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 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:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td>Shake</td>
</tr>
<tr>
<td>10am</td>
<td>Snack</td>
</tr>
<tr>
<td>12pm</td>
<td>Shake</td>
</tr>
<tr>
<td>3pm</td>
<td>Snack</td>
</tr>
<tr>
<td>6pm</td>
<td>Meal</td>
</tr>
</tbody>
</table>

### Protein Shake Options (Drink 2 every day)

- 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

**Ready to drink options:**
- 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

### Snack Options (Eat 2 every day)

- 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 + ¼ 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

### Meal requirements (Eat 1 meal every day)

Your 1 meal should contain:

- 2 fat servings
- 4 servings protein
- 3 servings non-starchy vegetable
- Starch

Additional details and example meals on next page.

* Lactose free. See shopping guide for more information.

Updated 4/2021
Preoperative Diet Sample Day

Shake | Snack | Shake | Snack
--- | --- | --- | ---
Premier Protein | OIKOS Triple Zero | fairlife Protein | Protein Bar

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 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</th>
</tr>
</thead>
</table>
| **Baked Chicken & Cauliflower Mash** | 4oz baked chicken thigh (cooked)  
  1 cup zucchini and yellow squash (steamed)  
  ½ cup mashed cauliflower (from frozen)  
  1 tablespoon light margarine | 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. |
| **Turkey Chili**              | 4oz ground turkey (cooked)  
  ½ cup cooked peppers and onions  
  1 cup tomato sauce  
  1 Tbsp Avocado  
  Mrs. Dash Chili Seasoning Packet (optional) | 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. |
| **Pesto Shrimp Zoodles**      | 4oz shrimp (tails removed, cooked)  
  2 cups zucchini noodles  
  1 cup cherry tomatoes, sliced in half  
  2 Tbsp store-bought pesto | 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. |
| **Turkey Meatballs**          | 4oz Turkey Meatballs (pre-cooked, frozen)  
  1/2 cup tomato sauce  
  1 cup spaghetti squash (cooked)  
  2 tsp olive oil | In a saucepan add the sauce, oil and meatballs. Cover and cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of spaghetti squash. |
| **Mediterranean Salad**       | 4oz Grilled chicken  
  2 cups Spinach  
  ¼ cup Roasted Peppers (from jar, in water)  
  ½ cup diced cucumber  
  5 Kalamata Olives  
  2 Tablespoons Hummus | Put spinach in a bowl and top with peppers, cucumber, olives, chicken, and hummus. |
| **Chef Salad**                | 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 | Top lettuce with chopped veggies, avocado, 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  
  1 Tbsp Light Blue Cheese Dressing  
  1 Tbsp Buffalo Sauce | 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  
  1/2 cup cooked spinach  
  1 cup cooked mixed vegetables (mushrooms, onions, peppers)  
  2 tablespoon avocado  
  1 tsp Hot sauce (optional) | 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. |
| **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 | 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 cup cooked peppers and onions  
  ¼ cup salsa  
  ¼ cup cooked mushrooms  
  2 tablespoons avocado | 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. |