EHRLICH BARIATRICS

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☐ Time for you

Type of exercise:

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	Meal	Grams of Protein
Breakfast	_____ _____ _____ _____ _____ ☐ Multivitamin ☐ 500 mg Calcium Citrate	_____ _____ _____ _____ _____
Lunch	_____ _____ _____ _____ _____ _____ _____ ☐ 500 mg Calcium Citrate	_____ _____ _____ _____ _____ _____ _____
Snack	_____ _____	_____ _____
Dinner	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ ☐ Multivitamin ☐ 500 mg Calcium Citrate	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____
	TOTAL (Goal 75 grams/day)	

Notes:

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