

1200 Calorie Meal Plan / Diary
2 Shakes, 1 Bar, 3 Meals

www.familybariatric.com

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| Breakfast | 1 starch; 1 fruit; 1 milk; 1 optional |
| Morning Snack | <i>www.familybariatric.com Supplement</i> |
| Lunch | 1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 1 fruit; 1 fat; 1 optional |
| Afternoon Snack | <i>www.familybariatric.com Nutrition Bar</i> |
| Dinner | 1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fat; 1 optional |
| Evening Snack | <i>www.familybariatric.com Supplement</i> |
| 1 Multivitamin and at least 8 cups of water or non-caloric beverages daily. | |

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