

1800 Calorie Meal Plan Diary  
 1 Supplement; 1 Bar; 3 Meals

www.familybariatric.com

Breakfast	2 starches; 2 fruits; 1 milk; 1 optional
Lunch	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 1 milk; 2 fats; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
Evening Snack	<i>www.familybariatric.com Supplement</i>
<b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b>	

Breakfast	2 starches; 2 fruits; 1 milk; 1 optional
Lunch	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 1 milk; 2 fats; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
Evening Snack	<i>www.familybariatric.com Supplement</i>
<b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b>	

Breakfast	2 starches; 2 fruits; 1 milk; 1 optional
Lunch	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 1 milk; 2 fats; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
Evening Snack	<i>www.familybariatric.com Supplement</i>
<b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b>	

Breakfast	2 starches; 2 fruits; 1 milk; 1 optional
Lunch	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 1 milk; 2 fats; 1 optional
Afternoon Snack	<i>www.familybariatric.com Nutrition Bar</i>
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
Evening Snack	<i>www.familybariatric.com Supplement</i>
<b>1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.</b>	