



AmBari Nutrition Meal Plan

1200-1400 Calories per day

MEALS	Menu Items
Breakfast (6am-9am)	1 AmBari Breakfast 1 AmBari (MR) Shake 1 Dairy OR 1 Fruit 2 AmBari EFA softgels 1 Multivitamin
Morning Snack (9am-11am)	1 AmBari (MR) Bar
Lunch (11am-1pm)	1 AmBari (MR) Shake 1 AmBari Soup OR Pudding 1 Fruit
Afternoon Snack (1pm-3pm)	1 AmBari Snack OR Protein Bar
Dinner (5pm-7pm)	1 AmBari Entrée, 1 Protein, 2 Vegetables
Evening Snack (7pm-9pm)	1 AmBari Dessert OR AmBari Drink

1200-1400 Calories - 115-150g Protein - 100-140g Carbohydrates - 20-40g Fat

INSTRUCTIONS

1. You may have non-caloric beverages, vinegar, lemon juice, mustard, and seasonings
2. Drink at least 8 cups of Water every day.
3. Consuming the 3 *AmBari Meal Replacements (MR)* supports your lean muscles and ensures optimal nutritional intake while also curbing hunger.
4. The AmBari Breakfasts, Puddings, Soups, Bars, Snacks, Drinks, and Desserts are all interchangeable. Customize this part of the diet to your likings and favorite flavors.
5. Exercise at least 30 minutes everyday. Not rigorous, just enough to keep your body active.
6. Whenever you think about it, do some light stretching, weightless squats, or just walk around.

Consult with your physician before beginning any diet or supplementation program.