TWO-WEEK WEIGHT LOSS DIET

The following High Protein, low calorie diet has been shown to demonstrate significant weight loss in just 2 weeks. Please inform your Primary Care Practitioner or Dietitian before beginning this diet.

Daily Requirements:

4 Bariatric Fusion Shakes

Take one Bariatric Fusion Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening.

Water vs. Skim, Soy, Lactaid Comparison
Calories and amount of protein daily

Mixed with Water
Calories: 560 | Protein: 108g

Mixed with Skim Milk, Soy, or Lactaid
Calories: 920 | Protein: 144g

Minimum of 64oz of clear liquids

[to be consumed between Bariatric Fusion shakes]

Choose from the following clear liquids:

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®)
- Sugar Free KoolAid®
- Sugar Free Popsicles®
- Sugar Free Jello®
- Chicken or Beef Broth
- Ocean Spray® Sugar Free Drink Mixes

Adequate Bariatric Fusion Meal Replacement supply for 2 week period is 3 tubs.

BARIATRIC fusion®
COMPLETE NUTRITION

HIGH-PROTEIN, LOW-CARB MEAL REPLACEMENT

- 27 Grams of the highest quality, medical grade whey protein isolate
- 23 Vitamins and minerals
- 100% Daily value of B12 and Vitamin D3
- Only 7 Grams of carbohydrates
- 5 Grams of fiber per serving
- Lactose, aspartame and gluten free
- Contains all essential amino acids
- No sugar added
- 8 Great tasting flavors

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