

NAME _____ DOB: _____ DATE _____

MEAL/SNACK	PROTEIN	GRAMS OF PROTEIN	CARBOHYDRATE	HEALTHY FAT
BREAKFAST TIME <u>9am</u>	2 eggs 1oz light cheese	12 7	Strawberries	
SNACK TIME _____				
LUNCH TIME <u>12pm</u>	4oz chicken	28	Carrots Snap peas Sandwich thin	Avocado oil mayo
SNACK TIME <u>2:30pm</u>	2 2% string cheese	16	triscuits	
DINNER TIME <u>5:15pm</u>	5oz salmon	35	Sweet potato Broccoli	Olive oil
SNACK TIME _____			Banana	All natural peanut butter
TOTAL GRAMS OF PROTEIN CONSUMED FOR THE DAY		98		

What are you drinking during the day? Water, G2, diet iced tea, propel, crystal light

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