



BariatricEating.com

**Bariatric
Advantage**[®]
NUTRITIONAL SUPPLEMENTS

Breakfast

Scrambled egg with cheddar cheese

- 1 Bariatric Advantage Berry Chewable Multi Formula
- 1 Bariatric Advantage Wild Cherry Calcium Citrate Lozenge

Mid-Morning Supplement

Coffee blended with 1 scoop Inspire Cinnamon Cappuccino protein isolate

Lunch

1/2 cup tuna salad made with mayo blended with 1/2 scoop Pure unflavored protein isolate & diced cucumber

- 1 Bariatric Advantage Cherry B-12
- 1 Bariatric Advantage Wild Cherry Calcium Citrate Lozenge



Mid-Afternoon Supplement

BELIEVE Mocha Latte protein drink

Supper

3 ounces boneless chicken thigh, simmered in 1/2 cup Barilla spaghetti sauce

- 1 Bariatric Advantage Berry Chewable Multi Formula
- 1 Bariatric Advantage Wild Cherry Calcium Citrate Lozenge

Bedtime

- 1 Bariatric Advantage Passion fruit Chewable Iron