

LONG TERM MAINTENANCE DIET PLAN

Daily Requirements:

1 Dr. Mona Misra Shake and 1 Bariatric Fusion Protein Bar

Breakfast: 1 Dr. Mona Misra Protein Shake

Mid-Morning Shake: 1/2 Bariatric Fusion Protein Bar

Lunch: Less than 500 calorie meal consisting mainly of lean protein and vegetables/salad

Mid-Afternoon Shake: 1/2 Bariatric Fusion Protein Bar

Dinner: Less than 500 calorie meal consisting mostly of protein (lean meats like chicken or fish, or tofu/lentils) and vegetables

***Substitutions or additions:** If you're still hungry, you may add one of the following:

1. 100 calorie yogurt
2. Vegetables with a dip of less than 70 calories (i.e. less than 70 calories salad dressing, humus, or peanut butter)
3. 7-10 almonds
4. 1 Dr. Mona Misra Protein Shake

Minimum of 64oz of clear liquids

Choose from the following clear liquids:

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®)
- Sugar Free Kool-Aid®
- Sugar Free Popsicles®
- Sugar Free Jello®
- Chicken or Beef Broth
- Ocean Spray® Sugar Free Drink Mixes

Must add a daily multivitamin



HIGH PROTEIN, LOW CARB MEAL REPLACEMENT

- 27 Grams of the highest quality, medical grade whey protein isolate
- 23 Vitamins and minerals
- Only 9 Grams of carbohydrates
- 5 Grams of fiber per serving
- Lactose, aspartame and gluten free
- No sugar added
- 7 Great tasting flavors



Water vs. Skim, Soy, Lactaid Comparison

Calories and amount of protein daily

Mixed with Water

Calories: 600 | Protein: 108g

Mixed with Skim Milk, Soy, or Lactaid

Calories: 960 | Protein: 144g

