

THE PRACTICE MEAL PLAN

PRE-OPERATIVE
1200 CALORIE SAMPLE PLAN



LifeWeigh Bariatrics
Healthy Living Through Teamwork

BREAKFAST 8:00 AM

1 HARDBOILED EGGS
1 CHEESE STICK

SNACK 10:00 AM

½ CUP OR 5 OUNCE CONTAINER LOW SUGAR GREEK YOGURT (SUCH AS OIKOS TRIPLE ZERO)

LUNCH 12:00 PM

FILL UP ON A SALAD:

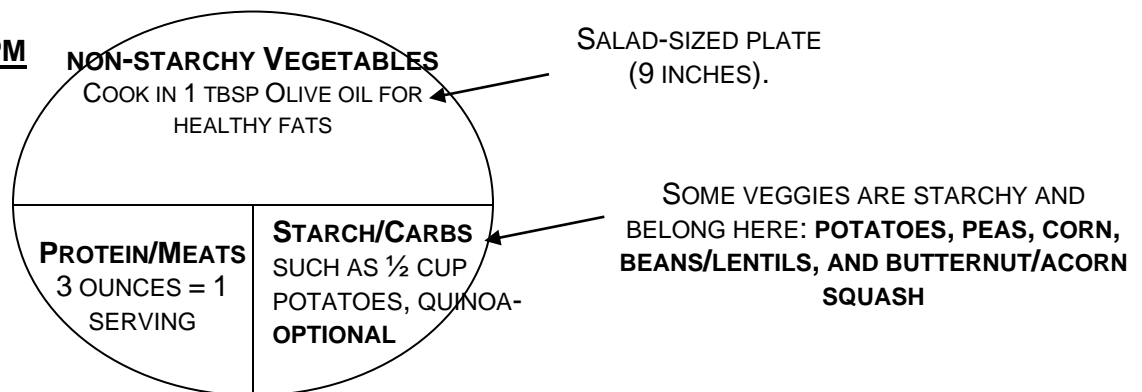
WITH YOUR FAVORITE GREENS, 3 OUNCES (PALM OF HAND) OF GRILLED MEAT/FISH/EGGS/TOFU (PROTEIN), WITH YOUR FAVORITE VEGETABLES – CHERRY TOMATOES, PEPPERS, CUCUMBERS, ETC.

ADD A **SMALL PORTION OF HEALTHY FATS**: ¼ AN AVOCADO OR 1 OUNCE CHEESE OR NUTS/SEEDS, WITH 2 TBSP LIGHT DRESSING

SNACK 3:00 PM

PROTEIN BAR OR SHAKE (10+ GRAMS PROTEIN, <10 GRAMS SUGAR)

DINNER 6:00 PM



SNACK 8:00PM

½ CUP COTTAGE CHEESE

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