

1800 Calorie Meal Plan Diary
2 Supplements; 1 Bar; 3 Meals

www.familybariatric.com

Breakfast	2 starch; 2 fruits; 1 milk; 1 optional
Morning Snack	<i>www.familybariatric.com Supplement</i>
Lunch	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 2 fats; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 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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