

## 2 Weeks Before Surgery: Preoperative Diet For Diabetes

Start this diet 2 weeks before your surgery. This diet is required and helps shrink your liver which makes a safer and easier surgery.

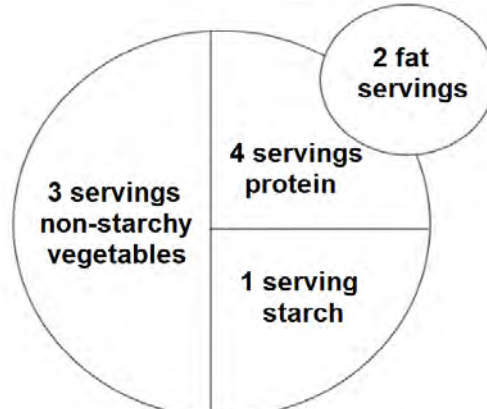
**Instructions:**

- Eat every 3-4 hours and drink at least 64 oz of sugar-free beverages (water, Crystal Light, Fruit2O, etc.) to help manage hunger
- Sweets and alcohol are **not** allowed on the pre-op diet. Bread, rice, pasta, starchy vegetables (potatoes/peas/corn/squash) are limited.
- On the day of surgery: Start to drink 1 carbohydrate drink (12oz Clearfast, 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:**

- 8am- Shake**
- 10am- Snack**
- 12pm- Shake**
- 3pm- Snack**
- 6pm- Meal**

Protein Shake Options (Drink 2 every day)	Snack Options (Eat 2 every day)	Meal requirements (Eat 1 meal every day)
<p><u>Ready to drink options:</u></p> <ul style="list-style-type: none"> <li>-Glucerna Hunger Smart*</li> <li>-Ensure High protein *</li> <li>-Boost Glucose Control*</li> <li>-Orgain Clean Protein or Nutritional Shake*</li> <li>-Premier Protein with Oats</li> </ul> <p><u>Powders</u> (mix with skim (fat-free) or 1% milk, lactaid milk, plain soy milk, or unsweetened oat milk):</p> <ul style="list-style-type: none"> <li>-Optimum Nutrition Gold Standard Whey</li> <li>-Designer Whey</li> <li>-Quest Protein</li> <li>-Isopure Zero Carb*</li> <li>-Syntrax Matrix</li> <li>-Unjury*</li> </ul> <p>*Lactose free. See shopping guide for more information</p>	<ul style="list-style-type: none"> <li>- 1 small apple + 1 TBSP nut butter</li> <li>- 15 grapes + 1 cheese stick</li> <li>-1/2 cup cottage cheese + 1 serving fruit</li> <li>-1 Hard boiled egg + 1 serving fruit</li> <li>-1 container Oikos Triple Zero Yogurt + 14 almonds</li> <li>-1/2 cup red pepper strips + ½ cup carrot sticks + ¼ cup guacamole</li> <li>-1 cup raw veggies + 3 Tbsp hummus</li> <li>-1/4 cup Biena Chickpea Snacks</li> <li>- Nature Valley Protein Bar</li> <li>- Pure Protein Bar</li> <li>- Built Bar</li> <li>- Fiber One Protein Bar</li> <li>- Power Crunch Bar</li> </ul>	<p><i>Your 1 meal should contain:</i></p>  <p><b>3 servings non-starchy vegetables</b></p> <p><b>4 servings protein</b></p> <p><b>1 serving starch</b></p> <p><b>2 fat servings</b></p> <p><b>Additional details and example meals on next page.</b></p>

# Preoperative Diet Sample Day

**Shake**



**Snack**



**Shake**



**Snack**



**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.

**1 serving 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 24-29 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

## Sample Recipes - Eat 1 Meal Per Day

### Baked Chicken & Mashed Potato

- 4oz baked chicken thigh (cooked)
- 1 ½ cup zucchini and yellow squash (steamed)
- ½ cup mashed potato (½ medium potato)
- 2 tablespoon light margarine

*Instructions: Bake chicken in a 425F oven for ~35 minutes or until done. Chop half a potato and boil for ~15 min until tender. Drain the potato and puree with 1 tablespoon of margarine. Use the other tablespoon of margarine for the squash.*

### Turkey Chili

- 4oz ground turkey (cooked)
- ½ cup cooked peppers and onions
- ½ cup kidney beans
- 1 cup tomato sauce
- 1 Tbsp Avocado
- 1 tbsp sour cream
- Mrs. Dash Chili Seasoning Packet (optional)

*Directions: Mix turkey, peppers/onions, beans and tomato sauce in a small pan. Add 1 tsp chili seasoning packet. Mix until heated through, ~10 minutes. Top with avocado and sour cream.*

### Turkey Meatballs

- 4oz Turkey Meatballs (pre-cooked, frozen)
- 1/2 cup tomato sauce
- ½ cup cooked whole wheat pasta
- 2 cups salad
- 2 tsp olive oil
- 1 tbsp red wine vinegar

*Directions: In a saucepan add the sauce and meatballs. Cover and cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of pasta. Assemble salad and use olive oil and vinegar for dressing*

### Mediterranean Salad

- 4oz Grilled chicken
- 2 cups Spinach
- ¼ cup Roasted Peppers (water drained)
- ½ cup diced cucumber
- 5 Kalamata Olives
- 1/3 cup cooked Quinoa
- 2 Tablespoons Hummus

*Directions: Put spinach in a bowl and top with peppers, cucumber, olives, chicken, quinoa and hummus.*

### Chef Salad

- 3 oz chopped deli turkey and ham
- 2 cups mixed greens
- 1/2 cup shredded carrots
- 1/2 cup diced cucumbers
- ½ cup black beans (drained, rinsed)
- 1 tablespoon avocado
- 2 tablespoon light salad dressing

*Directions: Top lettuce with chopped veggies, avocado, beans 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
- ½ cup cooked corn
- 1 Tbsp Light Blue Cheese Dressing
- 1 Tbsp Buffalo Sauce

*Directions: 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 ½ cup cooked mixed vegetables (mushrooms, onions, peppers, spinach)
- 2 tablespoon avocado
- 1 slice whole grain toast
- 1 tsp Hot sauce (optional)

*Directions: 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 toast with mashed 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
- 4 Triscuit crackers

*Directions: 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 ¼ cup cooked peppers and onions
- ¼ cup salsa
- 2 teaspoons butter
- ½ English muffin

*Directions: Pour eggs into a pan on medium heat coated with non-stick spray. Cook 3 minutes; flip omelet. Spoon the veggies, ham, and salsa onto half the eggs. Fold omelet in half with spatula. Cook 1 minute longer until egg is fully set. Toast English muffin and top with butter.*