

Pre-operative diet

To help you achieve a safe BMI for surgery it is essential that you follow a strict calorie controlled diet. Make sure you purchase ahead of time all the supplements needed.

Please read thoroughly as this is valuable information regarding food choices while on the pre-op and a check list on what to bring during your stay.

Starting now:

1. Start taking ALL your VITALEPH supplements. While on the pre-op you need VITALEPH's Bariatric Multivitamins, B-12, Probiotics and Lypo-Solve.
2. Atkins diet, follow phase 1 (for more information at: www.atkins.com).
3. Avoid ALL type of carbohydrates. These include **fruit**, flours (bread, pasta, pastries, grains, etc.), **juices**, sugars, honey and starchy vegetables.
4. Include an unlimited amount of dark green leafy vegetables, **at least 4 cups** per day. Vegetables help control hunger, promote satiety, and improve liver functions.
 - a. Green leafy vegetables may be enjoyed steamed, cooked or raw in soups or salads, do not add dressings. You may have as many leafy vegetables as you'd like. Some examples of green leafy vegetables are spinach, romaine lettuce, celery, kale, chard, cilantro (coriander), watercress, collards, turnip greens, mustard greens, and cabbages. You may also include broccoli, asparagus, artichoke, Portobello, tomatoes, mushrooms, onions, garlic, and peppers. Avoid carrots and beets. Use herbs and spices to enhance flavor!
 - b. Limit oils or butter to 3 teaspoons in a day. You may use one teaspoon of oil to add variety of flavor thru dressings to your salads.
 - c. Avoid avocado, potatoes, edamames, soy, cob, peas, green beans or any other type of legumes like beans or lentils -these are starchy vegetables.
 - d. Avoid nuts and seeds.
5. Replace one meal with a VITALEPH Protein shake. Do not use commercial meal replacements as these are usually high in carbs.
6. Sugar free diet jello and sugar free popsicles.
7. You may have zero calorie drinks. Include organic green tea (4 cups/day), and of course, plenty of water. Make sure you that have at least 8 glasses of water every day.

14 days prior to surgery, start the pre-op surgery plan

This is a low sugar, high protein liquid diet. The purpose of this liquid diet is to help you lose the weight necessary to deplete your liver sugar stores -which will shrink and soften the liver to make surgery safer-, aid with proper nutrition, and promote healing after surgery.

Pre-op surgery plan

1. Take VITALEPH's Bariatric Multivitamins, B-12, Probiotics and Lypo-Solve, as indicated.
2. 3 to 4 VITALEPH protein shakes, mixed with water, skim milk or unsweetened milk substitutes as almond milk.
3. No carbs at all (this includes fruits and juices).
4. Continue having unlimited dark green leafy vegetables (see examples above).
 - a. Avoid avocado, potatoes, edamames, soy, cob, peas, green beans or any other type of legumes like corn, lentils and beans
 - b. Avoid nuts and seeds.
5. Absolutely, no smoking and no alcohol.
6. Hydrate with zero calorie drinks. Become a tea person! Include organic green tea (4 cups/day), and of course, plenty of water, at least 8 glasses of water every day.

Sample menu

Meal	Pre-op VITALEPH surgery plan
Breakfast	½ teaspoon of VITALEPH Probiotic powder: sprinkle or stir into beverage or with food of choice. 1 VITALEPH B-12 full dropper 1 VITALEPH Bariatric Multivitamin tablet 1 VITALEPH Lypo-Solve capsule 1 VITALEPH Protein shake mixed with water, skim milk or milk substitutes like almond, coconut, flaxseed, hemp or Ripple's milk. You may also use chilled herbal teas or infusions as the liquid base. Add 2 ice cubes!
Mid-morning	Sugar free diet jello 1-2 cups of green leafy veggies (green salad).
Lunch	1 VITALEPH Lypo-Solve capsule 1 VITALEPH Protein shake 1 large zucchini noodle pasta 1 sugar free popsicle
Evening	1-2 cup of raw or steamed green vegetables
Dinner	1 VITALEPH Lypo-Solve capsule 1 VITALEPH Protein shake Sugar free jello 1-2 cups of sautéed or stir fry vegetables.

Important notes

- Take ALL your supplements. Vitamins and minerals are necessary to promote biological processes related to weight loss, including hunger and fat burning mechanisms.
The Pre-op recommended supplements are VITALEPH's Bariatric Multivitamins, B-12, Probiotics and Lypo-Solve, available here: [VITALEPH](#)
- During the first few days, you can expect to have episodes of overwhelming hunger. It is also normal to feel a little weaker or slower than usual. However, you'll be surprised about how quickly the hunger fades. Try to keep busy with work or other errands!

Liquids

The liquids below can be taken in any amount since they do not contain sugar:

1. Water
2. Tea
3. Infusions
4. Smart water
5. Electrolyte beverages such as Pedialyte solution.
6. Sugar-free beverages such as Crystal Light*, Wyler's Light*, Sugar-free Kool Aid* or Sugar-free Tang*, diet Snapple*, diet sodas*, Fruit2O®, Propel®, coffee or tea with sugar substitute.
7. Clear broths or bouillon, low in sodium, low in fat.
8. Sugar-free popsicles* and sugar-free jello*

*These usually contain artificial flavors and colorings; we recommend avoiding artificial ingredients. If possible, as with popsicles and jello, make your own homemade version.

Exercise

Increase your activity a little every day. The more you move, the better your body will respond to losing weight. Brisk walking will help you burn some calories. Get a pedometer like Fitbit to help track your daily steps.

Do not smoke or drink alcohol (beer, wine, liquor, etc.).

You cannot drink alcohol before surgery. Alcohol provides toxic load to the liver, does not provide nutrients, is considered a sugar source, it is dehydrating, and has plenty of calories!

Alcohol gets in the way of weight loss, pre-op detoxification and post-op recovery.

CHECK LIST. Get ready for the post-op

Remember to stock up on post-op supplements, **these are not available at OCC.** **You do not need to bring any supplements to the center.** You'll resume taking protein on day 4 after surgery and the supplements on day 7 post-op.

The supplements you'll need after surgery are:

- Protein shake
- Multivitamin
- B12
- Probiotics
- Ca+D3

How to buy it? Visit the following link, go to "Plans" and chose the "Post-op plan":
[VITALEPH](#)

Stock up on drinkable yogurt, Greek yogurt, smart water, decaffeinated herbal teas, popsicles and jello.

You may bring smart water, protein water and vitamin water to our center for the first 3 days after surgery. We have water and herbal teas available at the center. Broth is available at your hotel.

2 days before surgery you need to be on liquids only.

Include:

- Bouillon; Chicken or seafood broth
- 3 or 4 VITALEPH protein shakes as meal replacements, bring enough protein powder servings to last while traveling. You will resume taking protein 4 days after surgery.
- Sugar free popsicles
- Sugar free Jell-o
- Herbal teas
- Infusions
- Strained cream soup
- Low-sugar drinkable yogurt
- Smart water
- Water

At 10 pm the day before surgery, you need to start fasting.

Take care and see you soon.