



Physicians
WEIGHT LOSS
Centers®

PhysiciansFast® Program *Phase 2*

BARS INTRODUCED | DAYS 5-9

New in Phase 2: **Nutritional Bars**

Beginning in Days 5–9, you may add **one New Directions Advanced Nutritional Bar** to your daily meal plan, anytime during the day.



INTRODUCING PROTEIN BARS! MORE WAYS TO GET THROUGH YOUR DAY.

What's New in *Phase 2*

You've completed your first four days. During Days 5–9, New Direction Advanced Bars join your daily lineup, adding one optional snack and more variety to your day. Your daily structure stays the same: three required meal replacements plus one structured evening meal, with the bar available whenever you need it.

The optional bar does not replace one of your three required meal replacements. Use it as a snack when hunger runs higher or you're having a more active day.



Approximately 880–1,125 Daily Calories

Active weight loss continues as your product variety grows.



Meal Replacement Structure

Three meal replacements daily, an optional bar plus one structured evening meal.



Optional Bar

New Directions Advanced Protein Bars join your rotation.



Protein Support

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

What's Included

Daily Meal Plan: Suggested product choices for each of your three required meal replacements, now including New Direction Advanced Bars.

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

Shopping List: Everything you need for Days 5–9, organized by product, protein, vegetable, and pantry item.

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

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

Lunch

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Tortilla Soup
- ☐ Hearty Cream of Chicken Soup
- ☐ Double Chocolate Shake
- ☐ Very Vanilla Shake

Midday

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Chocolate Peanut Butter Shake
- ☐ Mango Pineapple Smoothie
- ☐ Caramel Pudding/Shake
- ☐ Strawberry Cream Shake

Need Help
Managing Hunger?

Optional Bar

You may have 1 Oatmeal Cinnamon Bar or 1 Chocolate Fudge Bar from New Directions Advanced **daily**.

(Optional and **does not** replace one of the three required meal replacements)

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)
- ☐ 6 oz tuna packed in water and drained
- ☐ 6 oz cooked tuna steak
- ☐ 6 oz cooked shrimp
- ☐ 6 oz ground turkey (at least 95% lean)
- ☐ 1 ½ cups liquid egg substitute (prepared without added fat)

Vegetables



Select 2

- ☐ 1 cup cabbage
- ☐ 1 cup cauliflower
- ☐ 1 cup green beans
- ☐ 1 cup mushrooms
- ☐ 1 cup zucchini
- ☐ 1 cup celery
- ☐ 1 cup cucumber
- ☐ 1 cup cooked spinach
- ☐ 1 cup raw spinach

Addition

Choose One

- ☐ 1 teaspoon olive oil ☐ 1 tablespoon light salad dressing

How to Prepare Your Structured Evening Meal

- Fresh or frozen vegetables are recommended. Select low-sodium or no-salt-added canned vegetables when needed.
- Choose tuna packed in water rather than oil.
- 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.
- One approved bar may be included as an optional snack; it does not replace a required meal replacement.

Example Menus

Day	# One	# Two	# Three
Breakfast	Hot Chocolate	Double Chocolate Shake	Cinnamon Roll Pudding/Shake
Lunch	Tortilla Soup	Hearty Cream of Chicken Soup	Tortilla Soup
Midday	Chocolate Peanut Butter Shake	Mango Pineapple Smoothie	Caramel Pudding/Shake
Optional Bar	Oatmeal Cinnamon Bar	-	Chocolate Fudge Bar
Dinner	6 oz tuna; 1 cup cabbage; 1 cup cucumber; 1 tbsp light dressing	6 oz shrimp; 1 cup mushrooms; 1 cup spinach; 1 tsp olive oil	6 oz lean ground turkey; 1 cup green beans; 1 cup zucchini; 1 tsp olive oil

PhysiciansFast® Program *Shopping List*

Vegetables



- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Green beans
- ☐ Mushrooms
- ☐ Spinach
- ☐ Zucchini

Proteins



- ☐ Chicken breast
- ☐ Lean ground turkey
- ☐ Liquid egg substitute
- ☐ Shrimp
- ☐ Tuna (packed in water)
- ☐ Turkey breast
- ☐ White fish

Additions



- ☐ Olive oil
- ☐ Light salad dressing

Shop New Directions Advanced Products

Three meal replacements required daily

- ☐ Breakfast
- ☐ Lunch
- ☐ Midday
- ☐ Optional bar



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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 5–9.
- 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.

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.