

2 Weeks Before Surgery: Preoperative Diet

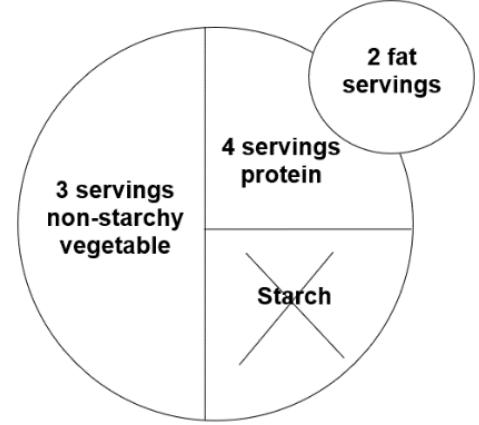
Start this diet 2 weeks before your surgery. This diet is required and helps shrink your liver which makes a safer and easier surgery.

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
- Bread, rice, pasta, starchy vegetables (potatoes/peas/corn/squash), sweets and alcohol are **not** allowed on the pre-op diet.
- 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*

Protein Shake Options (Drink 2 every day)	Snack Options (Eat 2 every day)	Meal requirements (Eat 1 meal every day)
<u>Ready to drink options:</u> -Premier Protein -Pure Protein -Boost Max -Atkins -GNC Lean Shake 25 (ready-to-drink only)* -Slimfast Advanced Nutrition (ready-to-drink only)* -Ensure Max* -Fairlife Nutritional Plan or Core Power (24 or 26g)* -Unjury * -Equate High Performance Shake <u>Powders (mix with water)</u> -Optimum Nutrition Gold Standard Whey -Designer Whey -Quest Protein -Isopure Zero Carb*	- 1 small apple + 1 TBSP nut butter - 15 grapes + 1 cheese stick -1/2 cup cottage cheese + 1 serving fruit -1 Hard boiled egg + 1 serving fruit -1 container Oikos Triple Zero Yogurt + 14 almonds -1/2 cup red pepper strips + ½ cup carrot sticks + ½ cup guacamole -1 cup raw veggies + 3 Tbsp hummus -1/4 cup Biena Chickpea Snacks - Nature Valley Protein Bar - Pure Protein Bar - Built Bar - Fiber One Protein Bar - Power Crunch Bar	<p><i>Your 1 meal should contain:</i></p>  <p>Additional details and example meals on next page.</p>

*Lactose free. See shopping guide for more information

Preoperative Diet Sample Day

Shake



Snack



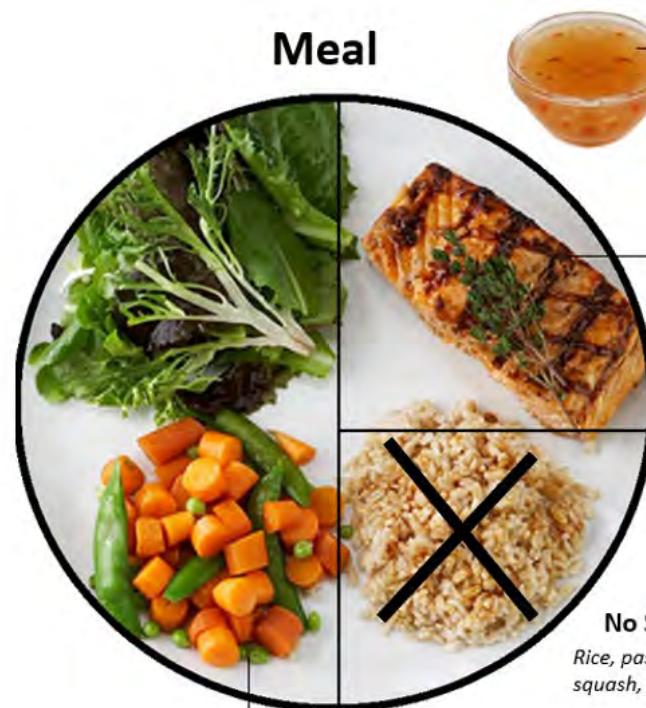
Shake



Snack



Meal



2 servings fat
olive oil, salad dressing,
light mayo, avocado,
nuts/seeds, hummus, etc.

4 servings protein
chicken, fish, beef, pork,
eggs, Greek yogurt, etc.

No Starch
Rice, pasta, bread, potatoes,
squash, peas, corn, etc.

**3 servings
non-starchy vegetables**
lettuces, broccoli, peppers,
green beans, cauliflower,
carrots, onions, zucchini, etc.

Serving sizes and additional food choices are listed in pages 24-29 of your Nutrition Guidelines booklet.

Allowed Low Calorie Condiments/Seasonings:

Fresh or dried herbs, spices, Mrs. Dash Seasoning Blends, lemon, lime juice, Buffalo Sauce, Hot sauce, Soy Sauce/Tamari, Low Sugar Ketchup (max 2 tbsp), Vinegars, Mustards

Sample Recipes - Eat 1 Meal Per Day

<p>Baked Chicken & Cauliflower Mash</p> <ul style="list-style-type: none"> • 4oz baked chicken thigh (cooked) • 1 cup zucchini and yellow squash (steamed) • ½ cup mashed cauliflower (from frozen) • 1 tablespoon light margarine <p><i>Directions: Bake chicken in a 425F oven for ~35 minutes until juices run clear. Steam squash and cook cauliflower according to package directions. Top with margarine.</i></p> <p>Turkey Chili</p> <ul style="list-style-type: none"> • 4oz ground turkey (cooked) • ½ cup cooked peppers and onions • 1 cup tomato sauce • 1 Tbsp Avocado • 1 tbsp sour cream • Mrs. Dash Chili Seasoning Packet (optional) <p><i>Directions: Mix turkey, peppers/onions, and tomato sauce in a small pan. Add chili seasoning packet to taste ~1 teaspoon. Mix until heated through, ~10 minutes. Top with avocado and sour cream.</i></p> <p>Pesto Shrimp Zoodles</p> <ul style="list-style-type: none"> • 4oz shrimp (tails removed, cooked) • 2 cups zucchini noodles • 1 cup cherry tomatoes, sliced in half • 2 Tbsp store-bought pesto <p><i>Directions: Cook shrimp in a pan on medium heat until firm and pink. Add the zucchini noodles tomatoes and sauté for 4-5 min. Add pesto to pan and toss to combine.</i></p> <p>Turkey Meatballs</p> <ul style="list-style-type: none"> • 4oz Turkey Meatballs (pre-cooked, frozen) • 1/2 cup tomato sauce • 1 cup spaghetti squash (cooked) • 2 tsp olive oil <p><i>Directions: In a saucpan add the sauce, oil and meatballs. Cover, cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of spaghetti squash.</i></p>	<p>Mediterranean Salad</p> <ul style="list-style-type: none"> • 4oz Grilled chicken • 2 cups Spinach • ¼ cup Roasted Peppers (from jar, in water) • ½ cup diced cucumber • 5 Kalamata Olives • 2 Tablespoons Hummus <p><i>Directions: Put spinach in a bowl and top with peppers, cucumber, olives, chicken, and hummus.</i></p> <p>Chef Salad</p> <ul style="list-style-type: none"> • 4 oz chopped deli turkey and ham • 2 cups mixed greens, • 1/2 cup shredded carrots • 1/2 cup diced cucumbers • 1 tablespoon avocado • 2 tablespoon light salad dressing <p><i>Directions: Top lettuce with chopped veggies, avocado, and deli meat. Toss with salad dressing.</i></p> <p>Buffalo Chicken Salad</p> <ul style="list-style-type: none"> • 4oz chicken breast (cooked, shredded) • 2 cup romaine lettuce, shredded • ¼ cup shredded carrots • ¼ cup Cucumber • ½ cup diced tomato • 1 Tbsp Light Blue Cheese Dressing • 1 Tbsp Buffalo Sauce <p><i>Directions: Mix shredded chicken, blue cheese dressing, and buffalo sauce together. Add veggies to a salad bowl and top with chicken mixture.</i></p>	<p>Sausage & Eggs</p> <ul style="list-style-type: none"> • 2 eggs, scrambled • 2oz turkey sausage patty • 1/2 cup cooked spinach • 1 cup cooked mixed vegetables (mushrooms, onions, peppers) • 2 tablespoons avocado • 1 tsp Hot sauce (optional) <p><i>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 with avocado and hot sauce.</i></p> <p>Simple Snack Plate</p> <ul style="list-style-type: none"> • 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 <p><i>Directions: Spread out ingredients onto a plate or take on the go in small containers or a bento box.</i></p> <p>Southwest Vegetable Omelet</p> <ul style="list-style-type: none"> • ¾ cup egg whites or egg substitute • 1oz diced ham • 1 cup cooked peppers and onions • ¼ cup salsa • ¼ cup cooked mushrooms • 2 tablespoons avocado <p><i>Directions: Pour eggs into a pan on medium heat coated with non-stick spray. Tilt pan and carefully lift edges of omelet with a spatula. Cook 3 minutes; flip omelet. Spoon the veggies and salsa onto half the eggs. Carefully fold omelet in half with spatula. Cook 1 minute longer until egg is fully set.</i></p>
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