1000 Calorie Meal Plan Diary
2 Supplements; 1 Bar; 3 Meals

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

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