TO HELP YOU LOSE WEIGHT AFTER YOUR GASTRIC BYPASS REVISION, YOU CAN CYCLE BETWEEN SOLID AND LIQUID FOODS AS PER THE INSTRUCTIONS BELOW:

- Start with 2 weeks of protein shakes (Stage 3)
- Then revert back to the solid calorie diet (Stage 5) for 2 weeks.
- DO NOT eat solids when taking in protein shakes and do not drink protein shakes when eating the solid calorie diet.

These stages are reproduced below for your convenience:

**STAGE 3: PROTEIN SHAKES**

*Begin:* 24 hours after procedure

*Duration:* 45 days

*Fluid Goal:* 60 ounces per day  
(protein drinks count towards fluid goal)

*Protein Goal:* 60 grams per day

*Calorie Goal:* 900 – 1000 calories per day

*Vitamins:* 1) **TWO** chewable multivitamins (children’s or adult)  
- Centrum adult or children’s complete chewable  
- Flintstone’s complete chewable  
  OR  
  **TWO** tablespoons of liquid multivitamin  
  - Centrum liquid

2) Calcium Supplement with Vitamin D 1200 – 1500mg per day  
- Maximum 500 mg per dose  
- Calcium Citrate is preferred due to better absorption

DO NOT take the multivitamin and calcium at the same time taking together may interfere with each other’s absorption

*Diet instructions:*  
- Record all fluid intake  
- Use 1 ounce medicine cups and take 1 sip every 5mins  
- Do not exceed 8 ounces per hour  
- Sip slowly and stop as soon as you feel full  
- Do not use straw  
- Avoid gulping, it introduces air into your system and may cause gas pains  
- Plan ahead and have the protein drinks ready to drink  
- Do not drink with meals  
- It is **VERY** important that you stay hydrated
Guidelines for High Protein Supplement:
- Calories: 150-200cal/serving
- Protein: minimum of 15gm/serving
- Sugar: maximum of 10gm/serving

Fluid options: All from Stage 1:
- Water
- Crystal light
- Propel Fitness Water or G2
- Bouillon or broth
- Fruit2O
- Decaffeinated coffee or tea (Diet Snapple)
- "Flat" decaffeinated diet soft drink or diet ginger ale
- Sugar – free popsicle (less than 20 calories each – limit 2-3 per day)

Sample Meal Plan:
8am 8oz Protein drink – 100-150cal
9am 8oz Water
10am 8oz Protein drink – 100-150cal
11am 8oz Water
12pm 8oz Protein drink – 100-150cal
1pm 8oz Water
2pm 8oz Protein drink – 100-150cal
3pm 8oz Water
4pm 8oz Protein drink – 100-150cal
5pm 8oz Water
6pm 8oz Protein drink – 100-150cal
7pm 8oz Water
8pm 8oz Protein drink – 100-150cal
9pm 8oz Water

Sample protein shakes: See the end of this handout

STAGE 5: SOLID CALORIE DIET

Start: 2 months postoperatively

Duration: Ongoing

Diet Instructions:
- 900 – 1200 calories a day
- Do not consume protein shakes unless directed to do so by your physician
- all beverage should have zero calories, for example Crystal Light, Diet Snapple, Fruit 2O, water (see Fluid options above)
- Avoid all high calorie and soft, mushy foods that can easily pass though a dilated gastric pouch or dilated GJ outlet (stoma).
- Avoid any foods that dissolve in your mouth or do not require chewing
- Avoid all highly refined or processed foods
- Avoid condiments
  - i.e. butter, gravy, cream cheese, peanut butter, oil
- Avoid liquid calories, all beverage should have zero calories
  - Crystal Light, Diet Snapple, Fruit 2O, water, etc are ok to drink
- **Examples of foods to avoid:**
  - Beverages high in calories
    - Fruit juice, fruit smoothie or frappes
    - power drinks, soda, coffee with added cream or sugar
  - Foods that do not require chewing
    - Soups, cottage cheese, yogurt, peanut butter, mashed potato
    - apple sauce, pudding, ice cream
  - Foods that dissolve in your mouth
    - White rice, white bread, crackers, chips, pretzel, cereal
  - Foods that are processed
    - Cookies, protein bar, prepackaged foods, frozen meals
    - Fast food, 100 calorie packs of any kind
- **We encourage you to eat solid, bulky, high fiber, low fat foods.**

**Sample Diet Plan:**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food</th>
<th>Liquid</th>
<th>Calories</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>-1 scrambled egg</td>
<td></td>
<td>78</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>-1 piece whole wheat toast</td>
<td></td>
<td>100</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>-2 links turkey sausage</td>
<td></td>
<td>140</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>8 oz Decaf coffee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>1 serving fruit</td>
<td></td>
<td>60</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Chewable Calcium</td>
<td>8 oz water</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lunch</td>
<td>2 cups salad greens with non-starchy</td>
<td></td>
<td>250-330</td>
<td>21-28</td>
</tr>
<tr>
<td></td>
<td>vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 oz grilled/steamed chicken</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2 teaspoons oil</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Tablespoon vinegar OR 1 Tablespoon light dressing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Herbs, salt, pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Chewable Multivitamin</td>
<td>8 oz water</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 hard boiled egg</td>
<td></td>
<td>78</td>
<td>6</td>
</tr>
<tr>
<td>Dinner</td>
<td>8 oz water</td>
<td></td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>-3 oz grilled/steamed/ poached fish</td>
<td></td>
<td>120-150</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>-1 cup steamed broccoli</td>
<td></td>
<td>50</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>-1/3 cup sweet potato</td>
<td></td>
<td>80</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Sodium free herbs/seasoning</td>
<td></td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Snack</td>
<td>Chewable Calcium</td>
<td>8 oz water</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving fruit</td>
<td></td>
<td>60</td>
<td>0</td>
</tr>
</tbody>
</table>
Variations:

**Instead of:**

1 Egg  
2 turkey sausages  
1 piece whole wheat toast  

**Use:**

¼ cup Egg beaters (30 calories, 6 g protein)  
2 veggie sausages (120 calories, 13 g protein)  
½ Whole wheat English Muffin  

**Breakfast above**  
1 cup skim milk and ½ cup of steel cut or Irish oatmeal  

1 serving fruit in AM  
1 Tablespoon vinegar  
1 hard boiled egg  

**Lunch above**  
3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)  
1 Tablespoon regular salad dressing  
2 Tablespoons light salad dressing  

8 oz water  
0  
0  

<table>
<thead>
<tr>
<th></th>
<th>8 oz water</th>
<th>0</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8 oz water</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>64 oz water</strong></td>
<td><strong>1021-1131</strong></td>
<td><strong>75-82g</strong></td>
</tr>
</tbody>
</table>

8 oz water  

Dinner above  
1 cup cooked vegetables  

3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (brown rice, whole grain pasta, baked potato)  
2 cups raw vegetables (exclude starchy vegetables, such as peas, corn, potatoes, lima beans, plantain, squash, and yams)
### Protein drink options:

- **Isopure** – 40gm protein (liquid beverage), 25gm protein (1 scoop powder)
- **Liquacel** – 16gm protein, 0gm sugar (available at Target)
- **Gelatein** – 20gm protein, 0gm sugar:
- **Slim Fast High Protein** – 20gm protein, 2gm sugar
- **Premier Protein** High Protein Shake – 30gm protein, 1gm sugar
- **Muscle Milk Light** – 20gm protein, 0gm sugar
- **EAS Myoplex Lite** – 20gm protein, 4gm sugar
- **EAS Advant Edge Carb Control** – 17gm protein, 0gm sugar
- **Pure Protein** – 35gm protein, 1gm sugar
- **Body Fortress Whey** Protein Powder – 30gm protein, 1gm sugar
- **Ensure High Protein** – 25gm protein, 5gm sugar
- **Glucerna Hunger Smart Shake** – 15gm protein, 6gm sugar
- **Optisource** – 24gm protein, 0gm sugar
- **Optifast HP** – 26gm protein, 10gm sugar

### High Protein Food choices

**Gelatein 20**

- Serving size 4 oz
- Calories 90
- Protein 20 gm
- Sugars 0 gm

Available online only

**Six Star Whey Isolate**

- Serving size 8 oz
- Calories 140
- Protein 30 gm
- Sugars 0 gm
Available at Wal-Mart, Target, CVS pharmacy and online

**Liquacel**

- Serving size 4 oz
- Calories 90
- Protein 16 gm
- Fat 0g
- Sugar 0gm

Available online at Target.com

**Muscle Milk Light Protein Shake**

- Serving Size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm

Available at Wal-Mart, Target, GNC, Vitamin Shoppe and online

**Muscle Milk Light Protein Powder**

- Serving size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm

Available at Wal-Mart, Target, GNC, Vitamin Shoppe and online
Optisource: Very High Protein Drink

- Serving size 4 oz
- Calories 100
- Protein 12 gm
- Sugars 0 gm

Available online only

Optifast HP
• Serving size 8 oz  
• Calories 200  
• Protein 26 gm  
• Carbohydrate 10 gm  

Available online only  

**Glucerna Hunger Smart Shake**

• Serving Size 11 oz  
• Calories 180  
• Protein 15 gm  
• Sugars 6 gm  

Available at Wal-Mart, Target and online  

**Ensure Active High Protein**

• Serving size 14 oz  
• Calories 210  
• Protein 25 gm  
• Sugars 5 gm  

Available at Wal-Mart, Target, Walgreens and online  

**Body Fortress Super Advanced Whey Protein**

• Serving Size 1 scoop (50 gm) in 8 oz  
• Calories 200  
• Protein 30 gm  
• Sugars 4 gm  

Available at Wal-Mart, Target, Walgreens pharmacy and online
**Pure Protein Shake**

- Serving size 11 oz
- Calories 170
- Protein 35 gm
- Sugars 1 gm

Available at Wal-Mart, Target and online

**Isopure Zero Carb Drink**

- Serving size 10oz
- Calories 80
- Protein 20gm
- Sugars 0gm

Available at GNC, Vitamin Shoppe and online

**Isopure Low Carb Protein Powder**

- Serving size 8oz
- Calories 210
- Protein 50gm
- Sugars 1gm

Available at GNC, Vitamin Shoppe and online
**Premier Protein High Protein Shake**

- Serving size 11oz
- Calories 160
- Protein 30gm
- Sugars 1gm

Available at Wal-Mart, BJ’s, Costco and online

**EAS Myoplex Lite**

- Serving Size 11oz
- Calories 170
- Protein 20gm
- Sugars 4gm

Available at Wal-Mart, Target, major grocery stores and online

**EAS 100% Whey Protein**

- Serving Size 1 scoop (39gm) in 8oz
- Calories 150
- Protein 26gm
- Sugars 2gm

Available at Wal-Mart, Target, major grocery stores and online