**Gallbladder Removed Protocol**

Use **standard calculator** to create macros

Please send the following information to your challenger:

Please let me know if you experience any GI discomfort (nausea, diarrhea, etc.) while on this program.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.

**NOTE TO COACHES**

If challenger experiences GI discomfort (nausea, diarrhea):

* Decrease daily fat macros in 5-gram increments (no more than 1 time per week) until discomfort subsides OR recommend challenger consults with their physician