

NAME _____ DATE _____

MEAL/SNACK	PROTEIN	GRAMS OF PROTEIN	CARBOHYDRATE	HEALTHY FAT
BREAKFAST TIME _____				
SNACK TIME _____				
LUNCH TIME _____				
SNACK TIME _____				
DINNER TIME _____				
SNACK TIME _____				

TOTAL GRAMS OF PROTEIN CONSUMED FOR THE DAY

What are you drinking during the day? _____

Consume at least 6-8 cups or 48-64 oz of sugar free, alcohol free beverages per day

1	2	3	4	5	6	7	8
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At least 80 grams of protein per day (80-100 grams of protein per day), after surgery your goal is at least 60-80 grams of protein per day

Consume 15-30 grams of protein 4-6 times per day paired with carbohydrates and healthy fat

Eat every 3-4 hours

Try to consume at least 2 servings of vegetables and at least 2 servings of fruit per day

When using a food scale one (1) ounce of meat or cheese is equal to seven (7) grams of protein

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