

**1000 Calorie Meal Plan Quick Start**  
**3 Pudding/Shakes; 1 Bar; 2 Meals**

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|------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Breakfast</b>                                                                   | <b>www.familybariatric.com Supplement-shake/pudding-100 Cal</b> |
| <b>Morning Snack</b>                                                               | <b>www.familybariatric.com Supplement-shake/pudding-100 Cal</b> |
| <b>Lunch</b>                                                                       | <b>2 oz. lean meat; 2 vegetables; 1 fruit; 1 optional</b>       |
| <b>Afternoon Snack</b>                                                             | <b>Familybariatric.com Nutrition bar – 150 Calorie</b>          |
| <b>Dinner</b>                                                                      | <b>1 starch; 5 oz. very lean meat; 2 vegetables; 1 optional</b> |
| <b>Evening Snack</b>                                                               | <b>www.familybariatric.com Supplement-shake/pudding-100 Cal</b> |
| <b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b> |                                                                 |

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