



Physicians
WEIGHT LOSS
Centers®

PhysiciansFast[®] Program *Phase 1*

GET STARTED WITH MEAL REPLACEMENTS | DAYS 1-4

What to Expect in *Phase 1*

Days 1–4 are the most structured days of the PhysiciansFast Program. Three New Direction Advanced meal replacements guide you through the day, and one structured evening meal gives you a real dinner to look forward to.

Shakes, puddings, soups, and hot beverage options carry you through breakfast, lunch and the afternoon, while your evening meal stays simple and structured.



Approximately 890-985 Daily Calories

Active weight loss starts here, with a clear daily structure.



Meal Replacement Structure

Three meal replacements daily, plus one structured evening meal.



Structured Guidance

A clear daily framework with no guesswork on what to eat or when.



Protein Support

High protein support throughout the day, reinforced by a protein-centered dinner.

What's Included

Product Recommendations: Best choices for each meal replacement, using New Direction Advanced shakes, puddings, soups, ready-to-drink products and hot beverage options.

Structured Evening Meal Guide: Approved proteins, vegetables, and flavorings for your dinner.

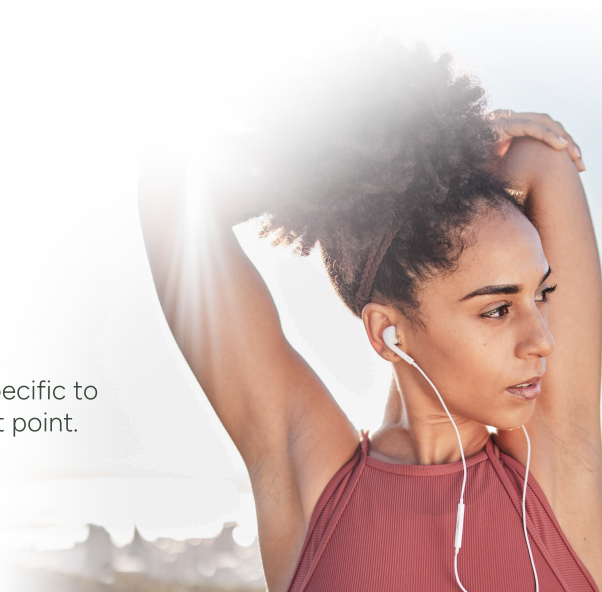
Daily Guidelines: Hydration, portion standards, and daily habits that keep the plan working.



With You Every Day, Every Pound of the Way®

You'll receive regular emails throughout your program. Each one is specific to your current phase and covers exactly what you need to know at that point.

You will not have to wonder what comes next. We will tell you.



What to Eat for Your Daily Meal Replacements

Required: 3 New Directions Advanced products daily

The product selections below are **suggestions**. You may choose **any** approved New Directions Advanced meal replacement.

Breakfast

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Caramel Coffee Frappe
- ☐ Cinnamon Roll Pudding/Shake
- ☐ Café Mocha Beverage
- ☐ Hot Chocolate

Lunch

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Hearty Cream of Chicken Soup
- ☐ Tortilla Soup
- ☐ Double Chocolate Shake
- ☐ Chocolate Peanut Butter Shake

Midday

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Double Chocolate Shake
- ☐ Strawberry Cream Shake
- ☐ Cookies & Cream Shake
- ☐ Mango Pineapple Smoothie

Shop New Directions Advanced Products

Three meal replacements required daily
+ one optional bar.



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What to Eat for Dinner

Build your daily structured evening meal by selecting your options from each category below.

Protein

Select 1



- ☐ 6 oz skinless cooked chicken breast
- ☐ 6 oz skinless cooked turkey breast
- ☐ 6 oz cooked white fish (cod, haddock or pollock)

Vegetables

Select 2



- ☐ 1 cup cabbage
- ☐ 1 cup cauliflower
- ☐ 1 cup green beans
- ☐ 1 cup mushrooms
- ☐ 1 cup zucchini

Addition



- ☐ 1 teaspoon olive oil

How to Prepare Your Structured Evening Meal

- Fresh or frozen vegetables are recommended. Select low-sodium or no-salt-added canned vegetables when needed.
- Trim visible fat and remove poultry skin before eating.
- Grill, bake, broil, roast, steam, poach or air-fry without breading or added butter.
- Do not add sugary sauces or additional oil, dressing or cheese.



Example Menus

Day	# One	# Two	# Three
Breakfast	Caramel Coffee Frappe	Cinnamon Roll Pudding/Shake	Café Mocha Beverage
Lunch	Hearty Cream of Chicken Soup	Tortilla Soup	Hearty Cream of Chicken Soup
Midday	Double Chocolate Shake	Strawberry Cream Shake	Cookies & Cream Shake
Dinner	6 oz chicken; 1 cup cabbage; 1 cup zucchini; 1 tsp olive oil	6 oz turkey; 1 cup green beans; 1 cup cauliflower; 1 tsp olive oil	6 oz white fish; 1 cup mushrooms; 1 cup zucchini; 1 tsp olive oil

PhysiciansFast® Program *Shopping List*

Vegetables



- ☐ Cabbage
- ☐ Cauliflower
- ☐ Green beans
- ☐ Mushrooms
- ☐ Zucchini

Proteins



- ☐ Chicken breast
- ☐ Turkey breast
- ☐ White fish
(cod, haddock or pollock)

Additions



- ☐ Olive oil



Shop New Directions Advanced Products

Three meal replacements required daily

- ☐ Breakfast
- ☐ Lunch
- ☐ Midday

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Daily Guidelines

Things To Do

- Consume three New Directions Advanced meal replacements daily.
- Eat one dinner using the foods and serving sizes listed for Days 1–4.
- Drink at least eight 8-ounce glasses of water daily.
- Limit soup products to one per day because they are higher in sodium.
- Use the serving size shown beside each food. Protein portions are cooked weights unless stated otherwise.
- Nutrition bars are not included during Days 1–4.

Additional Beverages Permitted

- Coffee
- Tea
- Calorie-free beverages

Limitations



Three (3) cups of caffeinated beverages maximum per day, no sugar or cream.



Drink no more than two (2) sugar-free diet beverages per day. They must be low in sodium and caffeine-free.



Alcoholic beverages are not allowed.



Use no more than five (5) packages (or equivalent) of sugar substitutes daily.