

Bariatric Pre-Surgical Diet:

We want the best outcome for the patients before, during, and after weight loss surgery. We recommend following a very low-calorie diet ***at least 2 weeks prior to your surgery day.***

This meal plan aims to provide 800-1000 calories and 60-80 grams of Protein per day. The purpose of this diet is to reduce the size of your liver, making it easier and safer for the surgeon to perform the operation.

Water: Start drinking at least 64 oz of water per day (which is the recommended amount that you will need after surgery). Make sure to practice drinking your water or other non-caloric beverages between meals.

- 64 oz of water is equal to 4-16 oz bottles of water or having a reusable 32 oz water bottle that you fill up twice during the day

Protein shakes:

- Drink at least 2 protein shakes/day. Each shake should provide at least 20 grams of protein and 150 calories or less. *See "Perfect Protein" handout provided by your dietitian for tips on choosing the best protein supplement.
- If using a protein powder, you can mix 1 serving with 8 oz of water, skim, unsweetened soy or nut-based milk

For one meal of the day, you can eat solid food:

- A 300-400 calorie frozen dinner (such as Lean Cuisine, Smart Ones, etc.)
- 3 cups of lettuce/non-starchy vegetables with 2 tablespoons of low-fat dressing and 3 oz of very lean meat/protein (for example 3 oz of boneless, skinless chicken or turkey breast, 3 oz. of water-packed tuna, or 2 large eggs).

Snack ideas:

- 6 oz of fat-free, no added sugar yogurt (about 80 calories, 8-12 grams of protein)
- Sugar free pudding (about 70 calories or less)
- Non-starchy vegetables such as cucumbers, carrots, spinach, lettuce, broccoli, tomatoes

"Free" Foods:

- Sugar Free gelatin
- Sugar free popsicles
- Sugar-free drinks
- Chicken, beef, or vegetable broth

No substitutions, No Additions, No Kidding!

24 hours before your surgery-clear liquids only!!