

Pre-Operative Meal Plan

- ☐ Refer to the serving sizes on the following pages
- ☐ Practice drinking beverages only between meals
- ☐ Eliminate caffeine and carbonated beverages
- ☐ Purchase a food scale, measuring cups and spoons. Practice measuring foods.
- ☐ Eat 3 meals per day, no skipping
- ☐ Drink at least 64 oz (8cups) of fluids per day
- ☐ Chew each bite 30 times
- ☐ Begin to keep a food log. Practice recording the kinds of foods and the amounts eaten at all meals.

Each meal should include:

Breakfast	Lunch	Dinner
3 servings of protein	3 servings of proteins	3 servings of proteins
1 serving of fruit	2 servings of vegetables	2 servings of vegetables
1 serving of dairy	1 serving of fruit	1 serving of dairy
1 serving of carbohydrate	1 serving of carbohydrate	1 serving of carbohydrate
1 serving of fat	1 serving of fat	1 serving of fat

EACH BULLET POINT EQUALS ONE SERVING

FOOD GROUPS:

Very Lean Proteins

One serving equals: approx. 35 calories

- 1 ounce Chicken or turkey - white meat, *no skin*
- 1 ounce Cornish hen - *no skin*
- 1 ounce Fresh or frozen Cod, Flounder, Haddock, Halibut, Trout, Lox
- 1 ounce Tuna - fresh or canned in *water*
- 1 ounce Clams, crab, lobster, scallops, shrimp, imitation shellfish
- 1 ounce Duck or pheasant (*no skin*), venison, buffalo, ostrich
- ¼ cup Fat-free or low-fat cottage cheese
- 1 ounce Fat-free cheese
- 1 ounce Deli-thin, shaved meats, chipped beef, turkey ham
- 2 Egg whites
- ¼ cup Egg substitute
- ½ cup Beans, peas, lentils - **count as 1 starch and 1 protein**

Lean Proteins

One serving equals: approx. 55 calories

- 1 ounce Beef - Round, Sirloin or Flank Steak; Tenderloin, Roast (Rib, Chuck, Rump), Steak (T-bone, Porterhouse, Cubed), 93% Lean Ground Round
- 1 ounce Pork - Ham, Canadian bacon, Tenderloin, Center Loin Chop
- 1 ounce Lamb - Roast, Chop or Leg
- 1 ounce Veal - lean Chop, Roast
- 1 ounce Chicken, Turkey (*dark meat, no skin*), chicken (*white meat, with skin*), domestic duck or goose (*well-drained of fat, no skin*)
- 1 ounce Herring (smoked), salmon, catfish, tuna (canned in oil, drained)
- 6 med. Oysters
- ¼ cup 4.5%-fat cottage cheese
- 2 TB Grated parmesan
- 1 ounce Reduced-fat cheeses

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Medium Fat Proteins

One serving equals: approx. 75 calories

- 1 ounce Beef - Corned Beef, Short Ribs, Prime Rib, 80% Lean Ground Beef.
- 1 ounce Pork - Top Loin, Chop, Boston butt, Cutlet
- 1 ounce Lamb - Rib Roast, Ground
- 1 ounce Veal cutlet
- 1 ounce Chicken (*dark meat, with skin*), Ground Turkey or Chicken
- 1 ounce Cheese - feta or mozzarella
- ¼ cup Cheese – ricotta
- 1 Egg
- ¼ cup Tempeh
- ½ cup Edamame, boiled
- 4 ounces Tofu – firm or soft
- 2 ounces Soy-based meat substitute
- 2.5 slices Tofurkey meatless deli slices

**Foods should be weighed
after cooking.**

Dairy Products

One serving equals: approx. 90 calories

- 1 cup Milk – Fat-free, 1% fat, Soy or Lactaid
- ¾ -1cup Yogurt, Non-fat, Low-fat

Carbohydrates

One serving equals: approx. 80 calories

- 5 Whole wheat crackers
- 0.75 oz Plain Baked bagel chips, or Plain Baked pita chips.
- 1/2 Medium potato, Sweet potato
- 1 slice Toasted bread (whole wheat, rye, pumpernickel)
- 1 cup Cream of Wheat, Grits, Cream of Rice

Fruits

One serving equals: approx. 60 calories

- 1 Apple, Orange, {each, Pear, Kiwi, Nectarine (baseball-size)}
- 4 Apricots
- ½ Banana, Mango, Grapefruit
- ½ cup Canned fruit, fruit cocktail (*packed in juice, drained*)
- ¾ cup Blackberries, Blueberries, Pineapple
- 1 cup Raspberries, Melon-Cantaloupe or Honeydew
- 12 Cherries
- 17 Grapes
- 2 Plums, Tangerines
- 1 cup Whole Strawberries, Papaya (cubed), Watermelon (*cubed*)
- ½ cup Unsweetened applesauce

Vegetables

One serving equals: approx. 25 calories

- ½ cup *Cooked* vegetables, including: Spinach, Mustard Greens, Okra, Snow Peas, Peppers, Summer Squash, Asparagus, Green Beans, Brussels Sprouts, Cauliflower, Broccoli, Eggplant
- 1 cup *Raw* vegetables including: Radishes, Sugar Snap Peas, Summer Squash, Cauliflower, Broccoli, Cucumber, Mushrooms. Salad Greens
- ½ Artichoke (including heart)

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Fats

One serving equals: approx. 50 calories

- 1 teaspoon Vegetable oil
- 1 teaspoon Butter or margarine
- 1 tablespoon Reduced-fat margarine
- 1 teaspoon Mayonnaise
- 1 tablespoon Reduced-fat mayonnaise
- 1 tablespoon Salad dressing
- 2 tablespoons Reduced-fat salad dressing
- 1 tablespoon Sesame, pumpkin, sunflower seeds
- 2 teaspoons Tahini (sesame paste)
- 2 tablespoons Avocado

Miscellaneous Items can be used freely:

- Spices and seasonings (pepper, garlic powder, Tabasco, Mrs. Dash, etc.)
- Vinegar, Soy Sauce, Horseradish, Worcestershire Sauce
- Sugar substitutes (Splenda, Equal, Sweet n Low, etc.)
- Low fat cooking spray (PAM, etc)

Beverages

You are strongly encouraged to drink water as your primary beverage. All beverages should have less than 20 calories per 8-ounce serving. They should also be caffeine-free and non-carbonated.

Read Nutrition Facts labels and look out for hidden sources of caffeine in beverages.

Examples include, but are not limited to:

- Water
- Crystal Light
- Diet Snapple – no tea flavors
- SOBE Lean
- Decaffeinated coffee or tea
- Diet Ice Botanicals
- Smartwater
- Sugar-free/Unsweetened Kool-Aid
- Propel Fitness Water
- Fruit₂O
- Aloe Splash
- Eating Right Zero Calorie Water

Table of Equivalents Refer to this table when measuring your foods. Use your measuring spoons or a measuring cup to follow these amounts. These measurements refer to level, measured amounts. Remember that protein foods must be weighed separately.

1 cup	=	8 fluid ounces	=	16 tablespoons	=	48 teaspoons
½ cup	=	4 fluid ounces	=	8 tablespoons	=	24 teaspoons
¼ cup	=	2 fluid ounces	=	4 tablespoons	=	12 teaspoons
1/8 cup	=	1 fluid ounce	=	2 tablespoons	=	6 teaspoons
				1 tablespoon	=	3 teaspoons