

MEDICAL BARIATRICS OF LEXINGTON

3-Day Washout

MBL Products Use Scenario

	<u>Food</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat [grams]</u>	<u>Protein [grams]</u>	<u>Carbs [grams]</u>	<u>Fiber [grams]</u>	<u>Net Carbs [grams]</u>	<u>Sugar [Tsp]</u>	<u>Sugar [grams]</u>
Breakfast	Meal Repl Shake	1 pkt (2 scoops)	140	0	27	7	5	2	0.4	1
Snack	Shake, Bottle, Strawberry	1 bottle	80	2	15	1	0	1	0.2	1
Lunch	Zucchini, sliced	.75 cup	22	0	0.75	5.25	2	3.25	0.65	2.25
Lunch	Mushrooms, sliced	1/2 cup	7	0.1	1.1	1.6	0.4	1.2	0.24	0.6
Lunch	Tomato, cherry	.75 cup	24	0.4	1	5	1.2	3.8	0.76	0
Lunch	Tilapia Filet	4 oz	108	1.9	22.6	0	0	0	0	1
Snack	Fruit Drink, Lemon Razzy	1 pkt	70	0	15	1	0	1	0.2	1
Dinner	Meal Repl Shake	1 pkt (2 scoops)	140	0	27	7	5	2	0.4	1
Dinner	Broccoli, fresh, cooked	1 cup	25	0	3	5	2	3	0.6	1
Dinner	Almonds, slivered	1/4 cup	137.3	12	5	4.7	2.8	1.9	0.38	1
Snack	Turkey Pepperoni Slices	15	80	4.5	8	0	0	0	0	0

MBL Food									
Calories	833.3	20.9	125.45	37.55	18.4	19.15	3.83	9.85	
Goal Range	800		90			20	4		
Remaining to Use	-33.3					0.85	0.17		

By decreasing Insulin levels, carb craving decreases

**Use fresh veggies to add fiber/crunch

**Double your daily water intake

