

## **START THIS DIET 2 WEEKS BEFORE SURGERY DATE**

### **\*\*\*ALL PATIENTS ARE TO DO THE 2 WEEKS PROTEIN DIET\*\*\***

Please avoid high carbohydrate foods, including breads, rice, potatoes, pasta, crackers, sweets and chips.

#### **PRE-OPERATIVE PROTOCOL**

The protocol involves replacement of meals for high protein shakes and protein bars for break through hunger.

4-5 Shakes per day of any favor-Mix with water, skim milk, or soy milk and you may add ice, fruit that has no sugar added, splenda, sugar free syrups and flavors.

32-64oz of calorie free liquids or water per day

1-2 Protein Bars for break through hunger.

**You are to eat a lean green meal at your evening meal.**

**Example: Steak and salad**

**Baked fish and a vegetable**

**Chicken and a vegetable**

Please avoid breads, potatoes, rice, crackers, cookies, and chips.

Tyler Bariatrics recommends using Bariatric Advantage for protein shakes, Meal Replacements and Control Bars. Our office has these products in our office for your convenience.

- The day before your surgery date, you are to have only clear liquids. That is any liquids you can see through, coffee, tea, broth, sugar free jello, popsicles. **NO DAIRY MUST BE CLEAR.**

**Any questions please feel free to call our office (903)593-0230**

**Thank you and here is to a new you!**