

Registered Dietitian Meal Plans



Credible and Efficient

Our newly enhanced collection of over 40 RD designed and approved meal plans make us one of the leading providers of meal plans on the internet. Each plan contains 7 day menus with a coordinated grocery list that can be conveniently printed within minutes. Let FirmContour.com help you adopt new lifestyle habits, drop your unwanted weight and inches and have you looking and feeling better than you have in years.

Series 1 Collection

Lean Bodybuilder

Calorie ranges available: 2200, 2400, 2600, 2800, 3000, 3200
Balanced ratios: 50% carbs, 35% protein & 15% fat

Low Cholesterol / Low Fat

Calorie ranges available: 1500, 1700, 2000
Balanced ratios: 65% carbs, 20% protein & 15% fat

Mass Builder

Calorie ranges available: 3200, 3400, 3600, 3800, 4000
Balanced ratios: 50% carbs, 30% protein & 20% fat

Vegetarian Low fat

Calorie ranges available: 1700, 1900, 2100
Balanced ratios: 65% carbs, 15% protein & 20% fat

Wheat Free/Low Fat

Calorie ranges available: 1400, 1600
Balanced ratios: 65% carbs, 20% protein & 15% fat

Series 2 Collection

Performance Training

Calorie ranges available: 1900, 2100, 2300, 2500, 2700, 3000
Balanced ratios: 60% carbs, 20% protein & 20% fat

Heart Healthy

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 25% protein & 15% fat

Low Carb

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 40% carbs, 30% protein & 30% fat

Mature Women

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 50% carbs, 30% protein & 20% fat

Vegan

Calorie ranges available: 1300, 1500, 1700, 1900
Balanced ratios: 55% carbs, 25% protein & 20% fat

Series 3 Disease Prevention

Stable Blood Sugar

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Heart Disease Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Osteoporosis Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Stroke Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Cancer Prevention

Calorie ranges available: 1300, 1500, 1700, 1900, 2100
Balanced ratios: 60% carbs, 20% protein & 20% fat

Series 4 Glycemic Management

Low Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Low to High Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

High to Low Glycemic

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Series 5 Collection

Energy Booster

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Healthy Aging

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 20% protein & 25% fat

On The Go

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 25% protein & 25% fat

Teen Scene

Calorie ranges available: 1800, 2000, 2200, 2400, 2600, 2800
Balanced ratios: 55% carbs, 20% protein & 25% fat

Series 6 Low Carbohydrate

Fast Food

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

All American

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Mexican

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Italian

Calorie ranges: 1300, 1500, 1700, 1900, 2100, 2300, 2600
Balanced ratios: 40% carbs, 30% protein & 30% fat

Series 7 Collection

Organic Low Fat

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Organic Low Carb

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 40% carbs, 30% protein & 30% fat

Lactose Intolerant

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Gluten Free

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Kosher

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 55% carbs, 25% protein & 20% fat

Series 8 Collection

North Beach—Phase I Weight Loss

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 45% carbs, 30% protein & 25% fat

North Beach—Phase II Maintain

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 20% protein & 20% fat

Healthy Soy

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

High Fiber

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

Asian Explosion

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 60% carbs, 25% protein & 15% fat

Mediterranean

Calorie ranges available: 1300, 1500, 1700, 1900, 2100, 2300
Balanced ratios: 50% carbs, 20% protein & 30% fat

Series 9 Detox & Cleanse

Fruit Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

Veggie Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

Lean Meat Detox & Cleanse - 14 Day

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Fruit Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Veggie Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

21 Jump Start - 14 Day Meat Detox & 7 Day Low Glycemic

Calorie ranges available: 1200 for women, 1600 for men
Balanced ratios: does not apply

R.D. Designed & Approved

“I have completed a thorough nutritional assessment of the Registered Dietitian meal plans. I have evaluated all caloric levels, macronutrients and micronutrients available. As a registered dietitian I deem and approve these Meal Plan Templates to be consistent with guidelines that result in safe and healthy weight loss.” **Kimberly A. Tessmer, R.D., L.D.**



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