

# Bariatric MEAL PLANS Dr. Chang



## DESIGNED FOR:

- Bariatric Surgery Patients -  
*Pre Surgery*
- Bariatric Surgery Patients -  
*Post Surgery, Maintenance*

## Meal Pricing – Bariatric Size (3-4oz Protein/1-2oz Veggies)

Chicken, Turkey & Pork - \$5.99

Seafood, Beef - \$6.99

Vegan/Vegetarian - \$5.99

## Regular Size Meals

### (3-4oz Protein + 2 Sides)

Chicken, Turkey & Pork - \$9.99 - \$10.99

Seafood, Beef - \$10.99 - \$12.99

Vegan/Vegetarian - \$9.99 - \$10.99

## DISCOUNT PROGRAM

5 meals per week – Receive 1x FREE meal per month\*

10 meals per week – Receive 2x FREE meals per month\*

Patients that maintain a weekly meal plan schedule for at least one month, will receive free meals depending on their average meal count per week. In addition, patients will receive loyalty points that are redeemable for discounts based on their purchase amounts.

\*Excludes Seafood and Some Beef Meals

*\*MEAL PLANS can be customized to your preferences, allergies, quantities, & meal sizes. It's as easy as **order, heat & eat.***

Always remember to follow Doctor Chang's guidelines



PARAVIDAWellness

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