



Physicians
WEIGHT LOSS
Centers®

PhysiciansFast® Program *Phase 3*

EXPANDED FOOD CHOICES | DAYS 10-14

What's New in *Phase 3*

During Days 10–14, your food choices expand again while you keep the structured, protein-centered pattern that has carried you this far.

You'll continue with three required New Direction Advanced meal replacements each day, plus a structured evening meal. Days 10–14 open up your dinner options, adding new proteins, vegetables and an addition choice so your evening meal has more variety while your structure stays the same.

An optional approved bar is available as a snack if you need it. It does not replace one of your three required meal replacements, so use it only when hunger runs higher, or you're having a more active day.



Approximately 915–1,185 Daily Calories

Active weight loss continues as your structure loosens slightly and your dinner portion grows.



Three Required Meal Replacements

One each at breakfast, lunch, and your midday meal. This stays consistent throughout the program.



Structured Guidance, Increased Flexibility

The same daily framework, now with expanded dinner options plus additional vegetables and an addition choice.



Optional Bar

An approved bar is available as an optional snack. It adds flexibility without replacing a required meal replacement.

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's Included

Daily Meal Plan: Suggested product choices for each of your three required meal replacements, plus guidance on the optional bar and when to use it.

Structured Evening Meal Guide: Approved proteins, vegetables, and additions for your dinner, now expanded to include salmon, pork tenderloin, lean beef, leafy lettuce, summer squash, tomatoes, and reduced-fat cheese.

Shopping List: Everything you need for Days 10–14, organized by product, protein, vegetable, and pantry items.

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

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

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

Lunch

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

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

Midday

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Very Chocolate Pudding
- ☐ Strawberry Cream Shake
- ☐ Creamy Vanilla Pudding
- ☐ Mango Pineapple Smoothie

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)
- ☐ 6 oz cooked salmon
- ☐ 6 oz cooked pork tenderloin
- ☐ 6 oz cooked lean beef

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
- ☐ 2 cups leafy lettuce
- ☐ 1 cup summer squash
- ☐ ½ cup tomatoes

Addition

Choose One



- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon light salad dressing
- ☐ 1 oz reduced-fat cheese



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.

Example Menus

Day	# One	# Two	# Three
Breakfast	Café Mocha Beverage	Caramel Coffee Frappe	Hot Chocolate
Lunch	Hearty Cream of Chicken Soup	Tortilla Soup	Hearty Cream of Chicken Soup
Midday	Very Chocolate Pudding	Strawberry Cream Shake	Creamy Vanilla Pudding
Optional Bar	Oatmeal Cinnamon Bar	-	Chocolate Fudge Bar
Dinner	6 oz salmon; 1 cup cauliflower; 1 cup summer squash; 1 tsp olive oil	6 oz pork; 2 cups leafy lettuce; 1 cup cucumber; 1 tbsp light dressing	6 oz lean beef; 1 cup mushrooms; ½ cup tomatoes; 1 oz reduced-fat cheese



PhysiciansFast[®] Program

Shopping List

Vegetables



- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Green beans
- ☐ Leafy lettuce
- ☐ Mushrooms
- ☐ Spinach
- ☐ Summer squash
- ☐ Tomatoes
- ☐ Turnips
- ☐ Watercress
- ☐ Zucchini

Proteins



- ☐ Chicken breast
- ☐ Lean beef
- ☐ Lean ground turkey
- ☐ Liquid egg substitute
- ☐ Pork tenderloin
- ☐ Salmon
- ☐ Shrimp
- ☐ Tuna, canned in water
- ☐ Turkey breast
- ☐ White fish

Additions



- ☐ Olive oil
- ☐ Light salad dressing
- ☐ Reduced-fat cheese

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 10–14.
- 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.
- One approved bar may be included as an optional snack; it does not replace a required meal replacement.

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.