

14 Day Pre-Surgical Diet

Please replace your normal diet with this liquid diet. Please do not add or modify this diet in any way. Please contact our office with any questions.

Meal replacement protein shake requirements

- One meal replacement shake: 25-30 g/protein, < 10 g/carbs, < 200 calories
- Aim for 64 oz. water or more daily

Time	Item	Quantity
Breakfast	Meal replacement shake	1
Morning Snack	Greek yogurt OR ½ cup low-fat cottage cheese	Pick 1
Lunch	Meal replacement shake	1
Afternoon Snack	Greek yogurt OR ½ cup low-fat cottage cheese	Pick 1
Dinner	Meal replacement shake	1
Evening Snack	Greek yogurt OR ½ cup low-fat cottage cheese	Pick 1

You can add the following throughout the day in addition to the above protein rich diet:

- Up to 3 V-8 low sodium (6 oz.) per day
- Up to 5 sugar free Jell-O's per day
- Up to 3 sugar free popsicles (less than 10 calories per popsicle) per day
- Low sodium broth or bone broth
- Hot or iced herbal tea, and decaf coffee
- You can drink G2/Powerade Zero/Smart Water/Propel Fit (sugar free and no carbonation) and **one** 16 oz. Body Armor Lyte

Please review this diet with any medical specialist you are seeing prior to starting.