

THE PRACTICE MEAL PLAN

PRE-OPERATIVE
1400 CALORIE SAMPLE PLAN



BREAKFAST 8:00 AM

TWO EGGS

1 CUP BERRIES OR 1 SMALL APPLE, ORANGE, PEACH = 1 SERVING OF FRUIT

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:

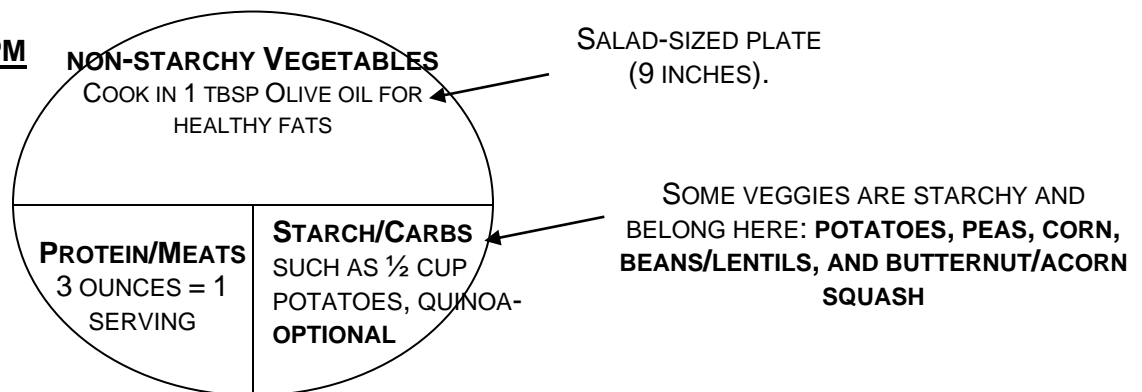
WITH YOUR FAVORITE GREENS, 3 OUNCES (PALM OF HAND) OF GRILLED MEAT/FISH/EGGS/TOFU (PROTEIN), WITH YOUR FAVORITE VEGETABLES – CHERRY TOMATOES, PEPPERS, CUCUMBERS, ETC.

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

SNACK 3:00 PM

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

DINNER 6:00 PM



SNACK 8:00PM

¼ CUP (PORTION OUT) NUTS/SEEDS (OR TRY AN OSCAR MAYER “P3 PORTABLE PROTEIN PACK” WITH 160 CALORIES, 13 GRAMS PROTEIN)

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