

Memorial Health Surgical & Bariatric Care

Two Week Pre-Operative & 1-2 Week Post-Operative Liquid Diet

Replace meals with protein shakes/supplements

(Up to 60-90 grams of protein per day -- usually 3-4 shakes)

If you choose a non-recommended brand, it must fit the following guidelines:

Supplement Guidelines: minimum of **20 grams of protein** and **5 grams or LESS of net carbs** per serving. (Grocery Stores, Amazon, GNC, Vitamin World, CVS, Walgreens, Sam's Club, etc.)

You may mix protein powders with 8 oz skim milk, unsweetened/unflavored nut milk or water

Examples:

- Premier Protein Shakes
- Atkins Low Carb Protein Shakes
- Slimfast Advanced High Protein/Low Carb Shakes
- Fairlife Nutrition Plan Protein Shake
- Fairlife Corepower
- Ensure Max Protein Shake
- Bariatric Advantage Protein Meal Replacement (bariatricadvantage.com)
- Celebrate Vitamins Protein Meal Replacement (celebratevitamins.com)
- GNC Lean Body or Lean Muscle Meal
- Isopure Protein Powder and/or ready to drink (GNC, Vitamin World, online retailers)
- Cocotein Coconut Water Protein Drink (GNC)
- Pure Protein Shakes
- Unjury Protein Shake Powder

***You may have all 3 extra options daily*:**

1. One serving of low carb yogurt per day (less than 7 gms of carbs/serving; ex: Carbmater, Two Good)
2. One 8 oz glass of skim milk per day
3. Protein Pudding (Sugar free/fat free pudding mix - follow recipe on box; add in 2 scoops of approved protein powder. Serving Size = 1/2 c up/day)

Unlimited Beverages

Acceptable options contain no sugar, no caffeine, no carbonation, and no alcohol

Crystal Light (similar sugar free water enhancers)

Sugar Free Kool Aid

Snapple Diet Drinks

Decaf Tea with artificial sugar

Broths/Stocks (ckn, beef, bone, veg)

Vitamin Water Zero

Gatorade/Powerade Zero

Propel

Sugar Free Popsicles

Sugar Free Jello

Bariatric Friendly Protein Shake Recipes

Sip on one of these recipes to switch up your shake!

Orange Dreamsicle

1.5 scoops vanilla protein powder or pre-mixed vanilla ready to drink shake
1 cup water
3 TBSP Sugar-free vanilla syrup (i.e. Davinci, Skinny Syrup)
2 TBSP sugar-free vanilla creamer OR half and half
2 sleeves crystal light sunrise orange mix
6 ice cubes

Pina Colada = 1 cup water + 1 scoop vanilla protein powder + ½ tsp. coconut extract + ice

Latte = 1 cup water + 1 scoop vanilla protein powder + 1 TBSP instant DECAF coffee + ice

Eggnog = 1 cup water + 1 scoop vanilla protein powder + ½ tsp rum extract + ice. Sprinkle with nutmeg

Almond Delight = 1 cup water + 1 scoop vanilla protein powder + ¼ tsp almond extract + ice

Pumpkin Pie in the Sky = 1 cup water + 1 scoop vanilla protein powder + 1 tsp. vanilla extract + 1 tsp. pumpkin pie spice

Apple Pie = 1 cup water + 1 scoop vanilla protein powder + 1 tsp. vanilla extract + 1 tsp. apple pie spice

Peach Pie = 1 cup water + 1 scoop vanilla protein powder + dash of DaVinci sugar free peach syrup + ice

Amaretto Cookie = 1 cup water + 1 scoop vanilla protein powder + dash of Davinci sugar free amaretto syrup + dash of DaVinci sugar free German Chocolate cake syrup + ice

Campfire S'mores = 1 cup water + 1 scoop vanilla protein powder + dash of DaVinci sugar free toasted marshmallow syrup + dash of DaVinci German Chocolate cake syrup + ice

Mocha = 1 cup water + 1 scoop chocolate protein powder + 1 Tbsp. instant DECAF coffee + ice

Chocolate Mint = 1 cup water + 1 scoop chocolate protein powder + ½ tsp. peppermint extract + ice

Chocolate Banana = 1 cup water + 1 scoop chocolate protein powder + ½ tsp banana extract + ice

Chocolate Almond = 1 cup water + 1 scoop chocolate protein powder + ¼ tsp almond extract + ice

Chocolate Peanut Butter = 1 cup water + 1 scoop chocolate protein powder + dash of DaVinci sugar free peanut butter syrup + ice

Chunky Monkey = 1 cup water + 1 scoop chocolate protein powder + dash of DaVinci sugar free banana syrup + ice

Caramel Latte = 1 cup water + ½ scoop cappuccino flavored protein powder + 1/2 scoop chocolate protein powder + dash of DaVinci sugar free caramel syrup + ice

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QuestQuantum™

Liquid Diet Example Day

A day in the life of the Liquid Diet

Guidelines:

3-4 meal replacement shakes/protein water

Up to 3 snacks per day between shakes

(i.e. low carb yogurt (less than 7 gm net carbs), 8 oz glass of milk, & sugar-free pudding)

Unlimited Beverages with NO SUGAR, CARBONATION, CAFFEINE, OR ALCOHOL

EXAMPLES: water, crystal light (or similar sugar-free flavorings, unsweet decaf tea, non-carbonated beverages that are diet/decaf (no decaf coffee), zero calorie sports drinks (gatorade zero, powerade zero, propel, vitamin water zero), regular clear broths sugar free popsicles and sugar-free Jell-O

BREAKFAST: 8 AM

Meal Replacement Shake

(Supplement guidelines: at least 20 gm protein and 5 gm or less of net carbs)

SNACK #1: 11:00 AM

Low carb yogurt (less than 7 gm yogurt)

LUNCH: 1:00 PM

Meal Replacement Shake

(Supplement guidelines: at least 20 gm protein and 5 gm or less of net carbs)

SNACK #2: 4:00 PM

1 Serving of Sugar-free pudding

Can be pre-made sugar free pudding cups or sugar-free pudding mix made with milk (option to add approved protein powder to batch if needed)

DINNER: 6:00-7:00 PM

Meal Replacement Shake

(Supplement guidelines: at least 20 gm protein and 5 gm or less of net carbs)

SNACK #3: 8:00 PM

8 oz glass of milk

(choose 2% or less -- depending on calorie needs)