



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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