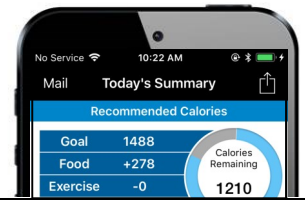# DietMaster Pro Meal Plan Templates Library
2021 - RD Designed and Doctor Contributed

Meal Plans Supported Using DietMaster Pro, DietMaster WebLog, WebLite, WebMed & Go Mobile Platforms

Standard Series

☐ **Series I**
- ☐ Low Cholesterol - (65c/20p/15f)
- ☐ Vegetarian Lifestyle - (65c/15p/20f)
- ☐ Wheat Sensitivity - (65c/20p/15f)
- ☐ Muscle Builder - (50c/30p/20f)
- ☐ Lean & Tone Physique - (50c/35p/15f)
- ☐ Paleo Lifestyle (40c/30p/30f)

☐ **Series II**
- ☐ Heart Healthy Living - (60c/25p/15f)
- ☐ Women's Healthy Aging - (50c/30p/20f)
- ☐ Low Carb Lifestyle - (40c/30p/30f)
- ☐ Athletic Training - (60c/20p/20f)
- ☐ Vegan Lifestyle - (55c/25p/20f)

☐ **Series III - Disease Prevention**
- ☐ Stable Blood Sugar - (60c/20p/20f)
- ☐ Heart Disease Prevention- (60c/20p/20f)
- ☐ Osteoporosis Prevention - (60c/20p/20f)
- ☐ Stroke Prevention - (60c/20p/20f)
- ☐ Cancer Prevention - (60c/20p/20f)

☐ **Series IV - Glycemic Management**
- ☐ Low Glycemic - (50c/25p/25f)
- ☐ Low (am) to High (pm) - (50c/25p/25f)
- ☐ High (am) to Low (pm) - (50c/25p/25f)

☐ **Series V**
- ☐ Sustained Energy - (50c/25p/25f)
- ☐ Anti Aging - (55c/20p/25f)
- ☐ On The Go - (50c/25p/25f)
- ☐ Teen Lifestyle - (55c/20p/25f)

☐ **Series VI - Low Carbohydrate**
- ☐ Fast Food - (40c/30p/30f)
- ☐ All American - (40c/30p/30f)
- ☐ Hispanic - (40c/30p/30f)
- ☐ Italian - (40c/30p/30f)

☐ **Series VII**
- ☐ Organic Low Fat - (55c/25p/20f)
- ☐ Organic Low Carb - (40c/30p/30f)
- ☐ Lactose Intolerant- (55c/25p/20f)
- ☐ Gluten Free - (55c/25p/20f)
- ☐ Kosher - (55c/25p/20f)

☐ **Series VIII**
- ☐ North Beach Phase One - (45c/30p/25f)
- ☐ North Beach Phase Two - (60c/20p/20f)
- ☐ Healthy Soy - (60c/25p/15f)
- ☐ Mediterranean - (50c/20p/30f)
- ☐ Asian Explosion - (60c/25p/15f)
- ☐ High Fiber - (60c/25p/15f)

☐ **Series IX - Detox & Cleanse**
- ☐ Detox, Fruit - (14 days)
- ☐ Detox, Lean Meat - (14 Days)
- ☐ Detox, Vegetarian - (14 Days)
- ☐ 21 Day Jump Start Fruit Detox & Low Glycemic
- ☐ 21 Day Jump Start Veggie Detox & Low Glycemic
- ☐ 21 Day Jump Start Lean Meat Detox & Low Glyc.

☐ **Series X 30 - Day Meal Plan Compilation Series**
- ☐ 30 Day Women's Anti Aging
- ☐ 30 Day Weight Loss
- ☐ 30 Day Post Pregnancy
- ☐ 30 Day Pre/Post Natal Lactating
- ☐ 30 Day Heart Healthy
- ☐ 30 Day Cholesterol Control for Men
- ☐ 30 Day Hypertension

☐ **Series XI - True Paleo Series**
- ☐ True Paleo FODMAP
- ☐ True Paleo AutoImmune
- ☐ True Paleo Pescapaleo
- ☐ True Paleo Strength
- ☐ True Paleo Triathlete

☐ **Series XII—Intermittent Fasting Series**
- ☐ I.F. 16:8 Hour Plan
- ☐ I.F. Alternate Day Plan
- ☐ I.F. 5:2 Day Plan

*Medical Series

☐ **Bariatric VLCD Series* (very low calorie)**
- ☐ Low Glycemic - (50c/25p/25f) 700 to 1300 cal.
- ☐ Low Carb - (40c/30p/30f) 700 to 1300 cal.
- ☐ Stable Blood Sugar - (60c/20p/20f) 700 to 1300

☐ **Bariatric Post Lap Band Series***
- ☐ Stage 1 Template - Liquids Only
- ☐ Stage 2 Template - Puree Foods
- ☐ Stage 3 Template - Soft Foods
- ☐ Stage 4 Template – Maintenance

☐ **Childhood Obesity Series***
- ☐ Healthy Start 2-3 years (55c/10p/35f)
- ☐ Healthy Habits 4-8 years (55c/15p/35f)
- ☐ Healthy Habits 9-13 years (55c/20p/25f)
- ☐ Healthy Teens 14-18 years (55c/25p/25f)
- ☐ Low Cholesterol (9-18 years)(55c/20p/25f)

☐ **Food Allergy Series***
- ☐ Peanut - (50c/25p/25f)
- ☐ Fish / Shell Fish - (55c/20p/25f)
- ☐ Cow Milk - (50c/25p/25f)
- ☐ Chicken Egg - (55c/20p/25f)
- ☐ Pine Nut - (55c/20p/25f)
- ☐ Gluten R2 - (50c/25p/25f)

☐ **Maternity Pre/Post Natal Series***
- ☐ Prenatal - (50c/25p/25f)
- ☐ Healthy Breastfeeding - (50c/30p/20f)
- ☐ Post Pregnancy Weight Loss - (45c/35p/20f)
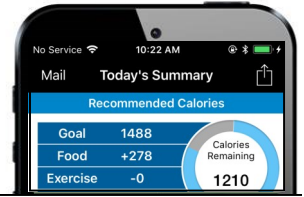- ☐ Post Pregnancy Hormone Balance - (50c/30p/20f)

☐ **Bariatric Ketogenic Series***
- ☐ Ketogenic VLCD (25c/5p/70f) 500 to 1000 cal
- ☐ Ketogenic (25c/5p/70f) 1300 to 1700 cal

Advanced Medical Series - New for 2021
Meal Plan Templates

Advanced Medical Series

- ☐ Alkaline Cancer
- ☐ Alzheimer's
- ☐ Anemia
- ☐ Anti-Inflammatory
- ☐ Arthritis and Diabetes
- ☐ Arthritis and Heart Disease
- ☐ Asthma
- ☐ Behavioral Disorders
- ☐ Cancer and Heart Disease
- ☐ Chronic Kidney Disease
- ☐ Cirrhosis
- ☐ Congestive Artery Disease
- ☐ Congestive Heart Disease
- ☐ COPD
- ☐ Crohn's Disease
- ☐ Cystic Fibrosis
- ☐ Depression
- ☐ Diabetes
- ☐ Diabetes and High Chol
- ☐ Diabetes and Hypertension
- ☐ Eczema

- ☐ Epilepsy
- ☐ GERD
- ☐ Gout
- ☐ Hepatitis
- ☐ High Cholesterol
- ☐ Hormone Balance
- ☐ Hypertension
- ☐ Irritable Bowel Syndrome
- ☐ Multiple Sclerosis
- ☐ Obesity and Diabetes
- ☐ Osteomalacia
- ☐ Osteoporosis
- ☐ Pancreatic
- ☐ Psoriasis
- ☐ Rheumatic Heart Disease
- ☐ Rheumatoid Arthritis
- ☐ Rickets
- ☐ Sarcopenia
- ☐ Stroke
- ☐ Thyroid
- ☐ Ulcerative Colitis