

Meal Plan Starting 14 Days before Bariatric Surgery

This meal plan will provide your body with 600-800 Calories per day, which is very low in Calories, consisting of lean proteins and vegetables; with very little added carbohydrate and fats. This will maximize your body's fat breakdown without losing muscle.

The purpose of following this pre-operative diet, which is very low in starches/carbohydrates, is to deplete stored glycogen and shrink the liver, which in turn will make bariatric surgery and recovery easier. **Begin this meal plan 14 days before surgery. On the day before surgery consume clear liquids only.** This diet is limited and constipation may occur. Please consume adequate fluids throughout the day to decrease the likelihood of constipation.

If diabetic, please check with the physician managing your diabetes on how to take your diabetic medication while on this diet

Meal Plan	Example
Breakfast: <ul style="list-style-type: none"> • 3 – 6 ounces lean protein choice (page 2) • 8 – 16 ounces vegetable choice (page 2) • Chewable Multivitamin • Vitamin B₁₂ (1000 mcg) (1-2 times per week) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Protein Shake • Chewable Multivitamin • Vitamin B₁₂ (1000 mcg) (1-2 times per week) 	<ul style="list-style-type: none"> • 3-6 egg whites • ½ - 1 cup peppers • ½ - 1 cup mushrooms <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Vanilla, Chocolate, Cookies and Cream, or Strawberry Protein shake <p style="text-align: right;">Vegetable Omelet</p>
<ul style="list-style-type: none"> • No drinking during meal and wait 60 minutes after to drink again • 24 ounces of sugar-free, non-carbonated beverage between meals. 	<ul style="list-style-type: none"> • 24 ounces of Crystal light, Water with lemon, Wyler's light, Vitamin Water Zero, Diet Iced Tea, Sobe Lifewater Zero
Lunch: <ul style="list-style-type: none"> • 3 - 6 ounces lean protein choice (page 2) • 8 - 16 ounces vegetable choice (page 2) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Protein Shake 	<ul style="list-style-type: none"> • 3 - 6 ounce chicken breast • 1 - 2 cup cooked carrots • Spray Pam (free food) • Mrs. Dash or herbs and spices (Free Food) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Vanilla, Chocolate, Cookies and Cream, Strawberry Protein Shake
<ul style="list-style-type: none"> • No drinking during meal and wait 60 minutes after to drink again • 24 ounces of sugar-free, non-carbonated beverage between meals. 	<ul style="list-style-type: none"> • 24 ounces of Crystal light, Water with lemon, Wyler's light, Vitamin Water Zero, Diet Iced Tea, Sobe Lifewater Zero
Dinner: <ul style="list-style-type: none"> • 3 – 6 ounces lean protein choice (page 2) • 8 - 16 ounces vegetable choice (page 2) • Chewable Multivitamin (if needed, check label for recommended servings) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Protein Shake • Chewable Multivitamin Multivitamin (if needed, check label for recommended servings) 	<ul style="list-style-type: none"> • 3 – 6 ounce chicken breast • 1 cup cooked carrots • Spray Pam (Free Food) • Mrs. Dash or herbs and spices (Free Food) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Vanilla, Chocolate, Cookies and Cream, Strawberry Protein shake
<ul style="list-style-type: none"> • No drinking during meal and wait 30 minutes after to drink again • 16 ounces of sugar-free, non-carbonated beverage between meals. 	<ul style="list-style-type: none"> • 24 ounces of Crystal light, Water with lemon, Wyler's light, Vitamin Water Zero, Diet Iced Tea, Sobe Lifewater Zero

Food Options and Specifications

No Breads, Pasta, Rice, or Fruit

Lean Protein Choices:

- More than 90% lean ground meats (beef/turkey/chicken), chicken breast, turkey breast, egg whites, egg beaters, tofu, lean seafood (tilapia, haddock, perch, sole, monkfish, grouper, cod, flounder, crab, halibut, tuna, shrimp, scallops).

Vegetable Choices:

- Broccoli, green leafy vegetables, carrots, asparagus tips, brussel sprouts, cabbage, cauliflower, eggplant, green beans, peppers, mushrooms, beets, onions, garlic, tomatoes, squash, and zucchini.
- **Do Not Eat Starchy Vegetables**, which include: potatoes, sweet potatoes, corn, peas, and beans

Protein Shakes:

- Can replace one, two, or three meals per day, if desired.
- Qualifications
 - Whey protein OR Soy protein
 - Less than 10 grams of **Total Fat** per serving
 - 20-25 grams of **Protein** per serving
 - When mixing protein powder, recipe may contain: unsweetened almond milk, unsweetened soy milk, unsweetened rice milk. **NO** fruit, peanut butter, ricotta, oatmeal.

Nutrition Facts	
Serving Size 8.5 fl oz (250 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Potassium 360mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	6%
Sugars 3g	
Protein 20g	40%

Beverages:

- Must be sugar-free and non-carbonated
- Examples include: Crystal light, Water with lemon, Wyler's light, Vitamin Water Zero, Diet Iced Tea, Sobe Lifewater Zero

Free Foods:

- Very low Calorie food items.
- Can include: Sugar-Free Jell-O, sugar free ice pops, horseradish, low-sodium soy sauce, Mrs. Dash, vinegar, lemon juice, nonstick Pam cooking spray, herbs, spices, mustard, Worcestershire sauce, Tabasco sauce, low-sodium and fat-free broth, light cream cheese, light mayonnaise, light sour cream, light salad dressings.

Follow a Clear Liquid Diet the day before surgery