

STAGES	SOLIDS	LIQUIDS
DAY OF SURGERY	NO FOOD	Ice chips Allowed (minimum)
HOSPITAL STAGE 1	POST-OP DAY (1&2) - NO SOLID FOOD *BAND Patients May Advance to Stage 3 (First Full Day at Home)	Bariatric Clear Liquids, Water, Ice chips, Sugar Free Fluids, Broth, De-Caf. Coffee/Tea, Diet Jello, No Maximum-Drink As Tolerated Minimum- 1 oz. Every 30 Min (While Awake)
HOME- STAGE 2 (Days 3-14)	NO SOLID FOOD	Bariatric Full liquids plus clear liquids. Protein Shakes, Milk 1% or less, Greek Yogurt (80 cal. or less)
STAGE 3 (Days 15-30) *Begin Only if Stage 2 is Well Tolerated	1-2 ounces of Pureed (mushy) Soft, High Protein Meals for Breakfast, Lunch, Dinner Examples: Cottage Cheese, Ricotta Cheese, Greek Yogurt, Pureed/Ground Chicken, Turkey or Tuna NO RED MEAT *START FOOD BOOT CAMP HERE*	64 ounces of fluids, sugar free liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 40 total grams per day by liquid protein. No caffeine for at least 6 weeks – Then you must be able to ingest 64 oz. of fluids consistently
STAGE 4 (1 Month) 2 weeks long	2-3 ounces Regular textured High Protein Meals (may add beans) Breakfast, Lunch, Dinner Hi-Fiber Cereals Allowed NO RED MEAT	64 oz. fluids, Sugar Free Liquids daily PROTEIN SUPPLEMENT DRINK 40 total grams per day by Liquid Protein. Allowed Cereals in ½ cup portions-Kasha (buckwheat),Quaker Oats High Fiber Oatmeal, Quinoa, Kashi brand Hot Truly Vanilla or Go Lean (let milk soften) Plus 1 scoop 15g protein powder and 4oz skim or 1% milk

STAGE 5 (6 Weeks) 2 weeks or longer	3-4 ounces Regular textured High Protein Meals for Breakfast, Lunch, Dinner Red Meat Allowed, Chicken Breast, & Eggs PLUS Lettuce with Low Calorie dressing, Non- Starchy Vegetables Soft.	64 ounces of fluids, Sugar Free Liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 40 total grams per day by Liquid Protein.
STAGE 6	ALWAYS EAT PROTEIN FIRST 3-4 ounces Regular textured High Protein Meals for Breakfast, Lunch, Dinner Then if still Hungry, ½ cup cooked or 1 cup raw Vegetables. Then if you are still Hungry – 1 serving Fruit daily = Small Whole Fruit or ½ cup Soft Canned Fruit in own juice. ALWAYS PRIORTIZE PROTEN	64 ounces of fluids, Sugar Free Liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 30 total grams per day by Liquid Protein, IF you cannot get the Protein in any other way. Remember, 60-80 grams of Protein daily.
FINAL STAGE 7 (At 1 year) *Or when 75% Excess Weight is Lost	3-4 ounces High Protein meals Plus 2 servings of Vegetables daily 2 servings Fruit daily Complex, High Fiber Carbohydrates (3 servings or less) 1 serving of Carbs = 15 grams of Carbs	64 OZ. FLUIDS DAILY At 1 year, Protein Supplement drinks can be replaced with Healthy Snacks. Snacks should be Protein, plus or minus Fruits, Vegetable or Hi-Fiber Carbs at about 150-200 Calories.

Remember: Fluids should have **NO BUBBLES, NO SUGAR, NO JUICE, & NO STRAWS.**

Goal is 60-80 grams of Protein daily. Only 50 grams of Carbs daily.



FOOD BOOT CAMP

Hot Beverage	When you wake up - Have a Hot Beverage like Decaf coffee, Decaf tea, Herbal Tea, Broth. After beverage, wait 20-30 min. then have breakfast.
Breakfast	Eat Breakfast within 90 minutes of waking up. Should always be protein based. See menu options. Should only take 30 minutes.
Protein shake	2 ½ - 3 hours after Breakfast Have a protein supplement. In the beginning it will be a protein shake. Drink as much as you can in 30 minutes.
Lunch	2 ½ - 3 hours after protein shake, have a protein lunch. Should only take 30 minutes
Protein Shake	2 ½ - 3 hours after lunch have a protein supplement. Drink as much as you can in 30 minutes.
Dinner	2 ½ - 3 hours after supplement, have a protein dinner. Should only take 30 minutes.

64 oz of fluid daily.

60-80 grams of protein daily.

Drinks: no bubbles, no sugar, no juice, no straws