



PLAN A (1200, 1500, 1800 Calories)

This Plan was created for patients who want the freedom to shop and cook most of their own food. On Plan A, only one meal replacement (MR) is eaten each day and the patients decide, with program guidance, on their other meals. Plan A provides flexibility in dining out, planning meals, and weighing foods. Patients will lose gradually and the slowest on this plan. **The monthly fee for Plan A is \$208.**

PLAN B (1200, 1500, or 1800 Calories)

Plan B gives the individual freedom of choice. On Plan B, the patient includes one meal replacement (MR), one light meal replacement (LM), and one light replacement (LR) per day. Individuals will be successful on Plan B if they need more daily structure. **The monthly fee for Plan B is \$318.**

PLAN C (1200, 1500, OR 1800 Calories)

This is the most popular plan. It provides the easiest and fastest weight loss. Plan C supplies two meal replacements (MR), a light meal replacement (LM), a light replacement (LR), and sugar-free lite cookies on a daily food plan. Patients will be successful on Plan C if they do not want to be bothered with the preparation of most meals or they lead a busy lifestyle. **This is also a good plan if someone needs the structure to jump-start his or her weight loss program! The monthly fee for Plan C is \$471.**

All Plan fees include the following:

- Meal replacements
- Weekly lifestyle and support classes
- Weekly doctor visits to check patient's progress