

Weight Management Program

Patient Referral Form

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

FAX COMPLETED FORM TO: 605-679-4664

FOR MORE INFORMATION, VISIT: PARTNERS.PROFILEPLAN.COM

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

BALANCE

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

MOM

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

COACHING+

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