

Advanced Bariatric Centers, PLLC[®]
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DATE:			
7:00 AM	2 oz /	3:15 PM	2 oz /
7:15 AM	2 oz /	3:30 PM	2 oz /
7:30 AM	2 oz /	3:45 PM	2 oz /
7:45 AM	2 oz /	4:00 PM	2 oz /
8:00 AM	2 oz /	4:15 PM	2 oz /
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9:00 AM	2 oz /	5:15 PM	2 oz /
9:15 AM	2 oz /	5:30 PM	2 oz /
9:30 AM	2 oz /	5:45 PM	2 oz /
9:45 AM	2 oz /	6:00 PM	2 oz /
10:00 AM	2 oz /	6:15 PM	2 oz /
10:15 AM	2 oz /	6:30 PM	2 oz /
10:30 AM	2 oz /	6:45 PM	2 oz /
10:45 AM	2 oz /	7:00 PM	2 oz /
11:00 AM	2 oz /	7:15 PM	2 oz /
11:15 AM	2 oz /	7:30 PM	2 oz /
11:30 AM	2 oz /	7:45 PM	2 oz /
11:45 AM	2 oz /	8:00 PM	2 oz /
12:00 PM	2 oz /	8:15 PM	2 oz /
12:15 PM	2 oz /	8:30 PM	2 oz /
12:30 PM	2 oz /	8:45 PM	2 oz /
12:45 PM	2 oz /	9:00 PM	2 oz /
1:00 PM	2 oz /	9:15 PM	2 oz /
1:30 PM	2 oz /	9:30 PM	2 oz /
1:45 PM	2 oz /	9:45 PM	2 oz /
2:00 PM	2 oz /	10:00 PM	2 oz /
2:15 PM	2 oz /	10:15 PM	2 oz /
2:30 PM	2 oz /	10:30 PM	2 oz /
2:45 PM	2 oz /	10:45 PM	2 oz /
3:00 PM	2 oz /	11:00 PM	2 oz /
32 oz /		32 oz /	

STAY AWAY FROM SUGAR - TRUST US ON THIS ONE!
 Drink beverages you can almost see through...SIP - DON'T GULP!
 Broth or bouillon, diet gelatin, no sugar added fruit juice (diluted 50/50 w/ water)
 Don't forget to start your multi-vitamins when you get home