

Protein Bars and Shakes

Protein is the priority of the after surgery for multiple reasons:

1. Promotes healing after the surgery
2. Prevents loss of muscle and promotes fat loss
3. Helps keep you fuller longer (this becomes more important long term)



Your protein goal is **70-100g/day**. Your body can't absorb all of this at once, so it must be split up. Each meal should have 20-30g of protein.

The first week after surgery, you'll be on a "full-liquid" diet and protein shakes and/or powder will be considered your main meals. After that first week, you can use supplements if you're unable to hit protein goals. Long term, solid proteins (chicken, fish, etc.) will help you feel fuller longer and are recommended more often than shakes.

How To Select Your Protein Supplement



Recommended Protein Supplement Products

(see following pages for product images)

Recommended Protein Powders

- Muscle Milk
- Unjury (fruity and savory flavors available)
- Syntrax Nectar (available in fruity flavors)
- Isopure Protein Powder Whey Protein Isolate
- Body Fortress Isolate Protein Powder
- Dymatize ISO 100 Hydrolyzed Whey Protein Isolate
- Six Star Pro Nutrition Whey Isolate
- GNC AMP Pure Isolate
- Chike Nutrition Protein
- NOW Foods Whey Protein Isolate
- Bariatric Fusion High Protein Meal Replacement (savory option available)

Recommended Protein Waters *(Can also use these for clear liquid diet 48 hours before surgery)*

- Isopure Zero Carb Protein
- BiPro Protein Water
- Lift by Atkins
- Protein2O (also available in single servings packets)
- Premier Clear

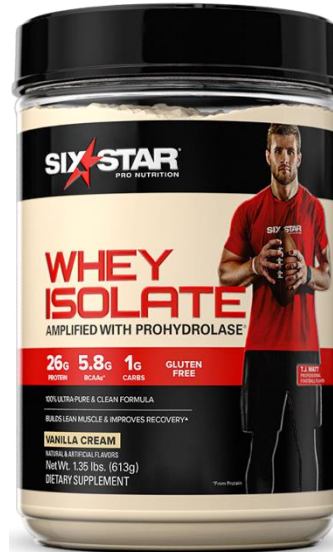
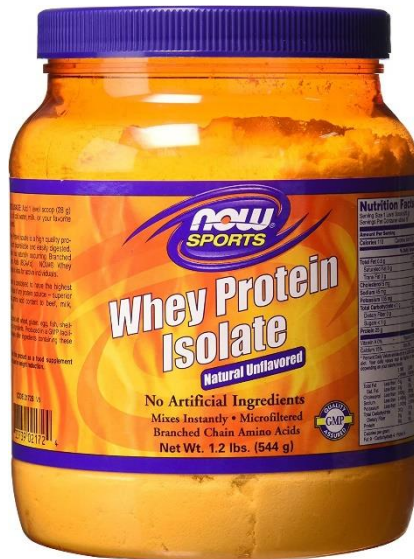
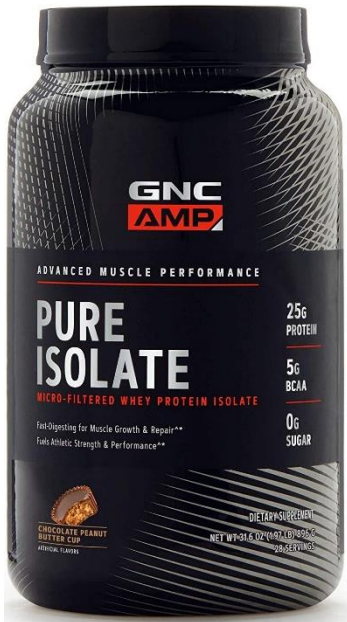
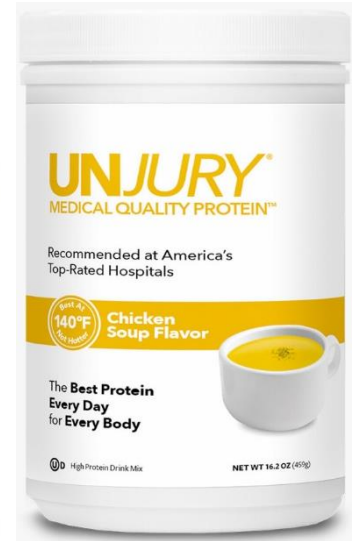
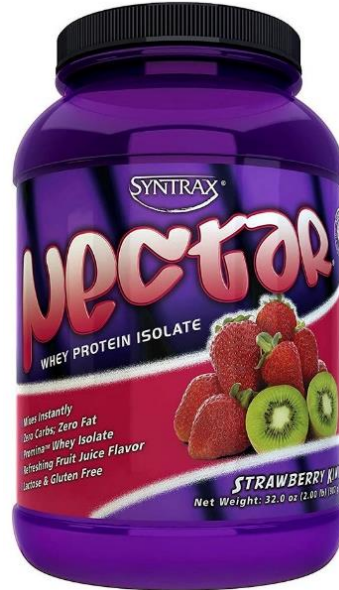
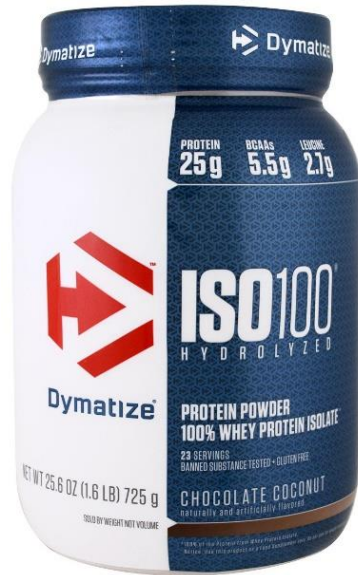
Recommended Pre-Made Shakes

- Muscle Milk (Pro Series or Genuine)
- EAS AdvantEDGE Carb Control
- EAS Myoplex Shred
- Unjury
- Six Star Clean Protein Shake
- Fairlife

Recommended Protein Bars *(not to be used until week 3 post-op)*

- Quest Protein Bar & Quest Hero Protein Bar
- ONE Protein Bar
- Fit Crunch
- Think! Crisp Protein Bars
- Built Bars

Recommended Protein Supplement Products – Protein Powders

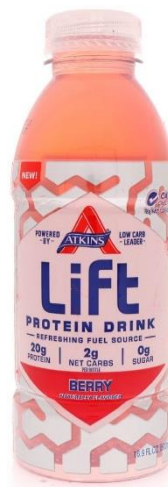


(not all recommended products are shown)

Recommended Protein Supplement Products – Pre-Made Shakes



Recommended Protein Supplement Products – Protein Waters



Recommended Protein Supplement Products – Protein Bars



Note: protein bars are NOT required – they are an easy, convenient way to get protein in, but they are not needed if you don't like them.

NOT ALL BARS ARE CREATED EQUAL! Breakfast bars and bars that say "protein" are sometimes high in sugar/carbs and lower in protein than you'd think.

Which Supplement is Right for You?

Premade Shakes

Pros: Convenient for on-the-go lifestyles. Shelf stable. One shake = 1 serving.

Cons: Not as many flavors available. Sometimes limited availability in-store. More expensive than protein powder. Should be refrigerated after opening.

Protein Water

Pros: Fruity flavors instead of milky flavors/texture. Appropriate for clear liquid pre-op diet. One water = 1 serving. Shelf stable.

Cons: Limited flavors. Lower in protein content than shakes or powders.

Protein Powder

Pros: More versatile – can add into smoothies and other food items to increase protein content. Wider variety of flavors; sweet and savory flavors. More cost-effective. Shelf-stable.

Cons: Requires preparation. Must measure out serving size.

Protein Bars

Pros: Convenient grab-n-go option. Solid food is often time more filling/satiating. Lots of dessert-like flavors. No refrigeration required.

Cons: Higher in carbohydrates. Can't use during the first couple weeks after surgery.

Where to Purchase

Amazon, Google, GNC, Vitamin Shoppe, Target, Walmart, grocery store, BJ's, Sam's Club, Costco
Try GNC or Vitamin Shoppe to purchase individual products

TIPS: The Walgreens at GBMC sells Unjury and Nectar samples. If you purchase at GNC or Vitamin Shoppe and don't like the product, you MAY be able to return within 30 days.

DO NOT use collagen based protein water (usually in the form of protein "shots" or "test tubes" such as Profect and New Whey). Collagen is considered an incomplete protein.

Check out wholesale websites like bariatricpal.com or bariatricfooddirect.com to order samples of different brands to try!