The Center for Medical Weight Loss Introduces the Doctor’s Orders Meal Delivery Program

Doctor’s Orders 550-calorie dinners are delicious, easy to make, and keep you satisfied as you achieve or maintain weight loss success.

Tarrytown, NY (PRWEB) January 31, 2012 -- People looking to lose weight are often searching for a convenient solution to help them drop pounds while getting good nutrition. With that in mind, The Center for Medical Weight Loss (CMWL) is pleased to introduce their new Doctor’s Orders 550-calorie home delivery meal plans, now available online in the CMWL Shop.

Whether someone’s goal is to lose weight, to maintain the weight he or she has already lost, or simply to eat healthier, the convenience and nutrition of CMWL’s doctor-driven, chef-designed Doctor’s Orders meal delivery program makes it easier. Doctor’s Orders meal plans include balanced, high-quality dinners that not only taste delicious, but also satisfy a person’s appetite while reducing caloric intake.

All the CMWL Doctor’s Orders dinners – which include main dishes and side dishes that total around 550 calories – have been signed off on by Dr. Michael Kaplan, the Chief Medical Officer and Founder of The Center for Medical Weight Loss and a physician who is board certified in bariatric medicine, which focuses on weight and metabolism.

“The Doctor’s Orders meal plans make weight loss easier by providing superior food choices containing the right balance of protein, carbs, and good fats one needs to be successful. In fact, Doctor’s Orders dinners have been specifically designed to limit choices, to prevent hunger and keep people feeling fuller longer, thereby leading to higher levels of success”, says Dr. Kaplan.

Doctor’s Orders’ set selection of main dishes and side dishes corresponds to the science on stimulus narrowing. The concept in a nutshell: Offering endless choices can be overwhelming and lead to overeating, while a more narrow selection of healthy options increases one’s chances of sticking with the plan and successfully losing weight or maintaining weight loss. In their practices, CMWL physicians have seen that offering set meal choices results in their patients feeling less hungry and consuming fewer calories over time. CMWL is proud to now offer this method directly to consumers through their Doctor’s Order meal delivery program; 1000-, 1200-, and 1500-calorie meal plans that include breakfasts, lunches, and snacks will be coming soon.

Doctor’s Orders dinners also fit into peoples’ busy schedules and are affordable. All Doctor’s Orders dinners are fresh-frozen, ensuring the taste of a freshly prepared meal with the convenience of a frozen dinner, and are simple to prepare – none take more than 5 minutes to make.

Current CMWL patients in the Transitional/Modified or Maintenance phases of the program receive 10 percent off their first week’s dinner order by using a promotion code from their CMWL physician. Non-patients may also try Doctor’s Orders, but are strongly encouraged to seek the support and care of a CMWL doctor if they are considering starting a weight loss plan.

The Center for Medical Weight Loss (CMWL) programs provide an approach to long-term weight loss and maintenance under the care and support of trained physicians. Each fully individualized program is customized to the patient, taking into account his or her medical history, body composition, and personal goals. This
individual care is supported with on-going one-on-one counseling by the physician on important topics including nutrition, fitness, behavioral modification, motivation, and, where necessary, prescribed medications. Physicians in The Center for Medical Weight Loss network are all certified professionals specially trained in non-surgical bariatric medicine who have access to the latest techniques and medical data, including high-quality nutritional products and FDA-approved weight loss medications only available to medical doctors.

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