

**1500 Calorie Menu Plan Diary**  
**2 Bars; 3 Meals**

*www.familybariatric.com*

|   |   |
|---|---|
| <b>Breakfast</b>  | 1 starch; 1 fruit; 1 milk; 1 optional   |
| <b>Lunch</b>  | 2 starches; 2 oz. very lean meat OR 1 oz. lean meat;<br>2 vegetables; 2 fruits; 1 fat; 1 optional |
| <b>Afternoon Snack</b>  | <i>www.familybariatric.com Nutrition Bar</i>  |
| <b>Dinner</b>   | 2 starches; 6 oz. very lean meat OR 4 oz. lean meat;<br>2 vegetables; 2 fats; 1 optional          |
| <b>Evening Snack</b>  | <i>www.familybariatric.com Nutrition Bar</i>  |
| 1 Multivitamin and at least 8 cups of water or non-caloric beverages daily. |   |

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