2 Weeks Before Surgery: Preoperative Diet For Diabetes

Start this diet 2 weeks before your surgery. This diet is required and helps shrink your liver which makes a safer and easier surgery.

Instructions:
- Eat every 3-4 hours and drink at least 64 oz of sugar-free beverages (water, Crystal Light, Fruit2O, etc.) to help manage hunger
- Sweets and alcohol are **not** allowed on the pre-op diet. Bread, rice, pasta, starchy vegetables (potatoes/peas/corn/squash) are limited.
- **On the day of surgery:** Start to drink 1 carbohydrate drink (12oz Clearfast, or 12oz Gatorade) 3 hours before surgery and finish within 2 hours of surgery (Refer to "Preparing for your bariatric surgery guide")

This diet provides 5 different eating events per day including: 2 protein shakes, 2 snacks and 1 meal.

**Example:**

- 8am- **Shake**
- 10am- **Snack**
- 12pm- **Shake**
- 3pm- **Snack**
- 6pm- **Meal**

<table>
<thead>
<tr>
<th>Protein Shake Options (Drink 2 every day)</th>
<th>Snack Options (Eat 2 every day)</th>
<th>Meal requirements (Eat 1 meal every day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ready to drink options:</td>
<td></td>
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<tr>
<td>- Glucerna Hunger Smart*</td>
<td>- 1 small apple + 1 TBSP nut butter</td>
<td>Your 1 meal should contain:</td>
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<tr>
<td>- Ensure High protein *</td>
<td>- 15 grapes + 1 cheese stick</td>
<td>2 fat servings</td>
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<tr>
<td>- Boost Glucose Control*</td>
<td>-1/2 cup cottage cheese + 1 serving fruit</td>
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<tr>
<td>- Orgain Clean Protein or Nutritional Shake*</td>
<td>-1 Hard boiled egg + 1 serving fruit</td>
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<tr>
<td>- Premier Protein with Oats</td>
<td>-1 container Oikos Triple Zero Yogurt + 14 almonds</td>
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<tr>
<td>Powders (mix with skim (fat-free) or 1% milk, lactaid milk, plain soy milk, or unsweetened oat milk):</td>
<td>-1/2 cup red pepper strips + ½ cup carrot sticks + ¼ cup guacamole</td>
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<tr>
<td>- Optimum Nutrition Gold Standard Whey</td>
<td>-1 cup raw veggies + 3 Tbsp hummus</td>
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<tr>
<td>- Designer Whey</td>
<td>-1/4 cup Biena Chickpea Snacks</td>
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<tr>
<td>- Quest Protein</td>
<td>- Nature Valley Protein Bar</td>
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<tr>
<td>- Isopure Zero Carb*</td>
<td>- Pure Protein Bar</td>
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<tr>
<td>- Syntrax Matrix</td>
<td>- Built Bar</td>
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<tr>
<td>- Unjury*</td>
<td>- Fiber One Protein Bar</td>
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<td></td>
<td>- Power Crunch Bar</td>
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<tr>
<td>*Lactose free. See shopping guide for more information</td>
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</tbody>
</table>

Additional details and example meals on next page.
Preoperative Diet Sample Day

Shake    Snack    Shake    Snack

Serving sizes and additional food choices are listed in pages 21-26 of your Nutrition Guidelines booklet.

Allowed Low Calorie Condiments/Seasonings:
Fresh or dried herbs, spices, Mrs. Dash Seasoning Blends, Buffalo Sauce, Hot sauce, Soy Sauce/Tamari, Low Sugar Ketchup (max 2 tbsp), Vinegars, Mustards
### Baked Chicken & Mashed Potato
- 4 oz baked chicken thigh (cooked)
- 1 ½ cup zucchini and yellow squash (steamed)
- ½ cup mashed potato (½ medium potato)
- 2 tablespoons light margarine

**Instrucciones:** Hornee el pollo en un horno a 425F durante ~ 35 minutos hasta que los jugos salgan claros. Picar media papa y hervir durante ~ 15 min hasta que estén tiernas. Escurre la papa y el puré con 1 cucharada de margarina. Use la otra cucharada de margarina para la calabaza.

### Turkey Chili
- 4 oz ground turkey (cooked)
- ½ cup cooked peppers and onions
- ½ cup kidney beans
- 1 cup tomato sauce
- 1 Tbsp Avocado
- 1 tbsp sour cream
- Mrs. Dash Chili Seasoning Packet (optional)

**Directions:** Mix turkey, peppers/onions, beans and tomato sauce in a small pan. Add 1 tsp chili seasoning packet. Mix until heated through, ~10 minutes. Top with avocado and sour cream.

### Turkey Meatballs
- 4 oz Turkey Meatballs (pre-cooked, frozen)
- 1/2 cup tomato sauce
- ½ cup cooked whole wheat pasta
- 2 cups salad
- 2 tsp olive oil
- 1 tbsp red wine vinegar

**Directions:** In a saucepan add the sauce and meatballs. Cover and cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of pasta. Assemble salad and use olive oil and vinegar for dressing.

### Mediterranean Salad
- 4 oz Grilled chicken
- 2 cups Spinach
- ¼ cup Roasted Peppers (water drained)
- ½ cup diced cucumber
- 5 Kalamata Olives
- 1/3 cup cooked Quinoa
- 2 Tablespoons Hummus

**Directions:** Put spinach in a bowl and top with peppers, cucumber, olives, chicken, quinoa and hummus.

### Chef Salad
- 3 oz chopped deli turkey and ham
- 2 cups mixed greens
- 1/2 cup shredded carrots
- 1/2 cup diced cucumbers
- ½ cup black beans (drained, rinsed)
- 1 tablespoon avocado
- 2 tablespoon light salad dressing

**Directions:** Top lettuce with chopped veggies, avocado, beans and deli meat. Toss with salad dressing.

### Buffalo Chicken Salad
- 4 oz chicken breast (cooked, shredded)
- 2 cup romaine lettuce, shredded
- ¼ cup shredded carrots
- ¼ cup Cucumber
- ½ cup diced tomato
- ½ cup cooked corn
- 1 Tbsp Light Blue Cheese Dressing
- 1 Tbsp Buffalo Sauce

**Directions:** Mix shredded chicken, blue cheese dressing, and buffalo sauce together. Add veggies to a salad bowl and top with chicken mixture.

### Sausage & Eggs
- 2 eggs, scrambled
- 2 oz turkey sausage patty
- 1 ½ cup cooked mixed vegetables (mushrooms, onions, peppers, spinach)
- 2 tablespoon avocado
- 1 slice whole grain toast
- 1 tsp Hot sauce (optional)

**Directions:** Heat a pan on medium heat, spray with non-stick spray. Add eggs and cooked to desired consistency. Once eggs are cooked, toss in vegetables until heated through. Top toast with mashed avocado and hot sauce.

### Simple Snack Plate
- 6 oz Greek yogurt (1 container)
- 6 almonds
- 2 oz lean deli meat (turkey, chicken, ham)
- 3 cups raw veggie sticks (carrots, celery, peppers, snap peas)
- 2 tbsp light salad dressing
- 4 Triscuit crackers

**Directions:** Spread out ingredients onto a plate or take on the go in small containers or a bento box.

### Southwest Vegetable Omelet
- ¾ cup egg whites or egg substitute
- 1 oz diced ham
- 1 ¼ cup cooked peppers and onions
- ¼ cup salsa
- 2 teaspoons butter
- ½ English muffin

**Directions:** Pour eggs into a pan on medium heat coated with non-stick spray. Cook 3 minutes; flip omelet. Spoon the veggies, ham, and salsa onto half the eggs. Fold omelet in half with spatula. Cook 1 minute longer until egg is fully set. Toast English muffin and top with butter.