

1000 Calorie Meal Plan Diary
1 Supplement; 1 Bar; 3 Meals

Breakfast	1 fruit; 1 milk; 1 optional
Lunch	1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 1 vegetable; 1 fruit; 1 milk; 1 optional
Afternoon Snack	Familybariatric.com Nutrition bar – 150 Calorie
Dinner	1 starch; 4 oz. very lean meat 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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