
1500 Calorie QUICK START Diary
1 Pudding/Shake; 1 Bar; 3 Meals

www.familybariatric.com

Breakfast	1 starch; 1 milk; 1 fruit; 1 optional
Morning Snack	<i>www.familybariatric.com Pudding/Shake Supplement</i>
Lunch	1 starch; 4 oz. lean meat; 2 vegetable; 1 optional
Afternoon Snack	1 fruit; 1 milk
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 1 fat; 1 optional
Evening Snack	<i>www.familybariatric.com Nutrition Bar</i>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Breakfast	1 starch; 1 milk; 1 fruit; 1 optional
Morning Snack	<i>www.familybariatric.com Pudding/Shake Supplement</i>
Lunch	1 starch; 4 oz. lean meat; 2 vegetable; 1 optional
Afternoon Snack	1 fruit; 1 milk
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 1 fat; 1 optional
Evening Snack	<i>www.familybariatric.com Nutrition Bar</i>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Breakfast	1 starch; 1 milk; 1 fruit; 1 optional
Morning Snack	<i>www.familybariatric.com Pudding/Shake Supplement</i>
Lunch	1 starch; 4 oz. lean meat; 2 vegetable; 1 optional
Afternoon Snack	1 fruit; 1 milk
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 1 fat; 1 optional
Evening Snack	<i>www.familybariatric.com Nutrition Bar</i>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Breakfast	1 starch; 1 milk; 1 fruit; 1 optional
Morning Snack	<i>www.familybariatric.com Pudding/Shake Supplement</i>
Lunch	1 starch; 4 oz. lean meat; 2 vegetable; 1 optional
Afternoon Snack	1 fruit; 1 milk
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 1 fat; 1 optional
Evening Snack	<i>www.familybariatric.com Nutrition Bar</i>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	