

# POST BARIATRIC SURGERY

## MEAL PLANNING TEMPLATE

Meal planning can take the guesswork out of cooking, help you to avoid diet downfalls and cut unnecessary cost at the grocery store! We hope that this handy template will help you become a master meal planner.

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
PROTEIN POWER-UP							
LUNCH							
PROTEIN POWER-UP							
DINNER							

#changingmorelives