



Back on Track Diet Plan

Program at a Glance



Every day, for 14 days:

- ✓ Meal replacement #1
- ✓ Meal replacement #2
- ✓ Meal replacement #3
- ✓ Meal replacement #4
- ✓ 2 cups vegetables
- ✓ 1 teaspoon of oil

Planning your eating events

You may choose to alternate the time of day for consuming your whole meal versus your meal replacement products, but in general:

- Your first meal should be within one hour of waking.
 - This can be from a meal replacement product or whole food meal.
- Your last meal should be at least two hours prior to sleeping.
- All other eating events should be distributed throughout the day, approximately three to four hours apart.



Example Daily Schedule

Time		✓
6 AM	Wake up	
7 AM	High Protein Meal Replacement #1	
10 AM	High Protein Meal Replacement #2	
1 PM	High Protein Meal Replacement #3	
4 PM	High Protein Meal Replacement #4	
7 PM	Whole food meal (2 cups vegetables + 1 teaspoon oil) + Advanced Multi EA	
10 PM	Sleep	

Table of Contents

Weight regain after bariatric surgery	2
Common questions about the plan	4
Your eating plan	8
Tracking your journey	10
Tips during the plan	12
Supplements for your plan	14
Transition to regular bariatric diet	16
General nutrition guidelines for a regular bariatric diet	18
Tips for long-term success	20
Making the perfect meal replacement shake	21
Beverage ideas	23
Food list	24
Whole food meal ideas	27

Weight regain after bariatric surgery

Weight regain after bariatric surgery is a common and concerning issue that affects many individuals. If you're experiencing this, it's important to know that you're not alone. The reasons behind this experience can be complex and include both biological and behavioral factors.

This booklet is designed to provide you with valuable dietary guidance and shed light on some of the causes of weight regain after bariatric surgery. With the right knowledge and dietary plan, you can regain control of your weight-loss journey.

Causes of weight regain after bariatric surgery¹

Several factors have been identified that may increase the likelihood of weight regain:



Lack of dietary planning: Not sticking to dietary recommendations postsurgery is one of the most common predictors. This includes not only the types of food eaten, but also meal timing and frequency.

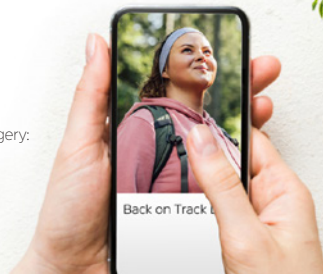
The greatest contributors seem to be:

- Grazing (eating small to moderate amounts of food throughout the day)
- Unplanned snacking
- Drinking with meals
- Regularly consuming sweets or high-fat foods
- Not eating enough protein



Sedentary lifestyle: A lack of regular physical activity can contribute to weight regain. It's important to incorporate regular exercise as part of a balanced lifestyle.

1. Noria SF, et al. Weight Regain After Bariatric Surgery: Scope of the Problem, Causes, Prevention, and Treatment. *Curr Diab Rep.* 2023;23(3):31-42.



Weight loss tip:

- Aim for a minimum of 150 minutes of planned activity per week.
- Three hundred minutes per week is suggested for those trying to lose weight.
- This can be broken up in a way that works for you:
 - Five, 10 minute walks each day, six days per week
 - Four, 15 minute walks each day, five days per week
 - Three, 20 minute walks each day, five days per week
 - Two, 30 minute walks each day, five days per week
 - One, 60 minute walk each day, five days per week



Psychological factors: Mental health issues can affect post-surgery weight management. Emotional stress can also trigger unhealthy eating habits, leading to weight regain.

Weight loss tip:

- If you are experiencing mental distress, please schedule an appointment with a mental health provider.
- Plan time for healthy self-talk each day. Each morning, sit with your eyes closed and acknowledge what you are grateful for in your life. Then visualize yourself as your healthiest self.
- Throughout the day, as you catch yourself speaking unkindly or negatively to/or about yourself, stop and remind yourself of the things you are grateful for.



Surgical factors: Sometimes, the type of bariatric surgery or complications arising from surgery can influence weight regain. It's important to discuss these factors with your healthcare provider.



Lack of follow-up care: Regular follow-up appointments with your healthcare team are essential to monitor progress and make necessary adjustments to your diet and exercise plan. Lack of consistent follow-up can increase the risk of weight regain.

Understanding these potential causes can help you identify areas in your life that may need to change. Be sure to follow up with your medical provider to address any potential surgical or medical conditions that may be contributing to your weight gain.

Common questions



What is a back on track diet?

The idea behind this diet is to mimic the immediate postoperative diet following bariatric surgery to its immediate postsurgery state. The back on track diet is not a traditionally recognized diet for weight loss, which means you may see different versions of this diet plan.



With this plan, you will get the majority of your food intake through meal replacements, for 14 days.



This diet is designed to produce rapid weight loss while preserving muscle mass by providing enough protein each day. Many people find consuming mostly meal replacements allows them to take a break from thinking about what to eat and from preparing food.

Once the 14-days are complete, you will transition to eating approximately:



- 1,200-1,500 calories each day for females
- 1,500-1,800 for males
- Many people choose to continue having one to two meal replacement products each day to maintain weight loss



What are the benefits of a back on track diet plan?

This diet can offer several potential benefits for people who have gained weight after bariatric surgery:

- 1. Weight-loss jumpstart:** Kick-start weight loss by reverting to a strict postsurgery diet.
- 2. Reset eating habits:** Reestablish healthy eating habits by eliminating certain foods without having to think about what to eat for two weeks by primarily using meal replacements.
- 3. Improved feeling of fullness:** Reducing the amount of food you eat can help you start to feel satisfied after eating smaller amounts of food. This can also lead to increased feelings of fullness after eating smaller portions, which can help you reduce calorie intake after you return to normal eating.
- 4. Psychological benefit:** This diet can act as a psychological reset, reaffirming your commitment to healthier eating habits and lifestyle changes necessary for long-term weight management.

Will I be hungry on this plan?

Some people feel increased hunger sensations at the beginning of any reduced calorie eating plan. It will be important to space out your meal replacements throughout the day to help avoid large increases in hunger.

Consuming enough fluids, in the form of water or noncaloric beverages each day, can also help reduce hunger. Most people need around 64 ounces of fluid to prevent dehydration, especially while losing weight.

What does the back on track food plan look like?

One benefit of this meal plan is its highly structured nature.

You simply decide which four meal replacement products you want to consume and which two cups of vegetables and one teaspoon of oil you would like that day (go to page 25 in this booklet for appropriate food selections).

Many people find that following this plan is simple and easy compared to other diets they have tried because using meal replacement products as your primary food source eliminates any confusion about what and how much to eat.



Lifestyle modification during the plan

Making certain lifestyle modifications can enhance the effectiveness of this plan. Here are some key changes to consider:



Mindful eating: Pay attention to what you're eating and how much you're eating. Take small bites, chew thoroughly, and take your time. This can help with improved digestion and tolerance. However, do not eat for longer than 20 minutes at a time to avoid grazing behaviors.



Eat without distractions: Avoid eating while watching TV, working, or using electronic devices. Creating a quiet, distraction-free environment for meals allows you to fully focus on the act of eating.



Don't drink with whole foods: Avoid drinking fluids for 30-60 minutes after your whole food meal. This rule is essential because fluids can either fill up your pouch too fast, leaving less room for nutrient-rich foods, or can push food through your pouch faster, leading to feelings of hunger sooner.



Physical activity: Add light physical activity into your daily routine with a simple goal of increasing your step count daily. Use the health app on your phone or a smartwatch to track steps. You can also purchase a manual pedometer and clip it onto your shoe or belt each day to track your steps.

- The goal is very simple: Every day on your plan, take more steps than you did the day before.
- Reminder: The goal for physical activity is 300 planned minutes per week for weight loss.



Stress management: Engaging in activities that help manage stress, such as meditation, reading, and yoga, can help prevent emotional eating and contribute to a more balanced lifestyle.



Your eating plan



Every day, for 14 days:

- ✓ Meal replacement #1
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- ✓ Meal replacement #3
- ✓ Meal replacement #4
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Planning your eating events

You may choose to alternate the time of day for consuming your whole meal versus your meal replacement products, but in general:

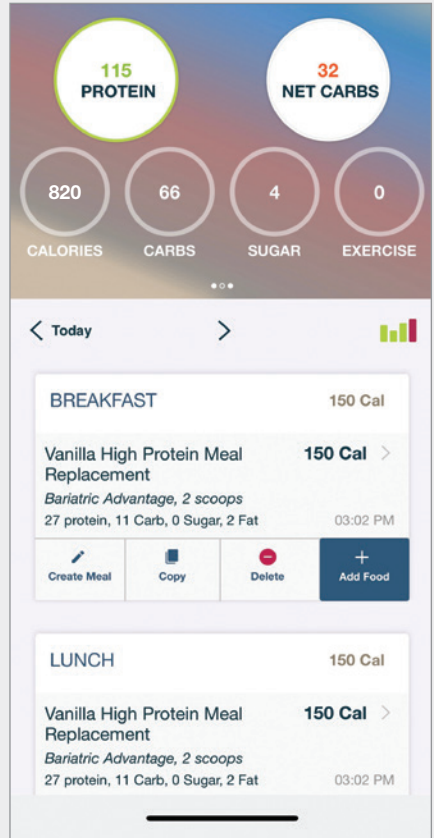
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 - This can be from a meal replacement product or whole food meal.
- Your last meal should be at least two hours prior to sleeping.
- All other eating events should be distributed throughout the day, approximately three to four hours apart.



Sample meal timing schedule

Below is an example of a meal timing schedule.

Time		✓
6 AM	Wake up	
7 AM	High Protein Meal Replacement #1	
10 AM	High Protein Meal Replacement #2	
1 PM	High Protein Meal Replacement #3	
4 PM	High Protein Meal Replacement #4	
7 PM	Whole food meal (2 cups vegetables + 1 teaspoon oil) + Advanced Multi EA	
10 PM	Sleep	



Tracking your journey

While undergoing this diet, we recommend you start tracking your daily food intake until it becomes a sustainable habit. This self-monitoring strategy has been shown to help people lose more weight and keep it off after bariatric surgery. Fortunately, technology has made it easy to do so: If you haven't done so already, download the Baritastic app to self-monitor your food intake behaviors during the plan.

Daily checklist

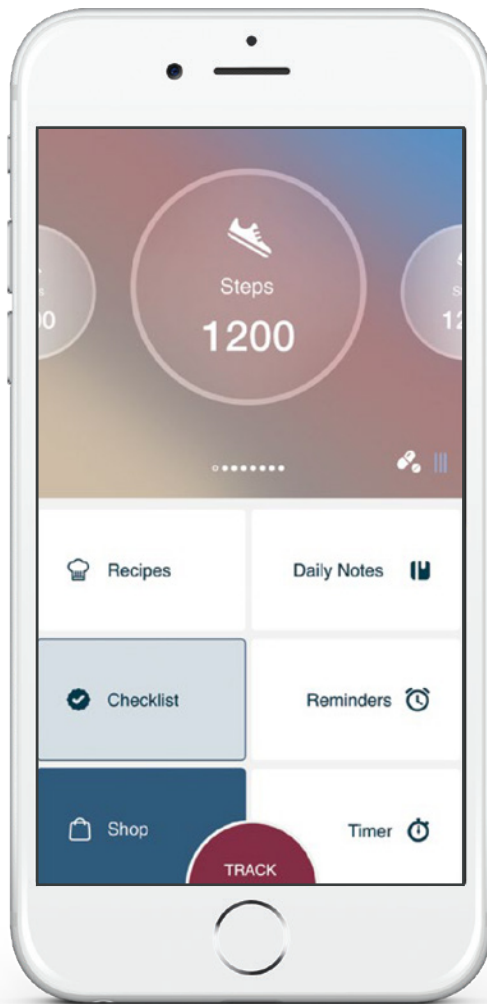
- ✓ Consume High Protein Meal Replacement #1
- ✓ Consume High Protein Meal Replacement #2
- ✓ Consume High Protein Meal Replacement #3
- ✓ Consume High Protein Meal Replacement #4
- ✓ Consume whole food meal
- ✓ Drink at least 64 oz. water
- ✓ Track food intake on Baritastic
- ✓ Walk more steps than the day before

Products for the plan

1 bag HPMR [BUY NOW](#)

1 bottle EA [BUY NOW](#)





Scan QR code to learn more

Tips during the plan



- Use the **food list and whole food meal ideas** provided as your food guide during the plan.
- If you are intolerant or allergic to any of the foods on the list, eliminate them.



- Some people may experience hunger at first, but it tends to go away after a few days.
- If you are feeling light-headed, excessively fatigued, or notice any changes to your health, discuss your symptoms with a healthcare practitioner.



- Drink at least 64 ounces of water each day.
- Sit down to eat all whole food meals.
- Take small bites, chew well, and enjoy the flavor of your food.
- Do not drink with whole food meals.
- Set a timer and do not take longer than 20 minutes to finish your meal replacements or whole food meals.
- Track your nutrition intake daily on the Baritastic app.
- Track your body weight at the beginning of and end of the plan.





Supplements for your plan



Incorporating specific supplements into your diet can offer additional support in terms of nutrition and overall well-being. Below are crucial supplements that can aid your journey.



Bariatric-specialty multivitamin. Bariatric multivitamins are specially formulated to meet the nutritional needs of individuals who have undergone bariatric surgery, and they influence body weight after surgery. They are an essential component of your plan, as they help prevent nutrient deficiencies that can contribute to body weight changes and influence the body's metabolism.



Research shows that bariatric-specialty multivitamins play a role in postoperative weight management. Studies show that individuals who take a bariatric-specialty multivitamin lose more weight long-term after surgery compared to people who take an over-the-counter multivitamin or who stop taking vitamins all together.





79% of patients surveyed say they see improvements in their nutritional bloodwork (vitamin D, iron, vitamin B₁₂, etc.) after taking Advanced Multi EA².

Calcium citrate is a highly recommended supplement for individuals following bariatric surgery. It provides the body with the necessary levels of calcium, which is crucial for bone health.* Additionally, calcium citrate is more easily absorbed by the body, making it the best choice for individuals who have had bariatric surgery.

A 2022 survey of patients taking Calcium Citrate Chewy Bite 500 found that 95% of patients surveyed who have tried other calcium supplements say they prefer the taste of Calcium Citrate Chewy Bite 500.³

Probiotics: Research suggests that gut health is linked to weight loss. Imbalances in the gut microbiota have been associated with weight gain and obesity. By promoting gut health, **FloraVantage® Control** may help regulate body weight and foster healthier weight management.*

2. Survey conducted by Metagenics/Bariatric Advantage November 2021 with 367 customers (18 from Canada) who purchased Bariatric Advantage Chewable Advanced Multi EA between November 2020 & November 2021.

3. Survey conducted by Bariatric Advantage® July 2022 with 297 customers in the US who purchased Bariatric Advantage Calcium Citrate Chewy Bite 500 between July 2021 & July 2022.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Transition to a regular bariatric diet



After 14 days, it's time to return to a regular bariatric diet. It is best to start with easy-to-digest foods (baked white fish vs. steak) to allow your stomach to get used to eating all whole foods again.



Some people like to add whole foods back into their diet slowly over a few days, while others begin eating a regular bariatric diet on day 15. The choice is yours!



- ✓ Many people begin to replace one serving of a meal replacement product with a whole food meal (for example, 3 ounces of lean protein and a ½ cup of steamed vegetables with 1 teaspoon oil) each day over a three-day period. For example, on day 15 you might have three meal replacements and two whole food meals.
- ✓ Then on day 16, you might have two meal replacements and three whole food meals.
- ✓ And then on Day 17, you could have three whole food meals and one meal replacement product.





General nutrition guidelines for a regular bariatric diet



- Consume a minimum of 60 grams, up to 120 grams, of protein per day.
- Consume a minimum of 15 grams, up to 30 grams, of fiber per day.
- Plan your eating events: Eat three meals a day and no more than two planned snacks (if needed, snacks are not necessary).
- Continue to use a meal replacement product as a meal to help with long-term weight loss goals.
- Do not drink with meals and for at least 30-60 minutes after eating.
- Eat mindfully.
- Sit down to eat without distraction.
- Take small bites and chew food thoroughly.

Remember to celebrate the weight loss and health goals you accomplish! Every pound of weight lost makes an important contribution to keeping you healthy, and every new health behavior that you adopt can help set you up for long-term success.





Tips for long-term success

Here are some practices associated with successful long-term weight loss maintenance:



- **Track your body weight at least once per month using the Baritastic app.** Many people have a body weight range they would like to stay within. If you use the app to track your weight, it will alert you when you fall outside of that range so you can adjust accordingly.



- **Track your food intake daily using the Baritastic app.** It's a good idea to continue your meal planning and occasionally measure out your food to ensure that your portion size is appropriate to avoid consuming too many calories.



- **Participate in physical activity.** Being physically active has been linked with weight maintenance success. Experts recommend at least 150 to 300 minutes of physical activity every week to support your weight-loss maintenance.



- **Continue to use meal replacements.** Long-term use of meal replacements supports weight-loss maintenance. Continue to include meal replacements once per day.



- **Attend regular follow-up appointments with your healthcare practitioner.** See your bariatric provider at least once per year. This can help reinforce the knowledge you have learned and allow your practitioner to adjust your plan should any changes arise.








- **Use your knowledge.** As you continue to learn about yourself through self-monitoring practices, you and your healthcare practitioner can start to build a toolbox of troubleshooting options that will be helpful when life changes and you need to readjust your plan.



- **Build a support network.** Find like-minded friends and family to help you on your journey and to establish a support system for staying on track!

Making the perfect meal replacement shake

	Protein powder Choose a meal replacement powder in your preferred flavor
	Add water Add 4-6 oz. of water
 	Enhancers Add mint leaves, ginger (ground or fresh), ground cinnamon, cilantro, parsley, pure baking extracts (almond, coconut, cinnamon, banana, hazelnut, maple, anise, coffee, lime, orange, pumpkin pie spice, peppermint, raspberry, strawberry)
	Ice Many people find the colder the better when it comes to meal replacements.





Beverage ideas



Mocha: Add ½ tsp. chocolate extract to your morning coffee.



Moroccan mint tea: Add 1/8-¼ tsp. spearmint extract to green tea for an exotic flavor.

Peppermint coffee: Add 1/8 tsp. peppermint extract to black coffee



Powered-up meal replacement: Blend 4-6 oz. black coffee with your meal replacement product and ice!

Chocolate mint meal replacement: Add ¼ tsp. peppermint extract to a chocolate-flavored meal replacement product.



Food list



- You are encouraged to eat a variety of non-starchy vegetables. Review the list below and try some vegetables you haven't had before!
- You will consume four meal replacement products and one whole food meal daily.
- You may add up to two cups of non-starchy vegetables and one teaspoon of oil per day. If you struggle with certain raw vegetables, stick with cooked veggies.



- **Fruit and all other food groups are excluded.**
- If an ingredient is not listed here, you are advised to avoid it.



- Eat slowly and mindfully, but do NOT take longer than 20 minutes to eat your whole food meal. If you do not finish your two cups of vegetables within the 20-minute period, stop eating. When you eat longer than 20 minutes at a time, it is considered “grazing,” which is one behavioral habits that contributes to weight regain.



ALLOWED	AVOID
<p>Non-starchy Vegetables</p> <p>Artichokes*</p> <p>Arugula</p> <p>Asparagus</p> <p>Beets*</p> <p>Bitter melon</p> <p>Bok choy</p> <p>Broccoli/broccolini</p> <p>Cabbage (napa, green, red, savoy)</p> <p>Cactus (nopales)</p> <p>Carrots*</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Endive</p> <p>Escarole</p> <p>Fennel</p> <p>Green beans/string beans</p> <p>Green leafy vegetables, all (arugula, kale, romaine, spinach, etc.)</p> <p>Hearts of palm</p> <p>Jalapeños</p> <p>Jicama</p> <p>Kimchi</p> <p>Kohlrabi</p> <p>Leeks</p> <p>Lettuce, all (bibb, iceberg, radicchio, etc.)</p> <p>Mushrooms</p> <p>Okra</p> <p>Onions (brown, green, red, spring, white, yellow)</p> <p>Peppers (green, orange, red, yellow, poblano)</p> <p>Radishes</p> <p>Rutabaga</p> <p>Sauerkraut</p> <p>Scallions</p> <p>Seaweed (aramé, dulse, hijiki, kelp, kombu, nori, wakame)</p> <p>Shallots</p> <p>Snow peas</p>	<p>Starchy Vegetables</p> <p>Beans/legumes</p> <p>Corn</p> <p>Lentils</p> <p>Parsnips</p> <p>Peas</p> <p>Potato</p> <p>Pumpkin</p> <p>Sweet potato</p> <p>Turnips</p> <p>Yams</p>

Food list

ALLOWED	AVOID
Non-starchy Vegetables Squash, all Sugar snap peas Tomatoes Watercress Zucchini *Consume in limited amounts (no more than 1 cup of your daily 2-cup vegetable intake)	
Broths and soups Bouillon cubes and granules Broths (beef, chicken, vegetable)	All others may cause you to exceed your recommended calories or macronutrient levels—it is best to avoid these



ALLOWED	AVOID
<p>Condiments (unlimited)</p> <p>Flavored extracts (e.g. almond, peppermint, vanilla)</p> <p>Horseradish</p> <p>Hot sauce</p> <p>Lemon & lime juice</p> <p>Liquid aminos</p> <p>Miso</p> <p>Mustard</p> <p>Salsa (no added sugar)</p> <p>Soy sauce (in moderation)</p> <p>Tabasco sauce</p> <p>Tamari</p> <p>Tomato paste</p> <p>Tomato sauce (unsweetened)</p> <p>Vinegar (unsweetened): organic apple cider, balsamic, red wine, white wine</p> <p>Worcestershire sauce</p>	<p>Cream-based sauces, toppings, dressings, and condiments</p> <p>All salad dressings</p>
<p>Herbs & spices (fresh OR dried)</p> <p>All</p>	
<p>Sweeteners</p> <p>Luo han guo (monk fruit extract)</p> <p>Stevia</p>	
<p>Beverages</p> <p>Coffee/espresso</p> <p>Plant-based milk, no sugar added</p> <p>Tea, unsweetened (e.g., black, green, rooibos)</p> <p>Tea, herbal, noncaffeinated (e.g., mint, chamomile, hibiscus, etc.)</p> <p>Water</p>	<p>Cow's milk</p> <p>Alcohol (all beer, wine, liqueurs, spirits)</p> <p>Fruit juice (all)</p> <p>Soft drinks</p> <p>Sweetened beverages</p>





Whole food meal ideas

Meal	Ingredients	Instructions
Basic Salad	<p>1 cup shredded romaine lettuce ¼ cup chopped tomatoes ¼ cup sliced cucumbers ¼ cup shredded carrots ¼ cup sliced mushrooms 1 tsp. olive oil</p> <p><i>Optional:</i> Vinegar or lemon juice Herbs & spices to suit your taste</p>	<p>Mix all vegetables; combine olive oil with vinegar or lemon juice and spices to dress your salad.</p>
Sautéed Eggplant and Spinach combo	<p>1 cup spinach 1 cup chopped eggplant 1 tsp. olive oil</p> <p><i>Optional:</i> Salt/pepper Fresh garlic or garlic powder</p>	<p>In a medium pan, heat olive oil. Add chopped eggplant and stir, cooking until heated through and browned, about 4-5 minutes.</p> <p>Add spinach to the pan and place a lid over the vegetables. Allow to cook for an additional minute until spinach is wilted down.</p> <p>Season to taste.</p>
Cabbage Slaw	<p>2 cups shredded cabbage 1 tsp. olive oil</p> <p><i>Optional:</i> Lemon juice or vinegar Herbs & spices</p>	<p>Measure 2 cups cabbage from packaged slaw mix or slice 2 cups from a head of cabbage.</p> <p>Add cabbage to a bowl and top with a dressing made from olive oil and your choice of lemon juice or vinegar and spices.*</p> <p>*Oregano, thyme, and basil (with vinegar); fresh minced garlic (with lemon juice)</p>
Spinach Salad	<p>1 cup raw spinach ½ cup sliced cucumbers ½ cup sliced tomatoes 1 tsp. olive oil Balsamic vinegar</p>	<p>Mix all vegetables in a bowl. Combine olive oil with balsamic vinegar and pour over salad.</p>

Whole food meal ideas

Meal	Ingredients	Instructions
Asian Stir Fry	½ cup snap peas ½ cup sliced carrots ¼ cup diced onion ¼ cup sliced mushrooms ¼ cup chopped broccoli florets ¼ cup diced red peppers 1 tsp. olive or sesame oil <i>Optional:</i> Salt/pepper Soy sauce, tamari, or liquid aminos Onion powder Garlic powder or fresh garlic Red pepper flakes	Heat oil in a large pan. Add onion (and optional garlic) and carrots; cook for two minutes, stirring occasionally. Add all other vegetables, stirring well to make sure all are cooked through without overcooking (about 5 minutes). Season to taste with suggested spices and seasonings.
Balsamic Tomatoes	2 cups sliced beefsteak tomatoes ½ cup fresh basil leaves 1 tsp. olive oil 1 Tbsp. balsamic vinegar <i>Optional:</i> Salt/pepper	On a large plate, arrange tomato slices. Top each slice with a layer of basil leaves. Drizzle olive oil, then balsamic. Season with salt and pepper.
Ratatouille	½ cup diced onion 2 cloves minced garlic ½ cup diced tomatoes ¼ cup tomato sauce ½ cup diced eggplant ½ cup diced bell pepper ½ cup diced zucchini ½ cup diced yellow squash ¼ cup fresh basil leaves 1 tsp. olive oil <i>Optional:</i> Salt/pepper	In a saucepan, heat the olive oil over medium-high heat. Add the onion and garlic, stirring frequently until the onion is translucent (about two minutes). Add tomato, tomato sauce, eggplant, and ½ cup water. Bring to a simmer. Cover and reduce heat, stirring until the eggplant is soft when pierced (about 10 minutes). Stir in bell pepper, zucchini, and yellow squash. Return to a simmer. Cover and cook until squash is tender when pierced (about 8-10 minutes). Stir in basil. Add more salt and pepper to taste.

Meal	Ingredients	Instructions
Braised Leeks & Fennel	1 cup sliced leeks 1 cup sliced fennel 1 cup broth 1 tsp. olive oil <i>Optional:</i> Salt/pepper ½ Tbsp. fresh lemon juice 2 Tbsp. parsley	Preheat oven to 450°F. Place vegetables in an oven-safe dish, add broth, and sprinkle with salt & pepper. Drizzle olive oil and cover the dish with aluminum foil. Bake 10-12 minutes. Uncover, stir, and bake once more, uncovered, until vegetables are tender, and no liquid remains (about 12-20 minutes).
Garlic-Lemon Broccoli	2 cups broccoli florets 1 garlic clove 1 tsp. olive oil Lemon juice	Cut broccoli into 1-inch florets. In a steamer set over boiling water, steam broccoli (covered) until crisp-tender (about 2-3 minutes). As the broccoli steams, finely chop garlic. In a small skillet, combine garlic, oil, lemon juice, and salt/pepper. Heat until garlic is fragrant. Remove mixture from heat. In a bowl, toss broccoli with garlic mixture and serve.
Grilled Squash	1 Tbsp. parsley 3 Tbsp. basil 1 cup zucchini, sliced lengthwise 1 cup summer squash, sliced lengthwise 1 tsp. olive oil Salt/pepper Lemon juice ¼ tsp. grated lemon peel	Prepare a grill or heat broiler. Finely chop parsley and basil. In a large bowl mix zucchini, squash, oil, and salt/pepper. Toss to coat well. Grill squash 2-3 minutes per side until lightly charred and tender. Transfer to a large bowl and toss with basil, parsley, lemon juice, and lemon zest.

References:

1. Noria SF, et al. Weight Regain After Bariatric Surgery: Scope of the Problem, Causes, Prevention, and Treatment. *Curr Diab Rep.* 2023;23(3):31-42.
2. Survey conducted by Metagenics/Bariatric Advantage November 2021 with 367 customers (18 from Canada) who purchased Bariatric Advantage Chewable Advanced Multi EA between November 2020 & November 2021.
3. Survey conducted by Bariatric Advantage® July 2022 with 297 customers in the US who purchased Bariatric Advantage Calcium Citrate Chewy Bite 500 between July 2021 & July 2022.

Certified



Corporation

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