

1500 Calorie Meal Plan Diary
1 Supplement; 2 Bars; 3 Meals

www.familybariatric.com

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| Breakfast | <i>www.familybariatric.com Supplement</i> 1 starch; 1 fruit; 1 optional |
| Lunch | 2 starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional |
| Afternoon Snack | <i>www.familybariatric.com Nutrition Bar</i> |
| Dinner | 2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 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. | |

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