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# Meal Replacement Plan

Meal replacements can be an effective way to lose weight for some people. They provide nutrients within a set calorie limit – a typical days calorie intake would be between 1200-1600kcal on a Meal Replacement plan.

This approach is likely to suit those who want a simple, convenient approach to weight loss and who like the reassurance of calorie/portion control. It places emphasis on the importance of regular eating and can remove the pressure of food selection while you develop your skills in making healthy food choices and controlling portion size.

## How do I use a meal replacement plan?

A meal replacement is usually in the form of a shake, a bar, a soup or a pasta meal. They are intended as a substitute for your usual meal.

You typically substitute two meals per day with a meal replacement alternative. For the third meal of the day you should aim to have a balanced, low fat, calorie controlled meal of around 600kcal. There are some ideas on page 2 and 3. If you are short of time you may also choose a ready meal that is 600kcal or less.

The plan is designed to help you lose 1-2lbs per week. You can follow the plan for as long as you want to depending on your weight loss goals. To transition back towards more normal eating patterns you're advised to have one meal replacement shake a day, up to two low-fat snacks and two healthy meals.

Examples of meal replacement products include Slim Fast, Tesco's Ultra Slim or Asda's Meal Replacement products.

There are some products or plans that do not promote a balance of all the major food groups (carbohydrates, fruit and vegetables, protein and dairy). For example Celebrity Slim or Tony Ferguson products use a low carbohydrate approach. We would not recommend you use products or plans that do not contain a balance of the food groups.

Meal replacement plans are generally considered safe for use in people with type 2 diabetes. Your dietitian can advise you if you have diabetes.

## What if I am hungry?

Many of the meal replacement choices include a tasty snack bar that may help you with your chosen plan. Alternative low kcal snacks are listed in on page 4. It's important to remain well hydrated. Aim to drink 8-10 cups (2 litres) of low calorie drinks each day (e.g. tea or coffee with low fat milk, water or low calorie squash).

### Below is an example of how the day might look:

Breakfast: Meal Replacement (approx 200-250kcal)

Mid-morning: Snack (up to 100kcal)

Midday meal/Lunch: Meal Replacement (approx 200-250kcal)

Mid Afternoon: Snack (up to 100kcal)

Evening Meal/Dinner: Healthy Meal (approx 600kcal)

Evening/Supper: Snack (approx 100kcal)

**Below are some examples of meals that contain 600kcal or less and some healthy snack ideas.**

### Light meals/Lunches

#### Chicken Pitta (410kcal)

- 1 wholemeal pitta bread with chicken tikka slices, 1 teaspoon of tomato salsa, iceberg lettuce, cucumber and tomato.
- 1 pear

#### Chicken Wrap (505kcal)

- 1 chicken breast (grilled or roasted) in a wrap with sliced mixed peppers, lettuce and a teaspoon of grated half-fat mature cheddar cheese.
- 1 apple

#### Soup (370-380kcal)

- Heinz potato and leek soup (200mls) or Baxters minestrone soup (200mls) (with 2 slices of a multigrain roll (70g) and 1 teaspoon of low fat spread (10g)
- Muller light yoghurt

#### Salmon Sandwich (515kcal)

- Homemade salmon and cucumber sandwich (1 tin of salmon (100g), 2 slices wholemeal bread, teaspoon of reduced fat salad cream, cucumber slices, packet of reduced fat crisp and 2 tangerines.

### **Jacket Potato and beans (300kcal)**

- 1 jacket potato (170g) with reduced sugar baked beans (80g) and a side salad, tomatoes, peppers, lettuce, onion and cucumber with 50mls of low fat French dressing.
- 1 sugar free jelly
- **Main meals**

### **Meatballs and Spaghetti (480kcal) Serves 6.**

- 500g lean mince beef, garlic, onion, black pepper, sunflower oil (1 teaspoon to fry the mince), 400g canned tomatoes, 1 tablespoon tomato puree, herbs and spices to taste served with 50g spaghetti per person.
- Baked cooking apple with 1 small handful raisins and 1 teaspoon of sugar

### **Jacket Potato with Mackerel (600kcal)**

- Jacket potato (medium potato 150g with a smoked mackerel fillet 90g) served with a side salad of lettuce, grated raw carrot, grated apple, celery; with 1 teaspoons of low fat French dressing and 1 teaspoon of low fat spread for the potato.
- 2 scoops of fruit sorbet

### **Sausage casserole (500kcal)**

- 2 lean pork sausages, grilled, gently cook 3 chopped fresh tomatoes or ½ can of tinned tomatoes with ½ an onion, ½ clove garlic and ½ red bell pepper. Chop the sausages and add to the tomato mix. Serve with 100g mash potato made with a dash of semi skimmed milk (3 tablespoons) .
- Pot of low fat custard with a chopped banana

### **Pork Stir Fry (320-420kcal)**

- 100g of pork loin or 100g Tofu lightly fried in 1 teaspoon of vegetable oil with bean sprouts, ½ red pepper, spring onion or white onion, mushrooms, baby sweet corn or tinned sweet corn, sugar snap peas or mange tout (the selection of vegetables is optional- choose as many vegetables, and the type of vegetables, as you fancy. Serve with 2 teaspoons of sweet chilli sauce and a dash of soy sauce.
- 2 balls of vanilla ice cream

### **Roasted chicken (600kcal)**

- Skinless Roast chicken fillet (165g), with roasted vegetables (e.g. peppers, carrots, onions and tomatoes) and roasted potatoes (3 egg sized) served with 1 teaspoon of cranberry sauce and gravy (e.g. gravy granules 10g) Vegetables to be roasted in 1 teaspoon of vegetable oil.
- Canned fruit in natural juices

## Home-made sweet and sour chicken (560kcal)

- 1 tbsp vegetable oil, 1 skinless chicken breast (165g), red bell pepper, green bell pepper, ginger, garlic, water chestnuts (optional), spring onions, canned pineapple . **For the sauce:** 1 teaspoon soft light brown sugar, 1 teaspoon rice vinegar, 1 teaspoon rice wine, 1 teaspoon dark soy sauce, 50mls chicken stock, 1 teaspoon tomato purée, 1teaspoon cornflour mixed with, 1 teaspoon water. Serve with 4 tablespoons of cooked rice.
- 1 slice of melon with 1 pot of a diet yoghurt

## Snacks 100kcal or less

- Small pot low fat Greek yogurt topped with a swirl of honey
- A medium sized banana
- 2 mini oat cakes
- 2 rich tea biscuits
- 1 chocolate digestive biscuit
- 2 Satsumas
- 2 kiwi fruits
- Diet/light yoghurt e.g. Activia 0% fat, Shape Zero.
- Packet of Quavers/Wotsits
- Low kcal cereal bar e.g. Alpen Light, Special K.

There is more information on the packaging of the Meal Replacements. Slimfast also have a website [www.slimfast.co.uk](http://www.slimfast.co.uk)



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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