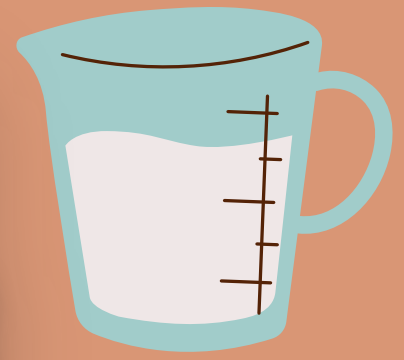


PROTEIN AND FIBER SHAKES



FIRST MONTHS AFTER BARIATRIC SURGERY

1

Liquid Base

- Low fat Milk/Water/Yogurt/Protein Supplement

2

Fruits/Vegetables + Fiber

- Blueberries
- Bananas
- Spinach
- Flax Seed
- Chia Seed



3

Blend and Enjoy!

