

OPTIFAST

1 week Pre-Operative Plan

-Please discuss any food allergies with a dietitian before purchasing products.-

- Individual Prices: Shakes \$3.00 - Bars \$3.25 - Soups \$2.75
- **Women's Plan: includes 7 products per day only 1120 calories**
Includes 49 products for a 10% discount of \$150.00
- **Men's Plan: includes 8 products per day only 1280 calories**
Includes 56 products for a 10% discount of \$170.00

Plan your meals from the Optifast products listed below:

- Shakes – best if refrigerated:
 - _____ Strawberry: Ready to Drink
 - _____ Chocolate: Ready to Drink
 - _____ Vanilla: Ready to Drink
- Bars – allowed 2 bars per day = no more than 14 total
 - _____ Apple Cinnamon
 - _____ Crunchy Peanut Butter
 - _____ Chocolate Bar (soft chewy bar)
- Soups – allowed 2 soups per day = no more than 14 total
 - _____ Tomato Soup
 - _____ Chicken Soup
 - _____ Vegetable Soup

_____ Total Number of Product Purchasing

- Remember to refer to your Optifast information with other products that you may have in addition to the Optifast, such as sugar free Jell-O or low sodium broth. Speak to the dietitian if you have additional questions regarding this.

