

Profile Plan offers comprehensive weight management solutions, including individualized nutrition and physical activity plans, one-on-one health coaching, behavior-changing education, and supportive technology, to help your patients achieve and maintain their health and weight loss goals.

You are positioned to best understand the needs and special medical considerations of your patient. Please complete the form below.

\_\_\_\_\_  
**Patient Name**                      **Patient Date of Birth**                      (\_\_\_\_\_) \_\_\_\_\_  
**Patient Phone Number**

**Patient specific medical consideration(s):** \_\_\_\_\_

**Patient nutritional considerations, if applicable (protein/fluid restriction, AOM considerations, etc.):** \_\_\_\_\_

**My patient is taking a GLP-1 and would benefit from behavioral/nutritional support?**      Yes      No

**Profile Nutrition Plan** (additional plan details on the following page)

I recommend:    Reboot    Balance    MOM    Coaching+

### **REBOOT**

*Reboot* is a low-calorie, high-protein, mild ketogenic meal plan using grocery foods and meal replacements to support weight loss. We recommend this plan for those taking anti-obesity medications.

### **BALANCE**

*Balance* is a calorie-controlled, non-ketogenic meal plan comprised of grocery foods, complemented with meal replacement products. We recommend this plan for those with special medical considerations.

### **MOM**

*MOM* was developed for women who are pregnant or breastfeeding. The goal is to assist mothers with appropriate weight gain through pregnancy, as well as appropriate weight loss while nursing.

### **COACHING+**

*Coaching+* is a whole foods meal plan that does not use meal replacement products and is suitable for individuals who want to learn healthy habits through proper nutrition and health coaching.

\_\_\_\_\_  
**Provider Printed Name**                      **Clinic or Hospital Affiliation**                      (\_\_\_\_\_) \_\_\_\_\_  
**Phone Number**

\_\_\_\_\_  
**Provider Signature**                      **Date**

Profile offers personalized, nutritionally complete meal plans with a phased approach to weight loss. All plans provide the following:

- Adequate high-quality protein at 1.2-1.5g/kg IBW to preserve lean muscle mass and provide amino acids needed for growth and development.
- Adequate fiber intake at >14g per 1000 calories to promote digestive health.
- At least 64oz of fluid per day to maintain hydration requirements.
- A small, frequent meal schedule of 6 daily eating occasions spread out every 2-3 hours to ensure proper fueling throughout the day.
- A low-fat meal plan of no more than 35% of total calories in order to avoid digestive issues.
- Daily value requirements of most vitamins and minerals to maintain essential nutrient intake.

Specific plan details including calorie and macronutrient parameters are shown below.

### REBOOT

Reduce Phase:	Adapt Phase	Sustain Phase
<b>Calories:</b> 950-1200 <b>Carbohydrates:</b> 40-70 net grams <b>Fiber:</b> >14g/1000 calories <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> 1000-1700 <b>Carbohydrates:</b> 35-45% <b>Fiber:</b> >14g/1000 calories <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> Energy Balance <b>Carbohydrates:</b> 40-55% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 0.8-1.6 g/kg** <b>Fat:</b> 25-35%

### BALANCE

Reduce Phase	Adapt Phase	Sustain Phase
<b>Calories:</b> 1000-1800 <b>Carbohydrates:</b> 40-45% <b>Fiber:</b> >14g/1000 calories <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> 1200-2000 <b>Carbohydrates:</b> 40-50% <b>Fiber:</b> >14g/1000 calories <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> Energy Balance <b>Carbohydrates:</b> 40-55% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 0.8-1.6 g/kg** <b>Fat:</b> 25-35%

### MOM

Trimester 1	Trimester 2	Trimester 3
<b>Calories:</b> BMR(AM) <b>Carbohydrates:</b> 45-65% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 10-35% <b>Fat:</b> 25-35%	<b>Calories:</b> BMR(AM) + 350 <b>Carbohydrates:</b> 45-65% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 10-35% <b>Fat:</b> 25-35%	<b>Calories:</b> BMR(AM) + 500 <b>Carbohydrates:</b> 45-65% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 10-35% <b>Fat:</b> 25-35%

### COACHING+

Reduce Phase	Adapt Phase	Sustain Phase
<b>Calories:</b> EB - 500 kcals <b>Carbohydrates:</b> 40-55% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> EB - 250 kcals <b>Carbohydrates:</b> 40-55% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 1.2-1.5 g/kg* <b>Fat:</b> 25-35%	<b>Calories:</b> Energy Balance <b>Carbohydrates:</b> 40-55% <b>Fiber:</b> Age/sex goal^ <b>Protein:</b> 0.8-1.6 g/kg** <b>Fat:</b> 25-35%

\*Protein intake based on a body weight at a BMI of 24;

^ Fiber intake: age <50 years = men 38g, women 25g; age >51 years = men 30g, women 21g

\*\*Very active members (MSJ Activity Factor), protein intake can go up to 2.0g/kg