

2 WEEKS POST-OP

Meal Plan



Breakfast 1/2 sachet Optifast Shake/Bar

Morning Tea 1 small tub of High-protein yoghurt

Lunch 125ml vegetable juice (V8) + 1-2 tbsp tasteless protein powder

Afternoon Tea 1/2 tetra pack of Up & Go Energizer

Dinner 1/2 sachet Optifast Soup/Shake