loss is needed after you've completed the maintenance phase, simply go back to Phase 1: Basics and re-start the program.

- Read Booklet 13: Roadblocks on the Road to Success
- Read Booklet 14: Know Your Triggers for Weight Gain – And Tackle Them All
- Read Booklet 15: You Don't have to Gain Weight When Eating Out
- Read Booklet 16: No More Yo-yo Diets!
- Read Booklet 17: You Can Maintain Your Weight Loss For Life



Staying on Track

Some advice about keeping the weight off.

The Maintenance phase provides the knowledge, skills and positive motivation to help you maintain your weight. By helping you become more aware of unhealthy behavior triggers you can figure out your barriers to life-long weight management, and help you prevent relapse.

This is the new you. Keep it this way.

Maintaining the weight you've lost can be challenging because it's less reinforcing. The compliments and excitement of losing weight will eventually fade, yet the need to control your food intake and activity daily is a never-ending commitment. There is no end date.

Keep following the guiding principles.

Keep an eye on proper portions

Keep getting your protein.

Keep getting exercise.

Keep eating fiber.

Keep it up!

The destination is the rest of your life.

Refocus. Restart.

If you need to refocus or get back on track, you can always go back to the Basics phase and re-read the first four Booklets. They're pretty motivating.

If after 8 to 12 weeks of maintaining the weight you've lost, you're ready to make some more healthy behavior changes and lose more weight, start The PGX Roadmap or Explore Diets from the beginning.



The Perks of Frozen Meals in Weight Management

We all have busy lives and ever-changing schedules and cooking healthy meals daily for ourselves or our family can be a real challenge. But for days when time is short and energy is low, frozen meals can help pick up the slack and keep your weight on track. Simply put, frozen meals are quick, easy and convenient. They also have built-in portion control making it harder to overeat.

They are a great weight management tool to help you learn or remind the proper size portions we should eat. Plus, frozen meals are often less expensive than eating out and ready in just a few minutes.

What to Look for in a Frozen Meal

The challenge however is to find frozen meals that are healthy and satisfying. Fortunately, frozen meals have come a long way from what they use to be. When selecting a frozen meal, you'll need to read the "Nutrition Facts" panel on the package to make sure your choice truly is a healthy one. Look for frozen entrées that have:

1. Fewer than 380 calories
2. Between 18-25 grams of protein
3. Fewer than 10 grams of fat
4. Fewer than 800 mg of sodium
5. Some fibre – such as 4 grams or more per serving would be a nice bonus

Add a garden salad, vegetables, and fruit, to your healthy frozen meal for a more nutritious and balanced meal.

Even though frozen meals make a good weight management tool, the best and healthier long-term strategy is to learn how to freeze cook or bulk cook your own frozen meals, so that you always have something portion controlled, nutritious and delicious ready to eat.

① 230-250 Calories, 16-19 g protein

Turkey Medallions	Smart Ones
Chicken with Roasted Sweet Potatoes	PC Blue Menu
Chicken Bangkok	PC Blue Menu

② 260-280 calories, 16-18 g protein

Lemon Garlic Chicken & Shrimp	Healthy Choice Steamers
Mango Curry Chicken	Lean Cuisine
Chicken Teriyaki Stir-fry	Lean Cuisine
Salmon with Basil	Lean Cuisine
Thai Curry Chicken	Healthy Choice Steamers
Salisbury Steak (9.5oz) with Macaroni	Smart Ones
Chicken Teriyaki	VH Steamers

③ 260-280 calories, 19-22 g protein

Thai Chicken	Lean Cuisine
Creamy Rigatoni with Broccoli and Chicken	Smart Ones
Thai Chicken & Shrimp	VH Steamers
Creamy Chicken Alfredo	Lean Cuisine
Swedish Meatballs	Smart Ones
Mediterranean Grilled Chicken	Healthy Choice Steamers
Roast Turkey with Vegetables	PC Blue Menu
Chicken Carbonara	Smart Ones
Grilled Chicken Marinara	Healthy Choice Steamers
Grilled Chicken Red Pepper Alfredo	Healthy Choice Steamers

④ 290-310 calories, 16-18 g protein

Spaghetti with Meat Sauce	Smart Ones
Beef Teriyaki	Healthy Choice Steamers
General Tau's Spicy Chicken	Healthy Choice Steamers
Barley Risotto with Herbed Chicken	PC Blue Menu
Ginger-Glazed Salmon	PC Blue Menu
Traditional Lasagna with Meat Sauce	Smart Ones
Kung Pao Chicken	VH Steamers
Zesty Orange Chicken	VH Steamers
Chicken Bruschetta Grilled Flatbread	Smart Ones
SW Style Chicken Fiesta Grilled Flatbread	Smart Ones
Shanghai Ginger Beef	VH Steamers
Chicken Marinara with Mozz. Cheese Grilled Flatbread	Smart Ones
Chicken Caesar Primavera	Lean Cuisine
Savory Steak & Ranch Grilled Flatbread	Smart Ones

⑤ 290-310 calories, 19-22 g protein

Chicken Tikka Masala	PC Blue Menu
Chicken Fettuccini	Smart Ones
Grilled Basil Chicken	Healthy Choice Steamers
Italian Lasagna	PC Blue Menu
Panini Chicken, Spinach & Mushrooms	Lean Cuisine

⑥ 330-350 calories, 17-18 g protein

Sweet Sesame Chicken	Healthy Choice Steamers
Pineapple Chicken	Healthy Choice Steamers
Thai Sweet Chili Lemon Grass Chicken	PC Blue Menu
Panini Grilled Vegetables & Goat Cheese	Lean Cuisine

⑦ 330-350 calories, 21-24 g protein

Panini Steak & Mushroom	Lean Cuisine
Chinese Sweet and Sour Chicken	PC Blue Menu
Panini Grilled Chicken Club	Lean Cuisine

⑧ 360-380 calories, 21-24 g protein

Indian Butter Chicken Reduced Fat	PC Blue Menu
Fajita Chicken Pizza	Smart Ones
Reduced Fat Chicken Lasagna	PC Blue Menu
Rotini with Chicken Pesto	PC Blue Menu
Indian Chicken Korma	PC Blue Menu

Backed by Science

The Roadmap Diet is based on scientific evidence and is known to be effective for the following reasons:

- Strong research^{1,2,3,4,5} supports that meal replacement shakes are one of the most effective tools to lose weight and maintain weight loss.
- Losing weight at the start of a program results in better long-term weight maintenance⁶.
- The Roadmap Diet meal plan promotes fullness and adherence by applying these key strategies to every meal:
 1. PGX with every meal (between 2½ - 5 grams)
 2. Protein with every meal
 3. PGX and the Roadmap Diet keeps you off the blood sugar rollercoaster by ensuring low glycemic effect
 4. The PGX Roadmap Diet encourages “volumizing” by encouraging you to eat high volume, low calorie foods.
- The structured meal plan will increase your awareness of food intake: the calories you consume and the food you choose.
- The Roadmap Diet is a good introduction to meal planning since you have to plan ahead and use a grocery shopping list wisely.
- If you follow the Roadmap Diet meal plan you will lose weight steadily at a safe and healthy pace.
- The Roadmap Diet meal plan is highly portion controlled, but don't worry you will get used to eating smaller portions. You will learn to feel satisfied on less.

¹ Vázquez C, Montagna C, Alcaraz F, Balsa JA, Zamarrón I, Arrieta F, Botella-Carretero JI. Meal replacement with a low-calorie diet formula in weight loss maintenance after weight loss induction with diet alone. *Eur J Clin Nutr.* 63(10):1226-32, 2009

² Wadden TA, West DS, Neiberg RH, Wing RR, Ryan DH, Johnson KC, Foreyt JP, Hill JO, Trencle DL, Vitolins MZ; Look AHEAD Research Group. One-year Weight Losses in the Look AHEAD Study: factors Associated with Success. *Obesity* 17 (4): 713-722, 2009

³ Ditschuneit, H.H.; Flechtner-Mors, M. Value of structured meals for weight management: risk factors and long-term weight maintenance. *Obes Res.* 9: S284-S289, 2001

⁴ Heymsfield, S.B.; van Mierlo, C.A.J.; van der Knaap, H.C.M.; Heo, M.; Frier, H.I. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes.* 27: 537-549, 2003

⁵ Kacinik V, Lyon M, Purnama M, Reimer RA, Gahler R, Green TJ, Wood S. Effect of PGX, a novel functional fibre supplement, on subjective ratings of appetite in overweight and obese women consuming a 3-day structured, low-calorie diet. *Nutr Diabetes.* Dec 12;1 (12):e22, 2011

⁶ Astrup A, Rössner S. Lessons from obesity management programmes: greater initial weight loss improves long-term maintenance. *Obes Rev* 1(1):17-9, 2000





ROADMAP DIET

Step-by-step Structured Meal Plan
As Part of The PGX Program™