

Meal Replacement

Welcome to Med-Fit's Introduction to Meal Replacements!

Today, we'll be focusing on Robard Meal replacements, and how you can integrate them into your daily routine. Let's dive in! Robard offers a fantastic variety of meal replacement options, including shakes, bars, and soups. These delicious choices will help you stay on track with all your weight loss goals.

Now, here's the meal plan that we recommend: You should consume five meal replacements and one real meal each day. You can double up on products if you like, just ensure you're getting in all of your products so that you are getting all of the proper nutrition your body needs. This plan will provide you with a daily intake of approximately 950 to 1000 calories. Your real meal should consist of 3-4 oz of cooked lean protein and a minimum of 2 servings of non starchy vegetables. We will be providing a handout with a helpful foods list and other helpful information.

There's a limit on the number of bars and soups you should have per day. Please don't exceed more than two bars and two soups each day.

Now, let's talk about how to order these fantastic products. First, you'll need to register on the Robard Estore. For a month's supply of products, you'll want to order a total of 20 boxes. For instance, you might go with 8 boxes of shakes, 8 boxes of bars, and 4 boxes of soup. However, if you're not a fan of soups, you can opt for 12 boxes of shakes and 8 boxes of bars.

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Finally, let me share a fun tip with you. There are multiple flavors of shakes that can be made into a pudding or a shake. For a pudding, simply mix the powder with 4 oz of water, and for a classic shake, use 8 oz or more. My favorite flavor currently is Cookies & Cream. You could also add them to your coffee as a substitute for creamer or even add sugar free flavoring to them. The shakes can be so versatile. Have fun with them!

That's it for today!

Remember, we're here to support you every step of the way. If you have any questions or need assistance, don't hesitate to reach out to us. Let's work together to achieve your health and weight loss goals. Stay healthy, stay happy, and enjoy the journey!

Thank you for choosing Med-Fit!

Lauren Smith

Patient Success Coordinator