

Credible and Efficient



Gain instant credibility, save time and add value to your weight management consulting business with our newly enhanced collection of PhD approved meal plan templates. Each template offering provides ready-to-print balanced meal plans containing 7 days of menu and can be imported into DietMaster Pro products within minutes. Templates can be copied into client folders and used over and over again.

Series I Collection

Lean Bodybuilder

Calorie ranges available:
2200, 2400, 2600, 2800, 3000, 3200
Balanced ratios:
50% carbs, 35% protein & 15% fat

Low Cholesterol/Lowfat

Calorie ranges available:
1500, 1700, 2000
Balanced ratios:
65% carbs, 20% protein & 15% fat

Mass Builder

Calorie ranges available:
3200, 3400, 3600, 3800, 4000
Balanced ratios:
50% carbs, 30% protein & 20% fat

Vegetarian Low fat

Calorie ranges available:
1700, 1900, 2100
Balanced ratios:
65% carbs, 15% protein & 20% fat

Wheat Free/Low Fat

Calorie ranges available:
1400, 1600
Balanced ratios:
65% carbs, 20% protein & 15% fat

Series II Collection

Performance Training

Calorie ranges available:
1900, 2100, 2300, 2500, 2700, 3000
Balanced ratios:
60% carbs, 20% protein & 20% fat

Heart Healthy

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 25% protein & 15% fat

Low Carb

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
40% carbs, 30% protein & 30% fat

Mature Women

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
50% carbs, 30% protein & 20% fat

Vegan

Calorie ranges available:
1300, 1500, 1700, 1900
Balanced ratios:
55% carbs, 25% protein & 20% fat

Disease Prevention Series III Glycemic Mgmt. Series IV

Stable Blood Sugar

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 20% protein & 20% fat

Heart Disease Prevention & Recovery

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 20% protein & 20% fat

Osteoporosis Prevention & Recovery

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 20% protein & 20% fat

Stroke Prevention & Recovery

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 20% protein & 20% fat

Cancer Prevention & Recovery

Calorie ranges available:
1300, 1500, 1700, 1900, 2100
Balanced ratios:
60% carbs, 20% protein & 20% fat

Low Glycemic Management

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
50% carbs, 25% protein & 25% fat

Low to High Glycemic Management

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
50% carbs, 25% protein & 25% fat

High to Low Glycemic Management

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
50% carbs, 25% protein & 25% fat

Series V Collection

Energy Booster

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
50% carbs, 25% protein & 25% fat

Healthy Aging

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
55% carbs, 20% protein & 25% fat

On The Go

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios:
50% carbs, 25% protein & 25% fat

Teen Scene

Calorie ranges available:
1800, 2000, 2200, 2400, 2600, 2800
Balanced ratios:
55% carbs, 20% protein & 25% fat

Low Carb Series VI

Fast Food

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios:
40% carbs, 30% protein & 30% fat

All American

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios:
40% carbs, 30% protein & 30% fat

Mexican Fiesta

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios:
40% carbs, 30% protein & 30% fat

Italian

Calorie ranges available:
1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios:
40% carbs, 30% protein & 30% fat

Note: calorie ranges and ratios in templates represent weekly averages. Values for individual days may vary.

R.D. Designed & Ph.D. Approved

"As the Registered Dietitian, on the Board of Lifestyles Technologies, Inc., I have completed a thorough nutritional assessment of the DietMaster PhD Meal Templates. I have evaluated all caloric levels, macronutrients and micronutrients available. As a registered dietitian I deem and approve these Templates to be consistent with guidelines that result in safe and healthy weight loss". **Kimberly A. Tessmer, R.D., L.D.**

"Based on my professional experience and qualifications I find these menus provide a nutritious and well balanced diet for individuals concerned with weight control and overall health. An added benefit to these menus is that they are tailored to individual diet preferences and needs." **Diane D. Spindler Ph.D., N.D.**



Adding years to life and life to the years



Lifestyles Technologies, Inc.