

<b>Breakfast</b>	2 starches; 2 fruits; 1 milk; 1 optional
<b>Lunch</b>	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 2 fats; 1 optional
<b>Afternoon Snack</b>	<b>www.familybariatric.com Nutrition Bar</b>
<b>Dinner</b>	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
<b>Evening Snack</b>	<b>www.familybariatric.com Nutrition Bar</b>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

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