



Celebrate
Bariatric Supplements



Breakfast

½ cup Greek yogurt blended with
½ scoop Inspire Pom Razz
Sangria protein isolate
1 Celebrate Mandarin
Orange Chewable
Multivitamin
1 Celebrate Strawberry
2 Celebrate Strawberry
Chewable Calcium

Mid-Morning Supplement

IsopurePlus Grape Protein Drink

Lunch

Progresso Lentil Soup blended with
1 scoop Pure unflavored protein
isolate
1 Celebrate Cherry B-12
2 Celebrate Strawberry
Chewable Calcium



Mid-Afternoon Supplement

Coffee blended with 1 scoop Inspire
Cinnamon Cappuccino protein
isolate

Supper

3 ounces broiled salmon sauced
with 1 tablespoon Marie's Creamy
Garlic dressing tossed with 1/4 cup
diced tomatoes
1 Celebrate Mandarin Orange
Chewable Multivitamin
2 Celebrate Strawberry
Chewable Calcium

Bedtime

1 Celebrate Grape Chewable Iron

NOTE: Daily Dosage - Take 6 Celebrate chewables per day to get in the minimum 1500 mg calcium recommended by bariatric medical professionals. Dosage on bottle is calculated for 1000mg calcium.