

Modified Liquid Diet

Our NEW Modified Liquid Diet Plan is NOW AVAILABLE!

Our high protein – modified liquid diet plan is a quick and safe way to get started on your weight loss journey.

Our modified liquid diet involves a 28 day period of fasting on 3 to 4 high protein meal replacement drinks, and a 100 to 200 calorie lunch and dinner. During this time, you will consume between 700 and 750 calories a day.

This Diet Includes:

- 84 Meal Replacement Shakes available in Chocolate, Vanilla, Strawberry and Caramel Cafe Latte
- 4 B12 Injections (one per week)
- Shaker Cup
- Book of Recipes to enhance the Meal Replacement Shakes
- Book of Recipes for the 100 to 200 calorie dinners
- Daily Diet Email
- Daily Exercise Email
- Solimar MediSpa Food Diary

The reason we use protein is that it forms the building blocks of the body and is responsible for the general health of the body, including healthy bone and muscle development. Protein takes longer to digest than other elements in food and for this reason, it has the ability to balance blood sugar levels. It reduces the need to snack and assists with muscle repair and recovery after exercise.