



The Medifast Bariatrics Plan

For Patients with Laparoscopic
Adjustable Gastric Band

Contents

| | |
|--------------------------------------|-------|
| From the Director of Nutrition | 3 |
| Welcome | 4 |
| The Pre-Bariatrics Plan | 5 |
| Sample meal plans | 6 |
| The Lean | 7 |
| The Green | 8 |
| Pre-surgery diet tips | 11 |
| The Medifast Bariatrics Plan..... | 12-13 |
| Sample meal plans | 14-16 |
| Things to avoid..... | 17 |
| Important tips..... | 18-19 |
| Daily success tracker | 20-21 |



From Medifast's Director of Nutrition

Achieving optimal health and weight control is not always a "one-size-fits-all" equation. Lifestyle choices and medical conditions can affect both your food preferences and requirements, which in turn have an impact on how you can best lose weight.

Although the Medifast 5 & 1 Plan for weight loss is our most popular plan, it may not be optimal for all people. The Nutrition Support team at Medifast has created additional programs to meet individual needs and accommodate a range of medical conditions and lifestyles.

Through continual research and careful testing, Medifast is creating new products and weight-management programs in addition to the 5 & 1 Plan so that you can successfully lose weight and stay healthy.

Medifast began with physicians and other healthcare professionals developing a safe, effective weight-loss method with lasting results. Decades later, the program and products continue to evolve. We thank you for choosing Medifast and encourage you to review the following adapted 5 & 1 Plan with your doctor before you begin.

Welcome



The **Medifast Bariatrics Plan** is designed for individuals who have had or are preparing to have laparoscopic adjustable gastric banding surgery. Please read this guide carefully; it provides the information you need to get safe, complete nutrition with Medifast before and after your procedure.

Adjustable gastric banding systems help you feel full by reducing the size of your stomach. It is very important to follow the guidelines in the **Medifast Bariatrics Plan** guide to allow your new stomach structure to heal properly and prevent complications while you're getting adequate nutrition. To ensure proper nutrient intake, your physician may also prescribe a daily vitamin/mineral regimen and a protein supplement. Protein supplements should provide at least 15 grams of protein and contain less than six (6) grams of sugar per serving.

Medifast Meals are low-calorie, low-fat, and nutritionally balanced. Incorporating them into your post-surgery diet can help keep you satisfied while promoting weight loss, wound healing, and maintenance of muscle mass. Medifast has been recommended by over 15,000 doctors and proven safe and effective in multiple clinical studies.

The Medifast Pre-Bariatrics Plan

In the weeks before your bariatric surgery, your physician may recommend that you begin making healthy food choices by cutting back on high-fat, high-calorie foods. This will prepare your body for change, reduce the risk of complications during surgery, and get you accustomed to healthier habits that are crucial to your post-surgical success.

The Medifast Pre-Bariatric Plan is designed with special care for people planning to have bariatric surgery. Your physician may recommend the Medifast 5 & 1 Plan or the Medifast Liquids Only Plan prior to your surgery.

The Medifast 5 & 1 Plan

Provides 800 to 1,000 calories and 80 to 100 grams of carbohydrates.

Every day, you choose any recommended five (5) Medifast Meals and one (1) Lean & Green Meal. Delicious Medifast Meals include shakes, soups, oatmeal, scrambled eggs, hot drinks, cold drinks, puddings, and bars.

Any combination of five (5) Medifast Meals may be used on the 5 & 1 Plan. The 5 & 1 Plan also includes one (1) Lean & Green Meal that you prepare on your own or order in a restaurant. The Lean & Green Meal consists of five (5) to seven (7) ounces of lean protein (meat or meatless options), three (3) servings of non-starchy vegetables, and up to two (2) healthy fat servings.

Small daily amounts of healthy fats are part of the Medifast 5 & 1 Plan. While it makes sense to avoid trans and saturated fats, healthy fats help your body absorb the fat-soluble vitamins A, D, E, and K, and promote healthy gallbladder contraction. Fat also adds satiety and a sense of fullness after a meal. (*Detailed instructions for the Lean & Green Meal are on pages 7–8.*)

The Medifast Liquids Only Plan

Because each person has different requirements, your physician will determine the total number of Medifast liquid Meals you will need for adequate calorie and nutrient intake. Medifast recommends a minimum of 500 calories and 70 grams of protein per day when this plan is suggested prior to your surgery.

Medifast 5 & 1 and Medifast Liquids Only suggested meal plans

5 & 1 Plan

Breakfast – 8 a.m.

Medifast Scrambled Eggs

Mid-Morning – 11 a.m.

Medifast French Vanilla 70 Shake

Lunch – 1 p.m.

Medifast Banana Pudding

Mid-afternoon – 3 p.m.

Medifast Dutch Chocolate 70 Shake

Dinner – 6 p.m.

6 oz grilled chicken breast coated with 1 tsp olive oil; 1–½ cups steamed broccoli (*the olive oil is your Healthy Fat serving*)

Evening – 8 p.m.

Medifast Banana Pudding

Liquids Only

Breakfast – 8 a.m.

Medifast Cappuccino

Mid-Morning – 11 a.m.

Medifast Strawberry Crème 70 Shake

Lunch – 1 p.m.

Medifast Tropical Punch Fruit Drink

Mid-afternoon – 3 p.m.

Medifast Swiss Mocha 70 Shake

Dinner – 6 p.m.

Medifast Peach Iced Tea

Evening – 8 p.m.

Medifast Banana Crème 70 Shake

The “Lean”

LEANEST:

Choose a 7 oz portion & 2 Healthy Fat servings*

Fish - cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellow fin steak or canned in water), catfish (wild)

Shellfish - crab, scallop, shrimp, lobster

Game meat - deer, buffalo, elk

Ground turkey or other meat - $\geq 98\%$ lean

MEATLESS OPTIONS:

14 egg whites

2 cups of EggBeaters®

Boca Burger®, **Morningstar Farms®**, or **Gardenburger®**: Choose a variety with less than 6 grams of carbohydrates per patty. Serving size: 2 patties

Choose meats that are grilled, baked, broiled, or poached— not fried.

*See Healthy Fat serving options on page 9.

NOTE: Serving ounces represent cooked weight (not raw).

For additional meatless options, visit **ChooseMedifast.com**.

LEANER:

Choose a 6 oz portion & 1 Healthy Fat serving*

Fish - swordfish, trout, halibut

Chicken - breast or white meat without skin

Ground turkey or other meat - 95 – 97% lean

Turkey - light meat

MEATLESS OPTIONS:

2 whole eggs plus 4 egg whites

15 oz Tofu (extra firm variety)

LEAN:

Choose a 5 oz portion & no Healthy Fat serving needed

Fish - salmon, tuna (blue fin steak), catfish (farmed), mackerel, herring

Lean beef - beef steak, roast, ground beef

Lamb

Pork chop

Pork tenderloin

Ground turkey or other meat - 85 – 94% lean

Turkey or chicken - dark meat

MEATLESS OPTIONS:

3 whole eggs (limit to 1 time per week)

15 oz Tofu (firm and/or soft variety)

The “Green”

Enjoy three (3) servings of vegetables, raw, steamed, grilled, baked, or boiled—not fried.

All vegetables promote healthful eating; however, during the Medifast 5 & 1 Plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, and brussels sprouts) in order to enhance your results.

Select ANY combination of three (3) servings for your Lean & Green Meal.

LOWER CARBOHYDRATE

Celery (½ cup)
Collards, fresh/raw (1 cup)
Cucumber (½ cup)
Endive (1 cup)
Green leaf (1 cup)
Lettuce, butterhead (1 cup)
Lettuce, iceberg (1 cup)
Mushroom, white (½ cup)
Mustard greens (1 cup)
Radishes (½ cup)
Romaine lettuce (1 cup)
Spinach, fresh/raw (1 cup)
Spring mix (1 cup)
Sprouts: alfalfa, mung bean (½ cup)
Turnip greens (½ cup)
Watercress (1 cup)

HIGHER CARBOHYDRATE

Asparagus (½ cup)
Cabbage (½ cup)
Cauliflower (½ cup)
Eggplant (½ cup)
Fennel bulb (½ cup)
Kale (½ cup)
Mushroom, portabella (½ cup)
Spinach, cooked (½ cup)
Summer squash: zucchini, scallop (½ cup)
Broccoli (½ cup)
Cabbage, red (½ cup)
Collard or mustard greens, cooked (½ cup)
Green or wax beans (½ cup)
Kohlrabi (½ cup)
Okra (½ cup)
Peppers: green, red, yellow (½ cup)
Scallions, raw (½ cup)
Summer squash: crookneck, straightneck (½ cup)
Tomato, red ripe (½ cup)
Turnips (½ cup)
Winter squash: spaghetti squash (½ cup)

All vegetables on the Medifast Green Options List can be used on the 5 & 1 Plan. This list will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight-loss plateau or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the lower carbohydrate side, as opposed to choices from the higher carbohydrate side.

Note - The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80 to 85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing the use of condiments and/or choose not to consume a daily snack.

Healthy Fat servings

Not all fats are created equal. Limit your intake of trans and saturated fats, found in things like butter, for best overall health.

Here are examples of Healthy Fat servings allowed on the Medifast 5 & 1 Plan. Add zero (0) to two (2) servings daily based on your lean choices.

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 5–10 green or black olives
- Up to 2 tablespoons of low-carbohydrate salad dressing (containing less than 6 grams of carbohydrate and approximately 5 grams of fat per serving)
- 1 teaspoon of trans fat-free margarine

For additional Healthy Fat serving options, visit [ChooseMedifast.com](https://www.ChooseMedifast.com).

Condiments and seasonings

Enjoy up to three (3) servings a day. Each of the following equals one (1) serving:

- ½ teaspoon of dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 tablespoon of yellow mustard, tomato salsa, soy sauce, fresh herbs, unsweetened milk or soy milk, balsamic vinegar, chopped onion, or lemon or lime juice
- Up to 2 tablespoons of sugar-free flavored syrup (Torani®, DaVinci®, etc.)
- 1 packet of artificial sweetener such as Equal® or Splenda®
- Up to 3 tablespoons of hot sauce, Tabasco® sauce, or red, white, or cider vinegar

For a more comprehensive list of condiments and portion recommendations, visit [ChooseMedifast.com](https://www.ChooseMedifast.com).

Optional Snacks

(Note: Snacks are not to be eaten in place of Medifast Meals.)

In addition to your five (5) Medifast Meals and one (1) Lean & Green Meal, you may choose one (1) of the following optional items per day:

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup of sugar-free gelatin dessert such as Jell-O®
- Up to 3 pieces of sugar-free mints
- 2 dill pickle spears



Pre-surgery diet tips

- Begin the vitamin and mineral regimen prescribed by your doctor.
- Increase your intake of plain water.
- Avoid or reduce caffeine intake.
- Avoid carbonated drinks such as soda (including diet), carbonated waters, etc.
- Eliminate intake of sugar-sweetened beverages.
- Avoid all alcoholic beverages.
- Eliminate processed, fat, fried, breaded, and saucy foods.
- Eliminate foods such as chips, cookies, candy, and other high-carbohydrate snack foods.
- Avoid drinking with a straw.
- Begin consuming beverages in between meals rather than with meals.
- Practice mindful eating: Choose a location such as the kitchen or dining table to eat. Do not multi-task while you eat, and eliminate distractions such as the television.
- Practice taking smaller bites of food, chewing slowly and thoroughly, and taking a longer time to eat.

The Medifast Bariatrics Plan

(Individual diet progression may vary based on your tolerance and your surgeon's specific recommendations.)

The **Medifast Bariatrics Plan** is comprised of four (4) phases. The gradual progression of this plan allows your body to heal and become acclimated to your new stomach structure (pouch), and prevents blockages that can cause gastrointestinal distress. Below is a general progression to follow as a guideline. Your physician may recommend a more specific progression.

Phase 1 – Clear liquids (one (1) to two (2) days)*

After surgery, while still in the hospital, you will receive sugar-free liquids such as water, tea, broth, and sugar-free Jell-O®. Try to consume up to four (4) ounces of fluid each waking hour, not during your meal time. You should start slowly and progress slowly, or as your physician prescribes.

Phase 2 – Low-fat full liquids (10 to 14 days)*

For the first one (1) to two (2) weeks after surgery, you will have five (5) small Medifast Meals throughout the day, one (1) meal every two (2) to three (3) hours. You can choose from Medifast 70 Shakes, Puddings, Fruit Drinks, Iced Teas, Hot Drinks, Creamy Soups, and Medifast Shakes featuring antioxidants. For adequate hydration, drink water and other sugar- and calorie-free, non-carbonated beverages between meals. *(See suggested meal plans on page 14.)*

Phase 3 – Puréed foods (10 to 14 days)*

Once you're tolerating full liquids, you can move forward to puréed foods for two (2) weeks or as your physician advises. Whatever you eat should have the consistency of baby food—use a food processor or blender to purée meat, poultry, or other food items. You can add water, broth, or fat-free milk to gain the texture you desire. Vegetables should be cooked and blended, or overcooked to a very soft consistency and then mashed with a fork or puréed.

Oatmeal, cottage cheese, unsweetened applesauce, mashed bananas, or unsweetened, puréed canned fruit (packed in its own juice or water rather than syrup) may be consumed. Appropriate Medifast Meals during this phase include Medifast 70 Shakes, Puddings, Fruit Drinks, Iced Teas, Hot Drinks, Creamy Soups, Medifast Shakes featuring antioxidants, Scrambled Eggs, and Oatmeal. *(See suggested meal plans on page 16.)*

*Guidelines provided by The American Society for Metabolic and Bariatric Surgery.

The Medifast Bariatrics Plan *(cont.)*

Eating puréed foods allows your gastric band to settle into position without any strain or pressure. It also helps avoid blockages at the narrow opening (stoma) from the pouch to your lower stomach and prevent vomiting, which can cause the band to slip.



Phase 4 – *Soft to solid foods*

In this phase, you may enjoy foods of normal consistency. Any modifications necessary will be based on your level of tolerance. Take your time introducing foods. Progressing too quickly can cause discomfort. If you do not tolerate a food, you can always try to reintroduce it later.

Because you will be eating a small amount at a time, highly nutritious foods are essential. Lean meats, low-fat or fat-free dairy, and Medifast Meals are all high in protein. Your diet should focus on protein first, then vegetables and fruits, and then whole grains.

The following full liquids and puréed meal plans are just suggestions. You may be advised differently by your doctor and follow his or her guidelines, or you may choose to eat on a different time schedule. The amount of food you can tolerate may vary. Pay attention to your body and adapt accordingly, and be sure to drink water or other sugar-free, non-carbonated beverages in between your meals.

Phase 2 suggested meal plans – *Full liquids*

(Follow for the first 10 to 14 days at home or as advised by your physician.)

Day One

Breakfast – 8 a.m.

Sip ½ Medifast French Vanilla 70 Shake

Mid-morning – 9:30 a.m.

Sip ½ Medifast Cranberry Mango Fruit Drink

Late morning – 11 a.m.

Sip ½ Medifast Banana Creme 70 Shake

Lunch – 1 p.m.

Slowly sip Medifast Cream of Chicken Soup*

Mid-afternoon – 3 p.m.

Sip ½ cup Medifast Peach Iced Tea

Late afternoon – 5 p.m.

Sip ½ Medifast French Vanilla 70 Shake

Dinner – 6:30 p.m.

Slowly sip Medifast Cream of Tomato Soup*

Early evening – 8 p.m.

Sip ½ Medifast Cranberry Mango Fruit Drink

Late evening – 9:30 p.m.

Sip ½ Medifast Hot Cocoa

Day Two

Breakfast – 8 a.m.

Sip ½ Medifast Dutch Chocolate 70 Shake

Mid-morning – 9:30 a.m.

Sip ½ Medifast Cappuccino

Late morning – 11 a.m.

Sip ½ Medifast Blueberry Shake featuring antioxidants

Lunch – 1 p.m.

Slowly sip Medifast Cream of Broccoli Soup*

Mid-afternoon – 3 p.m.

Sip ½ Medifast Raspberry Iced Tea

Late afternoon – 5 p.m.

Sip ½ Medifast Orange Crème 70 Shake

Dinner – 6:30 p.m.

Slowly sip Medifast Cream of Chicken Soup*

Early evening – 8 p.m.

Sip ½ Medifast Tropical Fruit Punch Drink

Late evening – 9:30 p.m.

Sip ½ Medifast Chai Latte

*Full serving

Phase 3 – Puréed foods

(Follow for 10 to 14 days after you're tolerating liquids or as advised by your physician.)

| Food group | Food choices |
|--|---|
| Medifast Meals 3 Meals a day; 1 Meal = 1 packet | Medifast 70 shakes, fruit drinks, hot drinks, iced teas, pudding, creamy soups, scrambled eggs, and oatmeals. <i>Can be mixed with low-fat or fat-free milk.</i> |
| Meat, poultry, fish, beans, eggs 3–4 servings a day; 1 serving = ¼ cup | Soft-poached or scrambled eggs. Puréed moist meat, poultry, and seafood. Mashed soft fish. Silken tofu. <i>Use fat-free broth to moisten.</i> |
| Healthy Fat servings 1 serving a day; 1 serving = 1 tsp | Canola, olive, flaxseed, or olive oil. Trans fat-free margarine. |
| Fruits 1–2 servings a day; 1 serving = ¼ cup | Unsweetened applesauce. Any fruit puréed without the skin. Mashed ripe banana. Canned fruit should be packed in its own juice or water, not syrup. |
| Vegetables 2–3 servings a day; 1 serving = ¼ cup | Any vegetable (<i>except corn or any tough, fibrous vegetable</i>) cooked or overcooked until soft, then puréed or mashed thoroughly with a fork. |
| Milk/dairy 1–2 servings a day; 1 serving = ¼ cup | Fat-free milk. Low- or non-fat cottage or ricotta cheese, custard, or pudding. |
| Cereal and whole grains 1–2 servings a day; 1 serving = ¼ cup | Hot cereal, unsweetened oatmeal, Cream of Wheat®, or grits. |
| Liquids <i>(not including liquids used to prepare Medifast Meals or other foods)</i> 48–64 oz per day; 6–8 cups Do not drink during meals. Sip as much as you can tolerate in between meals. | Water, decaffeinated coffee and tea, low-fat and low-sodium broth, Crystal Light®, sugar-free Tang®, Sugar Free Kool-Aid®, Diet Snapple®, Fruit ₂ O®, light Minute Maid® drinks, sugar-free Jell-O® or Popsicles®. |

Phase 3 suggested meal plans – *Puréed foods*

(Follow for two (2) weeks after you're tolerating low-fat liquids or as advised by your physician.)

Day One

Breakfast – 8 a.m.

½ Medifast Maple & Brown Sugar Oatmeal with
2 Tbsp of skim milk

Mid-morning – 9:30 a.m.

Sip ½ Medifast Dutch Chocolate 70 Shake

Late morning – 11 a.m.

3 Tbsp low-fat cottage cheese; 1 Tbsp
puréed peaches

Lunch – 1 p.m.

Slowly sip Medifast Cream of Chicken Soup*

Mid-afternoon – 3 p.m.

½ cup Medifast Banana Pudding

Late afternoon – 5 p.m.

Slowly eat one 6-oz low-fat, sugar-free yogurt

Dinner – 6:30 p.m.

2-3 Tbsp puréed chicken with 1 Tbsp low-fat
gravy; 2 Tbsp mashed sweet potato; 2 Tbsp
puréed squash (without seeds)

Early evening – 8 p.m.

Sip Medifast Dark Chocolate Shake featuring
antioxidants*

Day One

Breakfast – 8 a.m.

1 Medifast Scrambled Eggs*

Mid-morning – 9:30 a.m.

Sip Medifast Blueberry Shake featuring
antioxidants*

Late morning – 11 a.m.

Slowly eat one 6-oz low-fat, sugar-free yogurt

Lunch – 1 p.m.

Slowly sip Medifast Cream of Broccoli Soup*

Mid-afternoon – 3 p.m.

½ Medifast Chocolate Pudding

Late afternoon – 5 p.m.

2 slices low-fat cheese; 4 Tbsp applesauce

Dinner – 6:30 p.m.

2-3 Tbsp puréed tilapia; 2 Tbsp mashed sweet
potato; 2 Tbsp puréed green beans (without
seeds)

Early evening – 8 p.m.

Sip ½ Medifast Hot Cocoa

*Full serving

Things to avoid

In general, it's best to avoid foods that are high in calories and offer little to no nutritional value. Some of the following foods are irritating to the digestive tract; others can create problems because they have difficulty passing through surgical openings and cause blockage.

Liquids to avoid

All fruit juice, especially anything acidic such as orange, grapefruit, or lemon/lime

Caffeinated beverages

Alcohol

Regular sodas or carbonated beverages (e.g., seltzer)

Whole milk

Sugared iced tea and lemonade

Beverages sweetened with sugar, honey, or syrup

Soft foods to avoid

Ice cream, sherbert, and sorbet

Yogurt (sweetened, fruited, or frozen)

Candy and gum

Sugar-coated cereal

Cakes, pies, cookies, and doughnuts

Dried fruit

Solid foods to avoid

Coconut, pineapple, and grapes

Corn or popcorn

Dry meat

Pasta, rice, untoasted or doughy bread

Asparagus and celery

Nuts, seeds, and peanut butter

Foods that are fried or contain a large amount of saturated fat

Important tips

- **The amount of food** your stomach can hold will vary. Stop eating when you feel comfortably satisfied, or experience pain, discomfort, or nausea (in order to avoid vomiting). Overeating can expand the size of your stomach and may cause the band to slip.
- **Protein first!** Follow with vegetables and fruits, then whole grains. Always choose foods with protein and fiber, and make sure you are getting adequate amounts of the right nutrients since you will only be able to eat small amounts of food.
- **Ensure adequate hydration!** Drink at least six (6) to eight (8) cups (46 to 64 oz) of fluid each day to prevent dehydration. Signs of dehydration include headache, dizziness, nausea, lethargy, and dark urine.
- **Stop drinking liquids** at least 15 minutes before a meal; resume drinking 30 to 45 minutes after a meal.
- **Avoid** carbonated beverages and drinking with a straw.
- **Eat slowly** and chew your food thoroughly. Poorly chewed food can potentially block the stoma (the opening of the pouch to your stomach).
- **Do not eat** the seeds, skins, core, or peels of fruits or vegetables.
- **Limit** fats, fried foods, and concentrated sweets.





- **Instead of chewing gum**, try breath strips to freshen breath. Swallowed gum can block the stoma and result in a trip to the emergency room.
- **Introduce new foods** one at a time to make sure you can tolerate them.
- **Take your multivitamin** and supplements daily or as directed by your physician.
- **Avoid alcohol.**

- **Exercise!** This is crucial to long-term weight loss and maintenance. Limit yourself to walking for the first six (6) weeks. After that, you can gradually add more strenuous exercise.

Quality of Protein

The quality of protein ingested is important for people who are on a reduced calorie intake and have undergone any bariatric surgery. There are several different proteins available.

The quality of protein is measured by its “protein digestibility corrected amino acid score” (PDCAA). The scoring system was established in 1991 as a superior method of evaluating protein quality. The PDCAA score indicates the body’s ability to use protein for the building blocks that help the body maintain lean muscle mass, among other things.

A PDCAA score of 100 is the highest level possible, indicating the highest quality of protein. The PDCAA score for both soy and whey protein is 100. Medifast Meals are made with soy and whey, thus providing the highest quality of protein while you lose weight.

Medical Disclaimer

The medical information provided in this brochure is for educational and informational purposes only. It is not intended to be a substitute for professional medical advice. If you have a medical problem or concern, please contact your physician or health care provider.

Daily success tracker

| | Time of meal | Amount eaten | Food or drink (be as detailed as possible) | How many grams of protein? |
|---------------|--------------|--------------|---|-------------------------------|
| Breakfast | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Fluid intake | | | | |

Date _____

Exercise / physical activity _____

How I felt today:

good



okay



yucky



Daily success tracker

| | Time of meal | Amount eaten | Food or drink (be as detailed as possible) | How many grams of protein? |
|---------------|--------------|--------------|---|-------------------------------|
| Breakfast | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Fluid intake | | | | |

Date _____

Exercise / physical activity _____

How I felt today:

good



okay



yucky





For more information about this specialized program, call (800) 509-1281.

MED
LISTED
NYSE

The Medifast Bariatrics Plan © 2009
Medifast, Inc. Owings Mills, Maryland
MD-BOK0209_BariMeal

