

# MBL Protein Substitute Food Plan Option (Male)

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

Protein: > 120g, carbs 10-15 tsp sugar (50-75g carbs), calories 1500-1600, 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 (30g) and less than 1 tsp of sugar (5g carbs). (Try for about 30g protein, 250cal, 5g carbs)

Easy option: Bariatric Advantage protein meal replacement  
(27g protein, 140cal, 2 g carb (after fiber subtracted))

**Mid morning snack:** One Control Bar or protein drink

**Lunch:** one protein lunch packet (soups, chili, sloppy joe, etc.) Add in cheese stick or other protein item, raw veggies, etc.

**Mid afternoon snack:** protein drink or Control Bar

**Dinner:** One protein entrée plus add in additional 1 c cottage cheese or other protein source

**Evening:** optional protein snack (drink or protein pudding) can add in 1 oz nuts with it.

This plan averages: Protein 134g, calories 1286, carbs 15 tsp sugar