

**OPTIFAST PRE-SURGERY MEAL REPLACEMENT NUTRITION ACTIVITY**

**Choose your Optifast Meal Replacement Plan**

**Women:** 7 Optifast products a day or 5 Optifast products a day and one Lean & Green meal

**Men:** 8 Optifast products a day or 6 Optifast products a day and one Lean & Green meal

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**Lean & Green meal:**

4-5 oz. lean meat

1 to 1 ½ cups of non-starchy vegetables

1 fat serving

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**Optifast Drinks:**

Strawberry Ready to Drink Shake

Chocolate Ready to Drink Shake

Vanilla Ready to Drink Shake

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**Optifast Soups: You are allowed up to 2 soups per day**

Tomato Soup

Vegetable Soup

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**Plan Day #1 : Optifast Pre-surgery Meal**

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

#4: \_\_\_\_\_

#5: \_\_\_\_\_

#6: \_\_\_\_\_

#7: \_\_\_\_\_

#8: \_\_\_\_\_

**List your Lean & Green Meal (if choosing this option as a part of your plan):**

Lean Meat: \_\_\_\_\_ Non-starchy Vegetable: \_\_\_\_\_ Fat: \_\_\_\_\_