

# Dr. Now Diet Plan

Personal information			
Name:		Date:	
Starting weight:		Goal weight:	
Healthcare provider:			
Caloric intake			
Daily limit: Approximately 1,200 calories			
Meal structure			
Breakfast	Lunch	Dinner	Snacks*
<ul style="list-style-type: none"> <li>• Protein source (e.g., egg whites, Greek yogurt)</li> <li>• A serving of fruit (e.g., berries, apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Lean protein (chicken, turkey, fish)</li> <li>• Non-starchy vegetables (e.g., broccoli, spinach)</li> </ul>	<ul style="list-style-type: none"> <li>• Lean protein (variation from lunch)</li> <li>• Non-starchy vegetables (different from lunch)</li> </ul>	<ul style="list-style-type: none"> <li>• Low-calorie options (e.g., cucumber, carrots)</li> </ul> <p><i>*if applicable</i></p>
Weekly meal plan			
Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			

Day	Breakfast	Lunch	Dinner
Friday			
Saturday			
Sunday			

### Grocery list

- **Proteins:** Chicken breast, salmon, turkey, tofu
- **Vegetables:** Broccoli, spinach, bell peppers, cauliflower
- **Fruits:** Berries, apples
- **Dairy:** Low-fat Greek yogurt, egg whites
- **Miscellaneous:** Herbs, spices, olive oil (in moderation)

### Foods to include

- **Proteins:** Lean meats, poultry, fish, tofu.
- **Vegetables:** Non-starchy (e.g., leafy greens, bell peppers).
- **Fruits:** Low-calorie options (berries, small apples).
- **Whole grains:** Very limited amounts.
- **Dairy:** Low-fat or fat-free options.

### Foods to avoid

- **Sugary foods:** Sweets, candy, cakes.
- **Starchy vegetables:** Potatoes, corn.
- **High-calorie fruits:** Bananas, grapes.
- **Processed foods:** Fast food, junk food.
- **High-fat foods:** Fatty meats, high-fat dairy.
- **Refined carbs:** White bread, pasta.

### Hydration

- **Water:** At least 8 glasses per day
- **Avoid:** Sugary drinks, excessive caffeine

**Exercise (as advised by healthcare provider)**

Type:

Frequency:

Duration:

**Monitoring and adjustments**

Weekly weight check:

Measurement tracking:

Diet adjustments:

**Consultation**

Next appointment:

Notes from healthcare provider:

**Additional notes**