

THE PRACTICE EATING PLAN

PRE-OPERATIVE
1600 CALORIE SAMPLE PLAN



BREAKFAST 8:00 AM

2 EGGS, 1 OZ CHEESE
1 CUP BERRIES OR 1 SMALL APPLE, ORANGE OR PEACH = 1 FRUIT

SNACK 10:00 AM

½ CUP OR 5 OUNCE CONTAINER OF
LOW SUGAR GREEK YOGURT- TRY OIKOS TRIPLE ZERO
WITH 1 OZ (OR 100 CALORIE PACK) OF NUTS

LUNCH 12:00 NOON

FILL UP ON A NUTRIENT DENSE SALAD:

EX. YOUR FAVORITE GREENS, WITH 3 OUNCES (= PALM OF HAND) OF A PROTEIN
(MEAT, FISH, EGGS OR TOFU) WITH BELL PEPPERS, CHERRY TOMATOES,
CUCUMBERS, ETC.

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

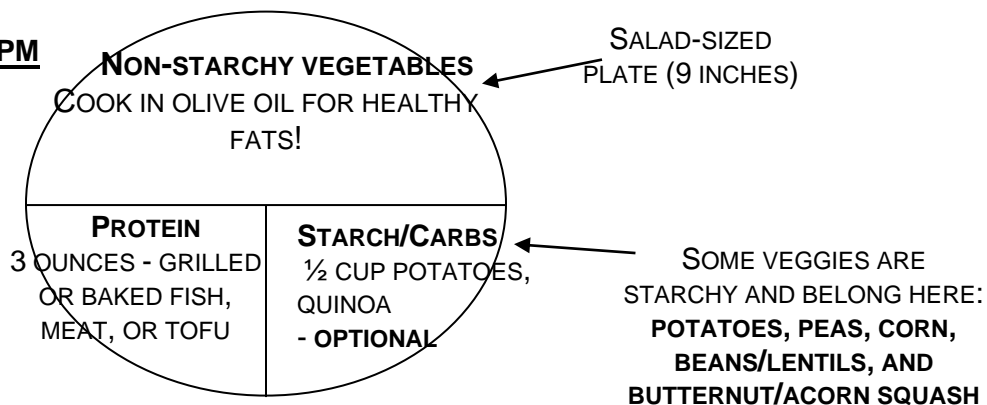
FLUIDS:

- DRINK AT LEAST 48-64 OUNCES OF FLUID DAILY.
- AT LEAST HALF OF WHAT YOU DRINK SHOULD BE PLAIN WATER.
- AVOID SUGAR-SWEETENED AND CARBONATED BEVERAGES

SNACK 3:00 PM

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

DINNER 6:00 PM



SNACK 8:00PM

4 OUNCE CONTAINER COTTAGE CHEESE

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