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

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

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

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