

2 Weeks Before Surgery: Preoperative Diet

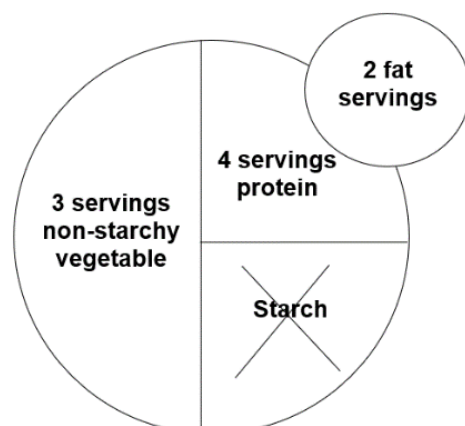
Start this diet 2 weeks before your surgery. This diet is required and helps shrink your liver which makes a safer and easier surgery.

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
- Bread, rice, pasta, starchy vegetables (potatoes/peas/corn/squash), sweets and alcohol are **not** allowed on the pre-op diet.
- 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*

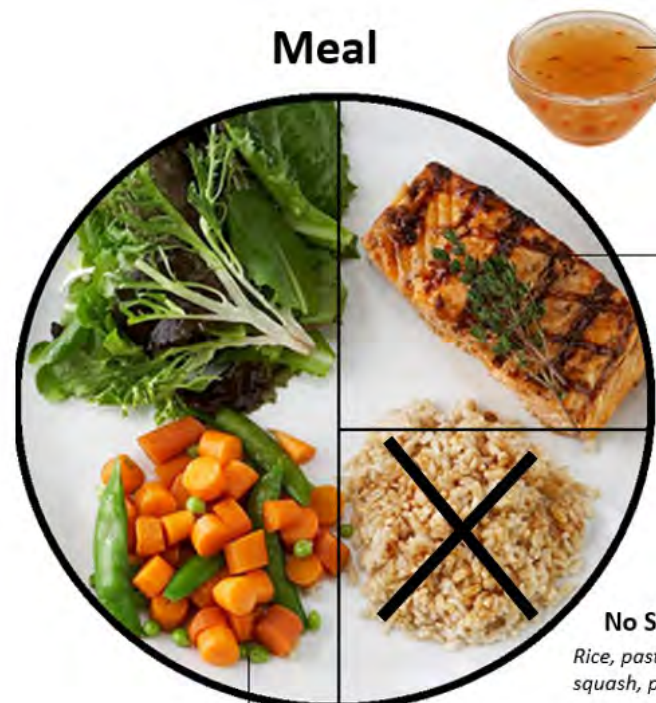
Protein Shake Options (Drink 2 every day)	Snack Options (Eat 2 every day)	Meal requirements (Eat 1 meal every day)
<p><u>Ready to drink options:</u></p> <ul style="list-style-type: none"> -Premier Protein -Pure Protein -Boost Max -Atkins -GNC Lean Shake 25 (ready-to-drink only)* -Slimfast Advanced Nutrition (ready-to-drink only)* -Ensure Max* -Fairlife Nutritional Plan or Core Power (24 or 26g)* -Unjury * -Equate High Performance Shake <p><u>Powders (mix with water)</u></p> <ul style="list-style-type: none"> -Optimum Nutrition Gold Standard Whey -Designer Whey -Quest Protein -Isopure Zero Carb* <p><small>*Lactose free. See shopping guide for more information</small></p>	<ul style="list-style-type: none"> - 1 small apple + 1 TBSP nut butter - 15 grapes + 1 cheese stick -1/2 cup cottage cheese + 1 serving fruit -1 Hard boiled egg + 1 serving fruit -1 container Oikos Triple Zero Yogurt + 14 almonds -1/2 cup red pepper strips + ½ cup carrot sticks + ¼ cup guacamole -1 cup raw veggies + 3 Tbsp hummus -1/4 cup Biona Chickpea Snacks - Nature Valley Protein Bar - Pure Protein Bar - Built Bar - Fiber One Protein Bar - Power Crunch Bar 	<p><i>Your 1 meal should contain:</i></p>  <p>Additional details and example meals on next page.</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.

No 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, lemon, lime juice, Buffalo Sauce, Hot sauce, Soy Sauce/Tamari, Low Sugar Ketchup (max 2 tbsp), Vinegars, Mustards

Sample Recipes - Eat 1 Meal Per Day

Baked Chicken & Cauliflower Mash

- 4oz baked chicken thigh (cooked)
- 1 cup zucchini and yellow squash (steamed)
- ½ cup mashed cauliflower (from frozen)
- 1 tablespoon light margarine

Directions: Bake chicken in a 425F oven for ~35 minutes until juices run clear. Steam squash and cook cauliflower according to package directions. Top with margarine.

Turkey Chili

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

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

Pesto Shrimp Zoodles

- 4oz shrimp (tails removed, cooked)
- 2 cups zucchini noodles
- 1 cup cherry tomatoes, sliced in half
- 2 Tbsp store-bought pesto

Directions: Cook shrimp in a pan on medium heat until firm and pink. Add the zucchini noodles tomatoes and sauté for 4-5 min. Add pesto to pan and toss to combine.

Turkey Meatballs

- 4oz Turkey Meatballs (pre-cooked, frozen)
- 1/2 cup tomato sauce
- 1 cup spaghetti squash (cooked)
- 2 tsp olive oil

Directions: In a saucepan add the sauce, oil and meatballs. Cover, cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of spaghetti squash.

Mediterranean Salad

- 4oz Grilled chicken
- 2 cups Spinach
- ¼ cup Roasted Peppers (from jar, in water)
- ½ cup diced cucumber
- 5 Kalamata Olives
- 2 Tablespoons Hummus

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

Chef Salad

- 4 oz chopped deli turkey and ham
- 2 cups mixed greens,
- 1/2 cup shredded carrots
- 1/2 cup diced cucumbers
- 1 tablespoon avocado
- 2 tablespoon light salad dressing

Directions: Top lettuce with chopped veggies, avocado, 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
- 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
- 1/2 cup cooked spinach
- 1 cup cooked mixed vegetables (mushrooms, onions, peppers)
- 2 tablespoons avocado
- 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 with 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

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 cup cooked peppers and onions
- ¼ cup salsa
- ¼ cup cooked mushrooms
- 2 tablespoons avocado

Directions: Pour eggs into a pan on medium heat coated with non-stick spray. Tilt pan and carefully lift edges of omelet with a spatula. Cook 3 minutes; flip omelet. Spoon the veggies and salsa onto half the eggs. Carefully fold omelet in half with spatula. Cook 1 minute longer until egg is fully set.