

**1000 Calorie Meal Plan Diary**  
**1 Supplement; 2 Bars; 3 Meals**

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| <b>Breakfast</b>   | <b>www.familybariatric.com Supplement-shake/pudding-100 Cal<br/>1 fruit; 1 optional</b>        |
| <b>Lunch</b>   | <b>1 starch; 2 oz. very lean meat OR 1 oz. lean meat;<br/>1 vegetable; 1 fruit; 1 optional</b> |
| <b>Afternoon Snack</b>   | <b>Familybariatric.com Nutrition bar – 150 Calorie</b>   |
| <b>Dinner</b>  | <b>1 starch; 4 oz. very lean meat OR 3 oz. lean meat;<br/>1 vegetable; 1 fat; 1 optional</b>   |
| <b>Evening Snack</b>   | <b>Familybariatric.com Nutrition bar – 150 Calorie</b>   |
| <b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b> |  |

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