

# Doctors' Weight Management – *Self-directed Plans*

## Average Weekly Costs

There are no clinic-based classes, coaching, or medical supervision that accompany these plans. Although pre-diet lab work is not required for the self-directed plans, please check with your doctor prior to starting any of the self-directed HMR diet plans.

### **Healthy Solutions® : 5 Meal Replacements per day**                      **Weight loss: 1-2 pounds/week**

*Daily: 3 HMR Shakes, 2 HMR Entrees + 5 of your own Fruits/Veggies (no other food)*

HMR Shakes	HMR Entrees	Fruits/Veggies
\$55.90 * (2 canisters: 24 shakes/week + 3 extra shakes)	\$59.50 (14 per week)	Varies

### **Healthy Shakes® : 3 Meal Replacements per day**                      **Weight loss: 1 pound/week**

*Daily: 3 HMR Shakes, 5 of your own Fruits/Veggies, 2 of your own lean healthy meals*

HMR Shakes	HMR Entrees	Fruits/Veggies/Lean Meal
\$55.90 * (2 canisters: 24 shakes/week + 3 extra shakes)	0	Varies

### **2 Meal Replacements per day**                      **Weight loss: <1 pound/week**

*Daily: 2 HMR Shakes, 5 of your own Fruits/Veggies, 2 of your own lean healthy meals and 1 snack*

HMR Shakes	HMR Entrees	Fruits/Veggies/Lean Meals/Snacks
\$27.95 * (1 canister: 12 shakes/week)	\$8.50 (2 per week)	Varies

\* Based on HMR 120 Shake Canisters at \$25.50 per canister. Please use the HMR 70+ Shake if you are lactose intolerant. Pricing below.

### **Other items on the HMR Menu, which can be used in place of an HMR shake:**

HMR Multigrain (hot) cereal	\$45.50	18-serving box (recommend max 1/day)
HMR Chicken Soup	\$45.00	18-serving box (recommend max 1/day)
HMR 70+ Shake/Pudding	\$49.15	18-serving box

### **Remote Classes**

Food temptations are everywhere! That's why HMR offers remote support for weight loss via group phone classes, facilitated by expert health coaches and attended by a community of people to share strategies in a supportive environment.

*Using your SmartPhone's camera, scan the QR Code to learn more.*



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