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Pre-Operative Diet Instructions

REMEMBER TO BRING THIS ON THE DAY OF SURGERY

Pre op Diet = the mandatory diet to begin at least 2 weeks prior to your surgery date. It is okay to be on this diet for more than 2 weeks. The purpose is to reduce the size of your liver. Think Safety.

Eliminate: **Fats** (butter, fatty meats, fried food, all dairy products) **High Sugar**, and **High Carbohydrates** (bread, pasta, rice, potatoes, and other starchy foods).

Protein shake= a beverage containing protein; supplemented meal replacement beverage. Comes pre made or powder form. MIX PROTEIN SHAKES WITH ONLY WATER!

2 of your 3 meals a day will be replaced with 1 protein shake.

Option 1 per day		Option 2 per day
Breakfast: Protein Shake		Breakfast: Protein Shake
Lunch: Healthy Meal	**OR**	Lunch: Protein Shake
Dinner: Protein Shake		Dinner: Healthy Meal

Keep track of your weight:

1st day:_____ lbs.

7th day:_____ lbs.

14th day:_____ lbs.

Protein shake requirements:

- Maximum of 5 grams or less of fat per serving/ scoop
- Maximum of 7 grams or less of carbohydrates/sugars per serving/ scoop
- Minimum of 20 grams of protein per serving/ scoop

The One Healthy meal will consist of:

- 4 oz of cooked lean meat, chicken, turkey, or fish (grilled, baked, boiled, Stir fry)
- 1 cup of green vegetables (Choose: broccoli, spinach, kale, zucchini, squash, cabbage, green beans)
- 1 cup of fruit (Choose: Strawberries, blue berries, raspberries, blackberries or apples)

Acceptable protein shakes: ***Found at local grocery stores or vitamin/nutrition shops ***

- Isopure
- Protein shots
- Whey Protein
- Labrada Lean Body
- Muscle Milk Light
- Pure Protein
- EAS Advantage Edge
- Myoplex regular and lite
- BSN Syntha-6 Isolate

Acceptable Calorie-Free Liquids:

- Water, crystal light, Sugar-Free Kool-aid, Minute maid light (diluted)

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- Chicken, Beef or vegetable broth Low Sodium
- Coffee, tea: No creamer only sugar subsitute
- Diet V8 Fruit Juice and or non carbonated drink with less than 10 calories and less than 2 g of sugars

Multivitamins:

You will need to take a chewable or liquid vitamin before and after surgery.

- Adult chewable OR gummi OR liquid – read the label for serving size but usually 1-2 per day
- NOT MANDATORY: Calcium citrate with Vitamin D – chewable or liquid form, 1,000-1,500 mg per day ; take at a separate time from the multivitamins

Acceptable Snacks: (*Maximum 2 snacks per day)*

- Sugar-Free popsicles
- Sugar-Free Jello

Food Journal is not mandatory, but will help you stay on track

Date:

Breakfast:	Food:________________________ Liquids:
Lunch:	Food:________________________ Liquids:
Dinner:	Food:________________________ Liquids:
Exercise:	Type: Duration: Intensity: 1 2 3 4 5
Water:	

Date:

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For questions or concerns?

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