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 10oz Ensure Pre-Surgery Clear, 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>
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</thead>
<tbody>
<tr>
<td>Ready to drink options:</td>
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<tr>
<td>-Glucerna Hunger Smart*</td>
<td>- 1 small apple + 1 TBSP nut butter</td>
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<tr>
<td>-Ensure High protein *</td>
<td>- 15 grapes + 1 cheese stick</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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</tbody>
</table>

*Lactose free. See shopping guide for more information

Your 1 meal should contain:

| 2 fat servings |
| 3 servings non-starchy vegetables |
| 4 servings protein |
| 1 serving starch |

Additional details and example meals on next page.

Updated 4/2021
Preoperative Diet Sample Day

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

Updated 4/2021
## Sample Recipes - Eat 1 Meal Per Day

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Ingredients</th>
<th>Directions/Notes</th>
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</thead>
</table>
| **Baked Chicken & Mashed Potato** | • 4oz baked chicken thigh (cooked)  
• 1 ½ cup zucchini and yellow squash (steamed)  
• ½ cup mashed potato (½ medium potato)  
• 2 tablespoon light margarine | **Directions:** Bake chicken in a 425F oven for ~35 minutes until juices run clear. Chop half a potato and boil for ~15 min until tender. Drain potato & mash with 1 tbsp margarine. Use the other 1 tbsp margarine for squash. |
| **Turkey Chili**                | • 4oz 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**            | • 4oz 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**         | • 4oz 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**       | • 4oz 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  
• 2oz 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**          | • 6oz Greek yogurt (1 container)  
• 6 almonds  
• 2oz 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  
• 1oz 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. |