Nutrition Plan

- ❑ **Eat 3 meals and 2 snacks per day**
- ❑ **Breakfast within 1 hour of waking**
- ❑ **Protein choice at every meal and snack**
- ❑ **Protein supplements can be used as a meal replacement or snack**
- ❑ **Avoid carbonated beverages. Avoid using straws. Avoid alcohol.**
- ❑ **Separate eating and drinking — try not to have fluids during meals and wait 30 minutes after before resuming fluids.**

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