

## Diet Progression Summary

3 weeks before surgery: starch free OR 50 gm NET carbs per day or less



**Before surgery:**  
**48 hours before**



### Clear Liquids

Any liquid you can see through: Water, sugar-free drinks, broth, sugar-free gelatin, sugar-free popsicles, **Premier Clear Protein water**, **Unjury chicken soup** or **Isopure**



**After surgery:**  
**Day 1 – Day 7**  
**at home**



### Full Liquids

Pourable liquids (**protein shakes**, **skim milk**, **unsweetened almond milk**, **yogurt smoothies**, **soups**)

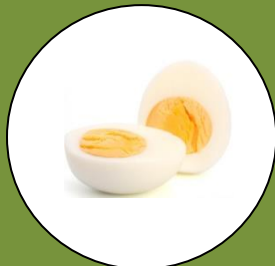
**After surgery**  
**Day 8 – Day 14**  
**at home**



### Pureed Diet

Full liquids plus **pureed cottage cheese**, **blended meats** and **blended soups** etc.

**After surgery**  
**Day 14 – Day 30**  
**at home**



### Soft Diet

Moist, soft foods **exclude** **tough meats**, **raw veggies** or **tough fruits with skins**

**1 Month and**  
**beyond**



### Regular Diet

Reintroduces tougher, drier meats and raw vegetables at 6-8 wk mark – **aim for 3 meals per day with ~30 grams of protein per meal**

# Clear Liquid Diet: 2 days (48 hours) before surgery

*(no food/drink after midnight the night before surgery!)*



- Liquids at this stage must be **see-through fluids** (NO pieces)
- **No sugar, carbonation, caffeine, or alcohol**
- **You should stay VERY hydrated at this stage, drinking every half hour**

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## Recommended Liquids

Water
Sugar-free flavored water (e.g. Crystal Light, Mio, True Lemon)
Herbal or decaf Tea (no caffeine)
Powerade Zero, Propel, Gatorade Zero, Vitamin Water Zero
Any kind of broth (NO pieces/chunks), bone broth or wonton soup broth
Diet (caffeine free) iced tea
Sugar-free Jello (any color)
Sugar-free popsicles (any color)
<b>Atkins' Lift Protein Water</b>
<b>Special K Protein Water (clear type)</b>
<b>Designer Whey 2 Go Protein Water</b>
<b>Premier Clear</b>
<b>Protein 2 O</b>
<b>Unjury Chicken Soup flavor</b>

# Full Liquid Diet: Day 1 – Day 7 at home (after surgery)

*Focus on 64 oz. fluid, MAY NOT meet protein goals at this stage*



- **BEGIN VITAMIN SUPPLEMENTS AT THIS STAGE (take multivitamin after protein shake – need some calories in stomach to avoid nausea)**
- Sip clear fluids every 10-15 minutes to prevent dehydration
- Be sure that liquids contain no chunks or pieces, no solid foods

Recommended Liquids (use these as your “meals” and stay hydrated with water and sugar free fluids in between)

Shakes made with **protein isolate**

Mix powder with skim or 1% Milk, unsweetened soy or unsweetened almond milk

Dannon Light and Fit Yogurt **drinks** (or yogurt watered down with milk or water)

Low Fat Cream Soups (strain the soup - no chunks) + scoop unflavored protein powder

Pacific or Imagine boxed soups (non-starchy veggie) + scoop unflavored protein powder

**See next page for sample schedule**

## Post-Op Day 1-7 Sample Day (Full Liquids)

8:00am – **4 ounces protein shake**

8:30am – **4 ounces protein shake**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces Powerade Zero

10:00am - Sugar-free popsicle

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - **4 ounces protein shake**

12:00pm - **4 ounces protein shake**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces Beef Broth

1:30pm - 4 ounces water

2:00pm - 4 ounces water

2:30pm - **4 ounces protein shake**

3:00pm – **4 ounces protein shake**

3:30pm - 4 ounces chicken broth

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - **4 ounces protein shake**

6:30pm - **4 ounces protein shake**

7:00pm - 4 ounces water

7:30pm - 4 ounces Diet V8 Splash (not V8 light)

8:00pm - 4 ounces Sugar Free Jell-O

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### **TIP:**

- **YOU CAN SIP CLEAR LIQUIDS EVEN MORE OFTEN (EVERY 10-15 MINUTES) TO HELP YOU REACH YOUR FLUID GOALS!**

## Full Liquids Sample Menu

Focus on 64 oz fluid a day, and at least 70g protein (may not be able to meet this goal for first few weeks)!

Sample Menu #1	Protein
1 Cup water w/ 1 scoop Unjury strawberry protein powder	20 g
1.5 Cups Water	0 g
½ Cup (4 oz) sugar free Jello	0 g
1 cup water w/ 1 Scoop Bariatric Advantage protein powder	15 - 20 g
2 Cups Crystal Light	0 g
2 Cups Water	0 g
1 scoop Unjury with 1 cup water	21 g
2 Cups sugar-free Kool Aid	0 g
½ Cup sugar-free pudding thinned w/ skim milk	4 g

Remember that foods at this stage should be a “pourable” consistency!

Sample Menu #2	Protein
1 Atkins’ Lift Protein Water	20g
2 Cups Powerade Zero	0 g
2 Cups water	0 g
1 cup skim milk mixed with 1/3 cup nonfat dry skim milk powder	16g
2 cups Crystal Light	0 g
1 Cup Diet V8 Splash mixed with 1 scoop Unjury unflavored protein powder	20g
1 carton (6 oz) Dannon Light and Fit yogurt thinned with 1/3 cup skim milk	15 g
Sugar Free Popsicle	0 g
½ cup sugar-free pudding thinned with skim milk	5 g
2 Cups Crystal Light	0g

Sample Menu #3	Protein
2 cups Crystal Light	0 g
1 Dannon Light n Fit yogurt thinned with 1/3 cup skim milk	15g
1 cup water + 2 scoops Bariatric Advantage High Protein Meal Replacement	27 g
2 Cups Water	0g
1 bottle Protein 2o	15g
1 cup V8 Splash + 1 scoop Unjury unflavored protein powder	20 g
2 Cups Water w/ SF Mio flavoring	0g
1 Atkins’ Lift Protein Water	20 g
1 sugar-free popsicle	0 g
1 Cup Powerade	0g

<b>Full Liquids Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
<b>COMMERCIAL PRODUCTS</b>		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
<b>SOUPS</b>		
<b>ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>Tomato soup may be too acidic at this point</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g



## Puree/Smooth Diet: 2<sup>nd</sup> Week at Home

### Goals for this stage:

- May not meet protein goals
- 64 oz. fluid each day
- 3-6 meals each day
- Eat slowly, and stop eating as soon as you feel satisfied
- Do not drink with meals or ½ hour after meals (may drink up to your meal)

### Meal size:

**$\frac{1}{4}$  cup -  $\frac{1}{2}$  cup**

**(Do not try to increase meal size)**

Recommended Foods
Greek Yogurt (no solid fruit pieces)
Meat soups pureed in blender AND strained to remove all pieces
Plain low/nonfat yogurt + protein powder
Pureed chicken, canned tuna, eggs, with low fat mayo (mash it w/ a fork, finely)
Scrambled eggs (mash it w/ a fork, finely)
Pureed non-starchy vegetables (e.g. cauliflower mash) + unflavored protein powder
Sugar free, fat free pudding + protein powder
Silken Tofu, Low/Nonfat Cottage Cheese pureed
Very soft low fat cheeses like laughing cow light wedges
Thicker smoothies with skim milk or unsweetened soy/almond, fruit, scoop of protein powder (You may choose to do this whole week with just smoothies and protein shakes – that's ok! Move on to soft foods after this week)
Unsweetened applesauce + unflavored protein powder

**See next page for sample schedule**

## Post-Op Day 7-14 Sample Day (Puree/Smooth Foods)

8:00am – ¼ cup to ½ cup scrambled eggs mashed finely

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ¼ cup to ½ cup of tuna with light mayo mashed finely

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ¼ cup to ½ cup of yogurt without pieces (and less than 15 grams of sugar)

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ¼ cup to ½ cup of sugar free pudding with protein powder added (amount of powder will vary based on texture)

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### Notes:

- You may still have protein shakes or thicker smoothies for a meal
- Bite size should be the size of a dime or jelly bean
- Do not exceed ½ cup per meal
- Meals should last ~30-40 minutes maximum
- **You may eat 3 to 6 small meals per day – this is just a sample**



# Pureed/Smooth Foods Sample Menu (day 7-14 at home)

Meals are about ¼ cup to ½ cup

Sample Menu #1		Protein
Breakfast	1 scrambled Egg, mashed w/ fork	7 g
Lunch	1-2oz pureed/mashed ground turkey w/ 2 tbsp zucchini puree	7-14 g
Dinner	1 oz pureed pork tenderloin blended with ¼ cup low fat cream of mushroom soup	10 g 2 g
Between Meals	1 cup fat free milk Cauliflower puree w/ 1 scoop unflavored Unjury 64 oz calorie-free beverages (besides protein)	8 g 21 g 0 g

Sample Menu #2		Protein
Breakfast	3 oz Light n Fit Yogurt w/ 1 scoop Unjury protein powder	3 g 21 g
Lunch	1-2 oz pureed ham	7-14 g
Dinner	1/2 cup butternut squash soup + 1/2 scoop <i>chicken soup</i> Unjury protein powder	11g
Between Meals	32 oz Crystal Light 1 Atkins' Lift Protein Water 1 Cup Diet V8 Splash with 1 scoop Unjury unflavored protein powder 32 oz Water	0 g 20 g 20 g 0g

Sample Menu #3		Protein
Breakfast	½ cup pureed cottage cheese w/ 1 tbsp sugar free jelly	12 g
Lunch	1-2 oz pureed chicken thigh blended with ¼ cup fat free poultry gravy	8-15 g
Dinner	1-2 oz canned water-packed tuna pureed w/ low fat mayo 1 oz low fat mozzarella cheese, melted	7-14 g 7g
Between Meals	1 cup skim milk mixed w/ 1 scoop Unjury vanilla powder 1 Yogurt smoothie (yogurt + milk + protein powder blended) 64 oz calorie-free beverages (besides protein waters)	20 g ~20 g 0 g

<b>Puree Diet Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>VEGETABLES</b>		
Any vegetable that can be cooked very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Unsweetened Applesauce	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats (sliced extra thin)	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
NOTE: All must be finely mashed or pureed when consumed		
<b>SOUPS</b>		
<b>ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g



## Soft Diet: 3<sup>rd</sup>/4<sup>th</sup> Week at Home

Serving size: ½ cup

Bite size – size of a dime

**CHEW 30 TIMES, swallow, wait 30 seconds for next bite!**

- All proteins should be moist and soft
- At meals, protein should be consumed first, followed by non-starchy vegetables, followed by small amounts of fruit
- Raw vegetables and tougher meats should not be introduced during this stage as they are difficult to digest (wait 6-8 weeks after surgery for this)

Recommended Foods
Moist, soft proteins
Scrambled or hard boiled eggs
Shredded chicken/tuna w/ light mayo
Tofu
Baked or steamed fish
Soft/microwaved protein bars for 10 sec
Thinly sliced lean meats or low fat cheeses
Reduced fat string cheese or cottage cheese
Softly cooked vegetables (eat protein first)

Note: Keeping a food journal at this stage forward can be very helpful to refer back to if you feel that you did not tolerate food well on a certain day.

**See next page for sample schedule**

**EAT PROTEIN  
FOODS FIRST!**

## Post-Op Day 14-30 Sample Day (Soft Foods)

8:00am – ½ cup ricotta bake casserole (look up recipe)

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ½ cup cut up turkey with sugar free cranberry sauce

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounce water

2:00pm - 4 ounces True Lemon

2:30pm - ½ cup sliced deli ham and low fat sliced cheese

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Mio drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup chicken salad with low fat mayo

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### Notes:

- Bite size should be size of a dime or jelly bean
- Chew 25-30 times
- Everything should fit into ½ cup
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**
- Eat your protein first!

## Soft Foods Sample Menu

Meals are no more than  $\frac{3}{4}$  cup and protein foods are at least 75% of the meal  
Eat SLOWLY over 30 min and chew well!

Sample Menu #1		Protein
Breakfast	Omelet (2 eggs, 1 oz low fat cheese, $\frac{1}{4}$ cup sautéed veg)	19 g
Lunch	3 oz deli ham wrapped around low fat string cheese stick	30 g
Dinner	$\frac{1}{2}$ cup chili (no beans) made with lean beef	13 g
Between Meals	1-2 cups Diet V8 Splash + 1 Scoop Nectar protein powder	23g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #2		Protein
Breakfast	$\frac{1}{2}$ cup low-fat cottage cheese	14 g
	1 tbsp canned peaches (canned in own juice, not syrup)	0 g
Lunch	2 oz lean deli turkey breast	13 g
	1 oz stick string cheese	7 g
Dinner	$\frac{1}{3}$ to $\frac{1}{2}$ cup tuna salad made w/ low fat mayo	15 g
	2-3 small pieces <i>very well-cooked</i> steamed mixed veggies	1 g
Between Meals	2 scoops Bariatric Advantage protein powder + 1 cup skim milk	35 g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #3		Protein
Breakfast	1 oz Canadian Bacon	7g
	1 Large egg, poached	6g
Lunch	1 small turkey burger (3 oz)	21 g
	1 slice low fat American cheese (1 oz)	7 g
Dinner	3 oz shrimp (grilled, boiled or steamed)	20 g
	2-3 pieces <i>very well cooked</i> steamed mixed veggies	1 g
Between Meals	64 oz calorie-free beverages (besides protein)	0 g
	Dannon Light n' Fit	5 g
	1 Cup Skim milk	8 g

<b>Soft Foods Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>VEGETABLES</b>		
Any vegetable that can be cooked very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Soft Fresh Fruit	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
Atkins' Lift Protein Water	1 bottle	20 g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Light Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
<b>SOUPS</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello Gelatin	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g

## Regular Diet: 1 Month Post-Op

Incorporate 1-2 new foods a day

**Meal size:**

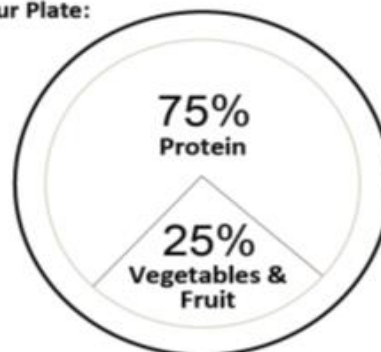
**$\frac{1}{2}$  cup –  $\frac{3}{4}$  cup**

### REMEMBER

- Avoid grazing between meals
- Choose low fat protein sources as much as possible
- Wait until **6-8 weeks** to bring back dry or tough meat—like steak, pork chop, or veal—and fibrous produce like raw broccoli, salad, apples, etc.
- **AVOID ALL STARCHES until post-op month six, and then low starch indefinitely**
- **You will eventually get up to 1 cup of food at a time. Stay there! Do not exceed 1.5 cups at a sitting.**
- Try one new food at a time, and try keeping a journal documenting intake/symptoms to see how you tolerate each food
- **If you feel like you're hungry often and you're getting all of your protein in, try increasing your intake of non-starchy veggies. These are very satisfying for very few calories.**
- Try to slowly reduce the number of protein shakes you consume and replace them with solid food sources of protein. Patients who consume more solid protein tend to see better long-term weight loss than those who get most of their protein from liquid shakes.

If you do vomit or feel that food is "stuck," stop eating and return to a liquid diet until symptoms resolve.

Your Plate:



**See next page for sample menu**

## Post-Op Day 30 and beyond Sample Day (Regular Foods)

8:00am – ½ cup to ¾ cup boiled eggs and turkey bacon

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ½ cup to ¾ cup chicken with Sugar Free BBQ sauce and grilled vegetables

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ½ **protein bar**

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup to ¾ cup turkey meatball and cauliflower mash

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7:00am – Omeprazole

8:00am – 2 servings Multivitamin

10:00am – 500mg Calcium Citrate

12:00pm – 500mg Calcium Citrate

2:00pm – 500mg Calcium Citrate

### Notes:

- Wait 6-8 weeks for crispy, raw vegetables and fruits (including salads) and dry, tough meats like steak
- **You will eventually reach up to 1 cup of food at a time**
- **Do not exceed 1.5 cups at any meal**
- Always eat your protein first!



# Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

## Avoid Overeating

Eating too much food at a meal can cause discomfort, vomiting and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to  $\frac{1}{2}$  cup initially and work up to  $\frac{3}{4}$  to 1 cup as tolerated
- Portioning out meals using measuring cups/spoons or diagrams
- Stopping when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.

## Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked. *Also call your doctor if you feel you are unable to consume adequate nutrition for a prolonged period of time or feel you are becoming malnourished.*

## Other Tips

### Eat in a relaxed atmosphere

Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

### Limit chewing gum

Chewing gum is not recommended! If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

### Avoid Carbonated Beverages

Avoid for at least 3 months, and avoid forever if not tolerated

# Cheat Sheet

## FLUIDS

### 64oz + every day!

(No drinking with meals or 30 min after meals)

Avoid:

- Caffeine (for 1 month)
- Carbonated drinks (forever, unless tolerated)
- Drinks with sugar, even juice including OJ (forever)
- Decaf coffee (for ~2 weeks, or until tolerated)
- Alcohol (for at least 1 year)

**Your water bottle should go EVERYWHERE with you.**

## DIET PROGRESSION

(@ home after surgery)

3 weeks prior to surgery: no starches or 50g net carbs per day

48 hrs. before surgery: clear liquids

Post-op

Week 1 at home: Full Liquids

Week 2 at home: Pureed Foods

Weeks 3 and 4 at home: Soft Foods

1 month: Regular Diet

\*See diet packet for more info on each stage

Chew 30+ times per bite and

**STOP as soon as you feel satisfied!**

## VITAMINS/MINERALS

Every day for the rest of your life!

Bariatric multivitamin: 1 serving/day

Calcium Citrate + Vitamin D

- 3 times per day (500mg each)
- Must be calcium citrate (*check the back of the label*)

**ALL 4 DAILY SUPPLEMENT DOSES MUST BE TAKEN AT LEAST 2 HOURS APART**

## PROTEIN

70-100 g every day

Supplements must have ***“isolate”*** as the first ingredient (*whether its whey isolate, soy isolate, milk isolate, etc.*) especially right after surgery

**ALWAYS EAT PROTEIN FIRST AT MEALS!**

Protein helps keep your metabolism strong for optimal weight loss

# Possible Food Intolerances

After surgery, some food can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy) . Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. If you have a bad reaction, try that food again in a few weeks. Possible intolerances include:

## MEATS

- Red meat
- Pork
- Poultry (if dry)
- Shellfish



Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker.

## VEGETABLES

- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts)



## MILK

If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.



## FRUIT

- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit



## BREAD

- Dense bread
- Bagels
- Pasta
- Biscuits



Try pitas, crackers, or toasting bread for better tolerance.

## BEANS/NUTS/SEEDS

- All nuts and seeds
- Legumes or beans
- Chunky peanut butter



## OTHER FOOD

- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food

