



TASTE SUCCESS™

Pre-Surgery 2 weeks

Start Date: ___/___/___ Surgery Date: ___/___/___

MEDICAL SUPERVISION IS REQUIRED!

1. The UNJURY® Pre-Surgery Plan is a way to reduce carbohydrates and total calories by following the eating chart below.
2. Use UNJURY® Protein Centric Meal Replacements (PCMR) three times per day. PCMR are fortified with 20+ vitamins and minerals.
3. Use UNJURY® Protein Powder (chicken soup or other flavor) and UNJURY® Ready Drink Shakes as snacks.
4. Drink 60-80oz of water each day.
5. Adjust daily eating window to 12 hours or less. 7:00am – 7:00pm for example.

Daily Requirements	800-900 calories	Breakfast	Lunch	Snack	Dinner	Snack
Eating Window	10-12 hours	7:00am – 9:00am	11:00am-12:00pm	3:00pm-4:00pm	6:00pm-7:00pm	7:00pm -9:00pm
UNJURY®	4-5 servings	UNJURY® PCMR	UNJURY® PCMR	UNJURY® Chicken Soup	UNJURY® PCMR	UNJURY® RTD
Water	60-80oz	16oz	16oz	16oz	16oz	16oz

PCMR – Protein-Centric Meal Replacement
 RTD – Ready to Drink