

# A low carbohydrates, high protein diet using meal replacements:



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## Introduction:

This program provides a safe and effective way to lose weight, using protein and vegetables as the main sources of nutrition. This will reduce the intake of carbohydrates which will change the fuel the body uses from mainly sugar and starches to fat, maximizing fat burning which will help losing weight faster. In this diet plan carbohydrates will be restricted to 20–30 grams per day.

This protein meal replacement plan is part of a three stage weight loss program, followed by a second stage of a low carbohydrate diet plan and a third weight maintenance phase to maintain the weight in the long-term. The third stage incorporates both meal replacements and carbohydrates control in a cyclic diet that prevents weight regain and is suitable for permanent use. The duration of each stage depends on the desired amount of weight loss.

## Protein Meal Replacement Diet Plan:

Using a protein meal replacement is proven to be effective for weight loss but it requires some degree of discipline. It is based on replacing two meals with protein supplements that contain high protein and low calories. This will promote a feeling of being full and satisfied and reduce weight effectively and safely.

## Advantages of this Diet Program:

- Convenient, inexpensive and an effective way to lose weight
- Provides a healthy alternative to skipping meals
- Provides structure to eating plans and reduces anxiety over making food choices
- Contains the nutrition needed during weight loss with low calories (no more than 200–250 calories per can)
- A typical two meal replacement saves 1000 -1700 calories (1700 calories = walking 17 miles or about 5 hours)
- If you suffer from diseases associated with obesity such as diabetes, hypertension or high cholesterol, you can expect better control and your doctor might reduce the dose of the medication that you are using

## Instructions for a Meal Replacement Diet Plan:

- Meals will be divided to three main meals and two snacks. Two of the main meals will be replaced by the protein supplement
- The protein supplement is available in two forms:
  - Ready made protein drink which should be kept at room temperature and preferably taken cold
  - Powder formula that can be prepared by adding water or low fat milk (note that adding milk will increase the calorie content depending on the type of the milk used (full fat versus low fat milk)
- The protein drink should not be heated or boiled as this can reduce its nutritional value. Instead, hot beverages like milk or water should be used to prepare
- There is a list of food choices provided for the third meal which can be lunch or dinner (depending on personal preference)

## Possible Side Effects of this Diet Plan:

There are possible side effects with this diet plan, as with any effective weight loss program, which may vary from person to person, such as:

- Sugar craving
- Constipation
- Bad breath
- Fatigue and dizziness

## Tips to Avoid these Side Effects

### Sugar Craving:

Have no doubts about it, carbohydrates are addictive. And as your body will be adjusting to a new way of eating, you may initially experience craving for sugar /starchy food the craving will pass. Like stopping anything that you are accustomed or addicted to, the

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fewer carbohydrates you have in your diet the sooner the cravings will subside. Sugar craving can be temporarily treated with sugar free beverages such as diet soda or sugar free jelly.

### **Constipation:**

If you are experiencing constipation (i.e. hard stools or hard to pass stools), there are a number of ways to help this:

- Add one cup of fiber rich vegetables to your diet (like broccoli or cauliflower)
- Add two pieces of fruits (like plums or pears) as these contain sorbitol sugar that helps to improve constipation
- Drink enough fluid (8 cups). If the problem persists, you should consult your doctor

### **Fatigue and Dizziness:**

Occasionally people can experience fatigue, headache and body aches when they stop taking carbohydrates, however, these symptoms are usually mild and pass quickly. They are a sign that the body is going through the transitional period from burning carbohydrates to burning fat for fuel. It is also caused by water and salt loss from the body during the first weeks of the diet.

To avoid this, it is recommended to have beef or chicken broth with added salt (1-3) times per day (avoid salt if you have high blood pressure or a heart condition).

### Other Possible Side Effects:

Dieting and weight loss can cause stone formation. Both gall bladder stones and kidney stones can develop in patients that are prone to form stones.

### Important Considerations

- Changing your lifestyle is important to control your weight and to improve your overall health
- Reading the food labels will help you understand the number of calories and make the right food choices
- Adherence to the timing, portions and number of meals will facilitate the weight loss, by eating three main meals and two snacks instead of irregular big meals
- Avoid overeating and control the portion of foods by using small plates, eating slowly and chewing the food
- Keep a food diary. Writing the meals consumed per day can help with adhering to the diet plan
- Exercise daily for 30 minutes (can be divided to 10 minutes x three times daily)
- Drink plenty of water (eight glasses) per day

Food groups	Low Calorie (allowed to take)	Medium Calorie (moderate intake)	High Calorie (restricted intake)
Cereal and cereal products	—	Bread, bran biscuits, unsweetened breakfast cereals	Bread, rice, pasta, spaghetti, cakes, pastry, cakes, sambousa, luqaimat, biscuits
Milk and milk products	Skimmed (milk and milk products)	Low fat (milk and milk products)	Full-fat (milk and milk products)
Egg	Egg white	Whole boiled egg	Whole fried Egg
Meat and meat products	—	Lean meat, poultry without skin and visible fats	Fatty meats, poultry skin, processed meats.

Food groups	Low Calorie (allowed to take)	Medium Calorie (moderate intake)	High Calorie (restricted intake)
Fish	Grilled fish, canned in water (tuna)	Cooked with less oil, shrimps	Oil canned fish, fried fish
Vegetables	Boiled, steamed, or grilled vegetables – fresh green leafy vegetables and salad	Sweet potatoes, carrots. Legumes (fava beans, chickpeas etc)	Fried vegetables and potato, chips, corn
Fruit	All fresh fruits	Banana, grapes, unsweetened fruit juices, olives	Mango, avocado, dried fruit, canned fruit, sweetened fruit juices
Nuts and seeds	—	—	All nuts, all seeds, peanut butter
Fat and oil	—	Low fat mayonnaise and salad dressing	Butter, margarine, lard, oil, tahina
Sauces and soups	Low fat soups and sauces All spices	Low fat soups and sauces without cream	Mayonnaise, regular salad dressing, cooking cream, pickles canned with oil, Chicken, meat and beef stocks
Beverages	Tea, coffee, herbal drinks (without sugar)	Diet soft drinks, Unsweetened low fat or skimmed milk shakes, fresh juice (no sugar added)	Chocolate drinks, milk shakes, soft drinks, sweetened juices, Energy drinks

## Suggested Meal Plan for 1200 Kcal/D Low Carbohydrates, High Protein

Meals	Number of exchanges within the meal	Suggested Menu	Meal replacement
Breakfast	<ul style="list-style-type: none"> <li>• 1 Starches</li> <li>• 1 Milk</li> <li>• 1 Vegetable</li> <li>• 2 Meat</li> <li>• 1 Fat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice bread or ½ small loaf of bread</li> <li>• 1 cup milk or yogurt (low fat)</li> <li>• 200g (1 cup) tomato or cucumber or lettuce or carrot or leafy vegetables</li> <li>• 4 tablespoons low fat labnah or cheese or 2 boiled eggs</li> <li>• 1 teaspoon of olive oil, or 6 medium sized olive pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Meal replacement supplement</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ banana</li> </ul>	—
Lunch	<ul style="list-style-type: none"> <li>• 1 Starch</li> <li>• 2 Vegetable</li> <li>• 3 Meat</li> <li>• ½ Milk</li> <li>• ½ Vegetable</li> <li>• 2 Fat</li> </ul>	<ul style="list-style-type: none"> <li>• 4 tablespoons (1/3 cup) rice or macaroni</li> <li>• 2 cups vegetable salad or 1 cup cooked vegetable (low fat)</li> <li>• 90gm fish or chicken or meat</li> <li>• ½ cup low fat yogurt</li> <li>• 1 cup vegetable soup</li> <li>• 2 teaspoon of veg. oil for cooking</li> </ul>	—
Snack (2)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 5 dates with ½ cup of coffee</li> </ul>	—

Meals	Number of exchanges within the meal	Suggested Menu	Meal replacement
Dinner	<ul style="list-style-type: none"> <li>• 2 Vegetable</li> <li>• 2 Meat</li> <li>• 1 Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups salad or sautéed vegetable</li> <li>• 60 gm of tuna or low fat cheese or Kufta or chicken without skin</li> <li>• 1 cup low fat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Meal replacement supplement</li> </ul>

### Suggested Meal Plan for 1000 Kcal/D Low Carbohydrates, High Protein

Meals	Number of exchanges within the meal	Suggested Menu	Meal replacement
Breakfast	<ul style="list-style-type: none"> <li>• 1 Milk</li> <li>• 1 Vegetable</li> <li>• 2 Meat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup milk or yogurt ( low fat )</li> <li>• 200g (1 cup) tomato or cucumber or lettuce or carrot or leafy vegetables</li> <li>• 4 tablespoons low fat labnah or cheese or 2 boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Meal replacement supplement</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ banana</li> </ul>	—



Meals	Number of exchanges within the meal	Suggested Menu	Meal replacement
Lunch	<ul style="list-style-type: none"> <li>• 2 Vegetable</li> <li>• 3 Meat</li> <li>• ½ Milk</li> <li>• ½ Vegetable</li> <li>• 2 Fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups vegetable salad or 1 cup cooked vegetable (low fat)</li> <li>• 90gm fish or chicken or meat</li> <li>• ½ cup low fat yogurt</li> <li>• 1 cup vegetable soup</li> <li>• 2 teaspoon of veg. oil for cooking</li> </ul>	—
Snack (2)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 5 dates with ½ cup of coffee</li> </ul>	—
Dinner	<ul style="list-style-type: none"> <li>• 2 Vegetable</li> <li>• 2 Meat</li> <li>• 1 Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cup salad or sautéed vegetable</li> <li>• 60gm of tuna or low fat cheese or Kofta or chicken without skin</li> <li>• 1 cup low fat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Meal replacement supplement</li> </ul>
Snack (3)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or 1 cup watermelon cubes</li> </ul>	—



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