

Diet Stages after Weight Loss Surgery

QUICK REFERENCE

Week 1 Post Surgery (follow for 7 days)

Clear Liquids, including clear protein drinks

Goals: 64 oz of fluid

Week 2 Post Surgery (follow for 7 days)

Full Liquids, including protein shakes

Goals: 64 oz of fluid and 60-80 grams of protein per day

Week 3 Post Surgery (follow for 7 days)

Soft Diet

Goals: 64 oz of fluid and 60-80 grams of protein per day

Week 4 Post Surgery

Regular textures

Goals: 64 oz of fluid and 60-80 grams of protein per day