



## **PROGRAMS/DESCRIPTIONS**

“MR”= Meal Replacement - New Direction® shake, pudding, soup

For all plans, you will use our NSWAM App and our connecting body composition scale.

### **PLAN 1: ALL MEAL REPLACEMENTS (NO GROCERY FOOD)**

This is the most straightforward plan, and provides the most efficient weight loss:

- 5 MR New Direction® products per day

### **PLAN 2: 3-4 MEAL REPLACEMENTS WITH SMALL “LEAN AND GREEN” MEAL**

These are a LITTLE bit more “flexible”, weight loss will be slower:

- 4 MR New Direction® products per day plus 200 calorie meal OR

- 3 MR New Direction® products per day plus 400 calorie meal

\*Your “Lean and Green” meal plan and shopping list sheet are provided to keep things simple!

PLANS 1 and 2 require WEEKLY visits with Jen and MONTHLY visits with Dr. Costello.

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### **PLAN 3: 2-3 MEAL REPLACEMENTS WITH GROCERY MEAL PLAN**

These are the most “flexible” in terms of grocery food variety. Weight loss is definitely slower, and the meal preparation takes a bit more time.

- 2-3 MR New Direction® products plus 5-600 calories of grocery food.

Plan 3 includes fruit, starch, veggie, fat etc. in 4 different eating patterns.

Meal guides and shopping list sheet provided.

PLAN 3 requires WEEKLY visits with Jen and VARIABLE visits with Dr. Costello.

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## **GENERAL NUTRITION EDUCATION WEIGHT LOSS:**

ALL grocery food, and the weight loss is MUCH slower than when on a plan including meal replacements.

You are still required to use the NSWAM App and our connecting body composition scale.

Month 1: Initial 30 min visit with Jen, then two 15 min visits in the same month. After that, you’ll have 15 min appts either 2-4 times per month. Periodic medical appointments with Dr. Costello may be required if you are prescribed weight loss medication, or if she is managing any other medical conditions.