

# Pre- & Post-Surgery Diet

## Start this diet two weeks before your surgery date

- Three to five protein shakes per day (Premier Protein, Atkins Plus, Ensure Max, Bariatric Advantage)
  - Can mix with fruit (berries are best), ice, sugar-free flavors/extracts
- 64 ounces of calorie free liquids per day
  - Water, Crystal Light, Mio, unsweet tea, coffee, sugar-free popsicles, sugar-free Jell-O
- One lean green meal per day (lean protein + green vegetable)
  - Steak and salad
  - Baked or grilled fish/chicken and a green vegetable
- One to two protein bars allowed (Premier Protein, Atkins, Quest)

*Avoid* high-carbohydrate foods (bread, rice, potatoes, pasta, crackers and chips.)

## The day before and 1-2 days after surgery

- Clear liquids only
  - Water, unsweet tea, broth, sugar-free Jell-O, coffee (no creamer/dairy)
  - Clear protein drinks (Protein2O, Premier Protein, Bariatric Advantage)

If you have any questions please call our office at 903-593-0230.

## After Surgery

### The first two weeks after surgery

Liquid or pureed consistency diet

- Should be thin enough to go through a straw or a little thicker (but don't actually use a straw)
  - Examples: Bone broth, Greek yogurt, protein shakes
- You can put food in a blender or food processor to make smoothies/soups
  - Check [bariatricbits.com](http://bariatricbits.com) for recipes
- Drink enough fluids
  - Drink small amounts frequently. Work up to 64 ounces per day. This may take a few weeks.

### After two weeks

## Reintroducing regular foods

- Always eat high-protein foods first. Protein bars and shakes are OK.
- Try one new food at a time.
- Start with soft foods that are very easy to chew.
- Eat slowly, chew food well and stop when you feel full.
- Avoid fast food and junk food (chips, ice cream, cookies, etc.)
- Wait 30 minutes after a meal to drink anything.
- Beverages should be calorie free.

## Sample Menus

### Water

Work up to 64 ounces of fluid per day. Water, zero-calorie flavored water (Crystal Light, sugar-free Kool-Ade, Mio), coffee, tea, sugar-free Jell-O and sugar-free popsicles all count. Liquid meals also count toward your total daily water intake.

### Clear liquids

Protein options: clear protein drinks, sugar-free Jell-O, chicken/beef/ham/seafood broth

Morning: Coffee or tea (can add zero-calorie sweetener, NO creamer)

Breakfast: Clear protein drink (Protein2O, Premier Protein Clear)

Mid-Morning: Sugar-free Jell-O

Lunch: Chicken broth

Afternoon: Tea (can add zero-calorie sweetener)

Dinner: Beef broth

Evening: Water (can add Mio or Crystal light)

### Full liquids

Protein options: protein shakes (>20g protein), yogurt (no added sugar), Fairlife milk

Morning: Coffee (can add zero-calorie sweetener or sugar-free creamer)

Breakfast: Protein drink (Premier Protein, Atkins Plus, Ensure Max, Muscle Milk)

Mid-Morning: Sugar-free Jell-O

Lunch: Greek yogurt with apple sauce

Afternoon: Tea (can add zero-calorie sweetener)

Dinner: Protein drink (Premier Protein, Atkins Plus, Ensure Max, Muscle Milk)

Evening: Water (can add Mio or Crystal light)

### Soft/pureed foods

Protein options: eggs, ground meat, tuna, cheese, refried beans

Fluids and meals should be separated by 30 minutes.

Morning: Coffee (can add zero-calorie sweetener or sugar-free creamer)

Breakfast: Scrambled eggs and cheese

Mid-Morning: Water (can add Mio or Crystal light)

Lunch: Tuna with mayonnaise

Afternoon: Tea (can add zero-calorie sweetener)

Dinner: Homemade chili with ground turkey

Evening: Suga- free popsicle