

# MBL Protein Substitute Food Plan Option (Female)

## Goals for \_\_\_\_\_:

Protein: > 80g, carbs 10-15 tsp sugar (50-75g carbs after fiber subtracted), calories 1000-1200, high water to point of clear urination.

Examples listed as: protein g/ calories/ total carbs minus fiber

**Breakfast:** Eat within one hour of waking, at least one full palm of protein (20g) and less than 1 tsp of sugar (5g carbs). (try for about 20g protein, <150cal, < 5 g carbs after fiber subtracted)

Easy option: Bariatric Advantage protein meal replacement (27g/ 140cal/ 2 g)

Or: regular protein supplement with cheese stick

**Mid morning snack:** protein drink (15/90/5) or protein bar

**Lunch:** one protein lunch packet (soups, chili (12/100/8), sloppy joe, etc.) Add ½ cup strawberries (1/46/7).

**Mid afternoon snack:** 1 c celery with 2 tbsp peanut butter (9/210/6.5)

Or: protein bar or drink

**Dinner:** One protein entrée (17/200/24) plus add in additional 1/2 c. cottage cheese (14/90/7).  
Want more to eat: try 2 vegetables. (Easy ones: steamed pack you can microwave (2/60/5).)

**Evening snack:** protein pudding (12/80/6)

This plan averages: Protein 109g, calories 1016, carbs-fiber: 70.5g (14 tsp sugar)