

Club BE12.com

BariatricEating.com

be prepared



Plan your nutrition and don't leave your lunch to chance.

Get into the habit of bringing a small insulated bag from home packed with our *AchievONE* or *WheyUP* ready to drink protein, individually wrapped mozzarella cheese stick, a *Power Crunch* bar, rolled up deli turkey and a tiny *Gladware* container filled with salsa for a dipping sauce, or deviled eggs.

Don't get sucked into ordering Chinese takeout with your co-workers; it contains hidden sugar and is a bad choice. Eat what you have thoughtfully prepared and brought from home.



At 3pm when everyone is hitting the vending machines, eat a mozzarella stick.

be ready for your first office birthday party!

Once a month someone magically appears with a fake buttercream cake. Keep a stash of sugar free hard candy in your desk so you aren't tempted to take even a single bite. You know exactly what that cake tastes like, you don't need it, and it just isn't worth it.

Nothing tastes as good as thin feels!

Every day it gets a little easier to make the best choices; soon it will become your life.

As always, you can find support in our new ClubBE12.com forum. We are there to help you. If you have not already joined, check it out!

