

Post-Operative Bariatric Diet

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Liquids (Thin Liquids) Week 1

Resume your pre-op protein shakes! Bariatric Advantage Shakes, Optifast Shakes, Myoplex, Smoothie King Gladiator Shakes

*****Start your protein shakes tomorrow (Day 1)...NOT day of surgery*****

Cranberry, apple, white grape juice (dilute)

Sugar free Coffee, tea water, crystal light, sugar free Kool-Aid (juices), sugar free Jell-O, and sugar free popsicles

Chicken/beef broth

Propel Water

Drink at least 2 quarts of water per day

Thicker Liquids Week 2

One of any of the following: Resume your pre-op protein shakes! Bariatric Advantage Shakes, Optifast Shakes, Myoplex, Smoothie King Gladiator Shakes

(As meal replacement)

Tomato soup, other soups without chunks, water **NOT MILK!**

Plus anything from week 1

Don't worry the next week is better

Soft Foods Week 3

As meal replacement: Protein Shakes: Bariatric Advantage Shakes, Optifast Shakes, Myoplex, Smoothie King Gladiator Shakes

(As meal replacement)

Baked fish, sugar free pudding/Jell-O, chicken salad – chicken or tuna in a can but mashed up very well or taken through a food processor with light mayo

Soft scrambled eggs

Cooked green vegetables (broccoli for example)

Soft Fruit (mashed up) melon, cantaloupe, potted meat, tuna

Solid Foods Week 4- Use saucer as a plate:

One of any of the following: Protein Shakes: Bariatric Advantage Shakes, Optifast Shakes, Myoplex, Smoothie King Gladiator Shakes

(As meal replacements: measured amount of chicken, fish, & red meats)

Lunch: char-grilled chicken toss salad or meat (any turkey, chicken, fish/vegetables)

- ❖ Eating protein is a necessity because we need 60-90 grams of protein a day!
- ❖ Eat meat first then vegetables....
- ❖ Take a bite of meat, chew 20-35 times then swallow then wait for 2 minutes in between bites for the first two bites.

Dinner: same as above

- ❖ Give yourself 30 minutes to eat
- ❖ Stop when you feel full or satisfied...Remember to eat protein first then vegetables.
- ❖ Everyday for 30 minutes a day: walking/biking or any type of cardio but no weights or sit-ups for a couple of months.

You can also go to ivillage.com or fitday.com for calorie count/calorie burned on every exercise by entering your weight and what kind of exercise and intensity of activity.

Every Morning take chewable/liquid multi-vitamins; all prescription pills are to be crushed up.