

Pre-Op

During the pre-op phase (**two weeks prior to surgery**) your body will go into ketosis. This allows your body to use your fat stores as an energy source. The result is that the fat in your liver shrinks considerably in a short amount of time. As seen below, your diet is high in protein and low in carbohydrates.

Remember that your protein amount should be no less than **70g of protein**, no more than **30g of CHO**, and no more than **10g of fat**.

- Protein shakes or meal replacement shakes will be the diet's primary component. For example:
 - ✓ Premier Protein (Regular and/or Clear)
 - ✓ Unflavored Protein Powder (Beneprotein, etc.)
- Only sugar-free beverages are allowed (sugar substitutes are okay).
 - ✓ Gatorade Zero, Crystal Light, Bai, etc.
 - ✓ SF jello, SF popsicles
- No caffeinated or carbonated beverages are permitted.
- Low- sodium soup or broth with no solid pieces of food may be consumed.
- One or two daily servings of lean meat and/or vegetables might be okay, but **only** if they are approved by your surgeon or dietitian.

A daily meal plan for the pre-op liquid diet may look like this (add protein powder if needed):

TIME	FOOD
8:00 AM	Protein meal replacement
9:00 AM	Sugar free jello
10:00 AM	8 oz water
11:00 AM	Protein meal replacement
12:00 PM	8 oz water
1:00 PM	8 oz low-sodium broth
2:00 PM	Sugar free jello
3:00 PM	8 oz water
4:00 PM	Protein meal replacement
5:00 PM	8 oz low-sodium broth
6:00 PM	3 oz. lean protein + 1 serving vegetable
7:00 PM	8 oz water
8:00 PM	Sugar free jello

*Day before surgery is all clear liquids and no red food dye

Post-Op

Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-12	Weeks 12 and after
CLEAR LIQUIDS	LIQUIDS	PUREED	SOFT	REGULAR

Week 1 & 2: Clear Liquids

For **two weeks**, only clear liquids are to be consumed at the rate of **one to two ounces per hour**. Your physician or dietitian will decide how long this phase will last and suggest dietary guidelines.

Clear liquids recommended include the following items:

- water
- low-sodium broth
- sugar-free jell-o
- sugar-free popsicles
- crystal light
- propel
- coconut water
- herbal decaf tea, decaf coffee
- protein drinks (Premier Protein Clear, Isopure, Nectar, Unjury, Unflavored Protein Powder, etc....)

A stage one clear liquid consumption schedule might look like this:

TIME	FOOD
8:00 AM	2-3 oz Isopure Clear Protein Drink
9:00 AM	2-3 oz Isopure Clear Protein Drink
10:00 AM	1-2 oz sugar-free jell-o + protein powder
11:00 AM	1-2 oz sugar-free jell-o + protein powder
12:00 PM	2-3 oz Isopure Clear Protein Drink
1:00 PM	2-3 oz Isopure Clear Protein Drink
2:00 PM	1-2 oz low-sodium broth + protein powder
3:00 PM	1-2 oz low-sodium broth + protein powder
4:00 PM	2-3 oz Isopure Clear Protein Drink
5:00 PM	2-3 oz Isopure Clear Protein Drink
6:00 PM	2-3 oz Isopure Clear Protein Drink
7:00 PM	1-2 oz sugar-free jell-o + protein powder
8:00 PM	1-2 oz sugar-free jell-o + protein powder

Note: Remember that your goal is to reach a minimum of 70g of protein a day. The first couple of days might seem impossible but you'll be ok! Shoot for at least 45g then raise it up slowly to 70g.

Week 3 & 4: Liquids (500-800 kcals p/day)

For another **two weeks**, you will be on a full liquid diet. Here, you can start implementing milk-based protein shakes of your choice and vitamins recommended by your doctor. Remember that you are still required to intake a minimum of 70g of protein a day; it should be easier by this point.

Milk-based liquids recommended may include the following items:

- plain Greek yogurt
- sugar-free puddings
- low-fat soups (cream of spinach, tomato)
- fat-free milk (mootopia, unsweetened almond, coconut)
- protein drinks (Premier Protein, Muscle Milk, Bariatric Advantage, Slim-Fast Low-Carb)

TIME	FOOD
8:00 AM	4 oz Premier Protein
9:00 AM	4 oz Premier Protein
10:00 AM	2 oz greek yogurt + protein powder
11:00 AM	2 oz greek yogurt + protein powder
12:00 PM	4 oz Premier Protein
1:00 PM	4 oz Premier Protein
2:00 PM	4 oz Premier Protein
3:00 PM	2 oz fat free mootopia milk + protein powder
4:00 PM	2 oz fat-free mootopia milk + protein powder
5:00 PM	2 oz Pocket Protein
6:00 PM	2 oz Pocket Protein
7:00 PM	2 oz sugar-free pudding + protein powder
8:00 PM	2 oz sugar-free pudding + protein powder

Note: Remember to start tracking your calories at this stage. It might be hard to reach a total of 500 kcals p/day at first but little by little with time you should be able to. Do not force yourself to eat more than what you can't in order to reach your goal; if you are full just stop eating!

Week 5 & 6: Pureed Diet (500-800 kcals p/day)

For the next **two weeks**, you will start using pureed foods. Slowly eat 1-2 oz of soft/pureed protein foods with 1 oz soft/pureed vegetables. Eat 5-6 small meals daily until you can stand ½ cup of food at one time, then eat 3 small meals and 2-3 snacks if needed.

A pureed stage daily diet may look like this:

TIME		FOOD
Breakfast		½ cup cottage cheese topped with 1 oz. pureed raspberries
Snack		4 oz. protein shake
Lunch		½ cup tomato soup blended w/ 1 scoop unflavored protein powder & ½ cup pureed cauliflower
Snack		4 oz. protein shake
Dinner		3 oz. pureed chicken breast & ½ cup pureed green beans
Snack		4 oz. protein shake

Note: Remember to take **20-30 min** to eat each meal. Also, avoid liquids 30 min before and 30 min after meals, but **not** during.

Week 7-12: Soft Diet (800-900 kcals p/day)

Congratulations! You have made it to the soft diet stage 😊. Here, your diet will consist of regular foods (meats and vegetables) and some protein drinks if needed. Make sure everything you consume is soft and tender. If you need to boil, steam, or blend to change the texture, you can!

A soft stage daily diet may look like this:

TIME		FOOD
Breakfast		1 soft scrambled egg w/ 2T. salsa and 1 tsp. shredded cheddar
Snack		4 oz. protein shake
Lunch		3 oz baked tilapia w/ ¼ cup steamed broccoli
Snack		4 oz. protein shake
Dinner		3 oz chicken breast (cubed or shredded) w/ ¼ mashed sweet potatoes
Snack		4 oz. protein shake

Note: Continue to eat **slowly** and **thoroughly** chew foods to prevent blockage. Listen to your body and stop when you are satisfied, **NOT** when you feel full. Also, buy small utensils and plates to help with portion control.

Week 12 and onward: Regular Diet (900-1,100 kcals p/day)

CONGRATULATIONS, YOU DID IT ☺ !!! You were very patient and committed to become a healthier YOU. Now, it is time to maintain the good habits and start off your new journey. We have prepared you to be amazingly successful, so always remember why you started!

Remember everything we went over in past nutrition visits and make sure you are still following the post-op diet guidelines including calorie numbers, grams of macronutrients (protein, CHO's, and fat), vitamins, exercise plan, and approved foods.

Tip of Success: **CONSISTENCY!**

At this stage:

- Avoid snacking (only protein drinks if needed)
- Eat no more than 3 meals p/day
- Include high protein foods at every meal (replace w/ shakes if needed)
- Low-sugar, low-fat, low-carb, and high protein foods only
- No greasy, spicy, or fast foods
- Do not drink carbonated drinks, drink any fluid while eating or drink fluid 30 minutes after a meal – these things will cause your pouch to stretch.

Macronutrients for Men and Women:

Protein: 70g-100g p/day

Carbohydrates: 60g-90g p/day

Fat: 30g p/day

Note: Modify according to your physical activity level!

Sample diet:

TIME		FOOD
Breakfast		4 oz. plain Greek yogurt w/ ½ cup berries
Snack		4 oz. protein shake
Lunch		1 cup mixed salad w/ 3 oz. grilled shrimp + 2T fat free dressing
Snack		4 oz. protein shake
Dinner		3 oz. chicken breast w/ ¼ cup sautéed spinach + 2T brown rice
Snack		4 oz. protein shake