

**1000 Calorie Meal Plan Diary**  
**3 Supplements; 1 Bar; 3 Meals**

<b>Breakfast</b>	<b>www.familybariatric.com Supplement-shake/pudding-100 Cal 1 fruit; 1 optional</b>
<b>Lunch</b>	<b>www.familybariatric.com Supplement-shake/pudding-100 Cal 1 starch; 2 oz. very lean OR 1 oz. lean meat; 1 vegetable; 1 fruit; 1 optional</b>
<b>Afternoon Snack</b>	<b>Familybariatric.com Nutrition bar – 150 Calorie</b>
<b>Dinner</b>	<b>1 starch; 4 oz. very lean OR 3 oz. lean meat; 1 vegetable; 1 fat; 1 optional</b>
<b>Evening Snack</b>	<b>www.familybariatric.com Supplement-shake/pudding-100 Cal</b>
<b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b>	

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