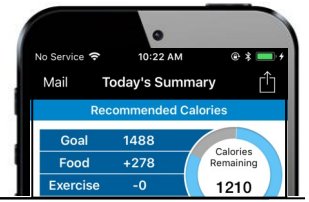




DietMaster **WebLite** Meal Template Collections RD Designed and Doctor Contributed



WebLite includes over 3000 days of meal plans. Important: DietMaster WebMed also includes all meal plan templates from the WebLite collections

Standard Collections

- Heart Healthy Living - (60c/25p/15f)
- Women's Healthy Aging - (50c/30p/20f)
- Paleo Lifestyle (40c/30p/30f)
- Sustained Energy - (50c/25p/25f)
- Anti Aging - (55c/20p/25f)
- On The Go - (50c/25p/25f)
- Teen Lifestyle - (55c/20p/25f)
- Low Fat Weight Loss - (50c/30p/20f)
- 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)

Organic Plans

- Organic Low Fat - (55c/25p/20f)
- Organic Low Carb - (40c/30p/30f)

Fitness Collections

- Fitness - Muscle Builder - (50c/30p/20f)
- Fitness - Lean & Tone Physique - (50c/35p/15f)
- Fitness - Athletic Training - (60c/20p/20f)

Macro Balanced Plans

- Macro Plan 20P 60C 20F
- Macro Plan 25P 50C 25F
- Macro Plan 25P 55C 20F
- Macro Plan 30P 40C 30F
- Macro Plan 30P 45C 25F
- Macro Plan 35P 35C 30F
- Macro Plan 40P 30C 30F

Special Dietary Needs

- Vegan Lifestyle - (55c/25p/20f)
- Vegetarian Lifestyle - (65c/15p/20f)
- Wheat Sensitivity - (65c/20p/15f)

Disease Prevention

- Low Cholesterol - (65c/20p/15f)
- Heart Disease Prevention - (60c/20p/20f)
- Stable Blood Sugar - (60c/20p/20f)
- Osteoporosis Prevention - (60c/20p/20f)
- Stroke Prevention (DASH) - (60c/20p/20f)
- Cancer Prevention - (60c/20p/20f)
- Breast Cancer Prevention - (60c/20p/20f)

Low Carb Collection

- Low Carb Lifestyle - (40c/30p/30f)
- Low Carb Fast Food - (40c/30p/30f)
- Low Carb All American - (40c/30p/30f)
- Low Carb Hispanic - (40c/30p/30f)
- Low Carb Italian - (40c/30p/30f)

Keto Plans

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

Fasting Plans

- Intermittent Fasting 16:8 Hour Plan
- Intermittent Fasting Alternate Day Plan
- Intermittent Fasting 5:2 Day Plan

Detox and Cleanse

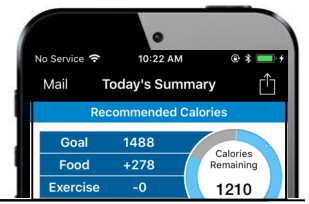
- Detox, Fruit - (14 days)
- Detox, Veggie - (14 Days)
- Detox, Lean Meat - (14 Days)
- Detox Jump Start, Fruit - (21 days)
- Detox Jump Start, Veggie - (21 Days)
- Detox Jump Start, Lean Meat - (21 Days)

30 Day Compilation Plans

- 30 Day Women's Anti Aging
- 30 Day Weight Loss
- 30 Day Post Pregnancy
- 30 Day Pre/Post Natal Lactating
- 30 Day Heart Healthy



DietMaster **WebLite** Meal Template Collections RD Designed and Doctor Contributed



Glycemic Management

- Glycemic - Low - (50c/25p/25f)
- Glycemic - Low (am) to High (pm) - (50c/25p/25f)
- Glycemic - High (am) to Low (pm) - (50c/25p/25f)

True Paleo Series

- True Paleo FODMAP (40c/30p/30f)
- True Paleo Autoimmune (40c/30p/30f)
- True Paleo Pescapaleo (40c/30p/30f)
- True Paleo Strength (40c/30p/30f)
- True Paleo Triathlete (40c/30p/30f)

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)