

What is your diet plan?

We offer two structured diet plans, one is a low calorie and the other Healthy Solutions.

The low-calorie diet provides the most rapid weight loss and is recommended for someone with a BMI greater than 30. The individual consumes a minimum of 800 and 1100 calories a day. This modified fasting diet has patients consume a minimum of five shakes and one entrée each day.

Our second diet, Healthy Solutions, provides great weight loss and is recommended for BMI up to 30 or for those who travel or have business commitments requiring restaurant dining. The individual consumes a minimum of 1200 calories a day. Patients consume a minimum of three shakes, two entrées and five servings of fruit and /or vegetables each day. Weekly national average weight loss for men is 2-4 pounds and for women 1-3 pounds.