

1000 Calorie QUICK START Meal Plan Diary
5 Pudding/Shakes; 1 Bar; 1 Meal

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

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