

1200 Calories Quick Start
3 Pudding/Shakes; 1 Bar; 2 Meals

www.familybariatric.com

Breakfast	<i>www.familybariatric.com Shake Supplement</i> 1 fruit
Morning Snack	<i>www.familybariatric.com Shake Supplement</i>
Lunch	1 starch; 4 oz. lean meat; 2 vegetables; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	1 starch; 6 oz. very lean meat; 2 vegetables; 1 optional
Evening Snack	<i>www.familybariatric.com Shake Supplement</i>
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

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