

2 WEEK FAST TRACK DIET PLAN

Many people struggle to lose that stubborn 5-15 pounds. This 2 week fast track diet helps patients reach their weight loss goals safely and effectively.

Daily Requirements:

4 Dr. Mona Misra Shakes

Take one Dr. Mona Misra Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening. You may substitute one shake for <500 calorie high protein meal or frozen meal.

Water vs. Skim, Soy, Lactaid Comparison

Calories and amount of protein daily

Mixed with Water

Calories: 600 | Protein: 108g

Mixed with Skim Milk, Soy, or Lactaid

Calories: 960 | Protein: 144g



Minimum of 64oz of clear liquids

[to be consumed between Dr. Mona Misra shakes] Choose from the following clear liquids:

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®)
- Sugar Free Kool-Aid®
- Sugar Free Popsicles®
- Sugar Free Jello®
- Chicken or Beef Broth
- Ocean Spray® Sugar Free Drink Mixes

Adequate Dr. Mona Misra Meal Replacement supply for 2 week period is 3 tubs.



HIGH PROTEIN, LOW CARB MEAL REPLACEMENT

- 27 Grams of the highest quality, medical grade whey protein isolate
- 23 Vitamins and minerals
- 100% Daily value of B12 and Vitamin D3
- Only 9 Grams of carbohydrates
- 5 Grams of fiber per serving
- Lactose, aspartame and gluten free
- Contains all essential amino acids
- No sugar added
- 7 Great tasting flavors