



# 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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