

OPTIFAST PRE-SURGERY MEAL REPLACEMENT

NUTRITION ACTIVITY

Activity: Plan one day of meals and snacks using the Optifast meal replacement products listed below. Women choose 7 Optifast products per day. Men choose 8 Optifast products per day.

Optifast Drinks:

Strawberry Ready to Drink Shake

Chocolate Ready to Drink Shake

Vanilla Ready to Drink Shake

Optifast Bars: You are allowed 2 bars per day.

Apple Cinnamon Bar

Peanut Butter Chocolate Bar

Chocolate Bar

Optifast Soups: You are allowed 2 soups per day.

Tomato Soup

Chicken Soup

Vegetable Soup

Optifast Meal Plan:

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

#6: _____

#7: _____

#8: _____

***Optifast Plan for Women: 7 products per day.**

****Optifast Plan for Men: 8 products per day.**