

## 2 Week Pre-Bariatric Surgery Diet

Nutrition Protocol Purpose= Low calorie diet to help shrink the liver and lower your surgical risk.

**Total Calories:** 1,000- 1,200/day

**Protein:** 80-100g/day

**Fiber:** 25g/day

**Water:** ~64oz water/day

### **2 weeks before surgery plan (1 protein shake + 2 small meals)**

Breakfast: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

(Optional) Snack: >5g fiber drink/mix

Lunch: 250-350 calorie meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy's
- 4 ounces of lean meat + 1-2 cups of non-starchy vegetables

(Optional) Snack: >5g fiber drink/mix

Dinner: 250-350 calories meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy's
- 4 ounces of lean meat + 1-2 cups of non-starchy vegetables

### **1week before surgery (3 protein shakes + 1 small meal)**

Breakfast: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

(Optional) Snack: >5g fiber

Lunch: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

Dinner: 250-350 calorie meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy's
- 4 ounces of lean meat (about the palm of your hand)+ 1-2 cups of non-starchy vegetables

Snack: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

**1oz of protein= ~7 grams**

**3oz of protein (palm of hand)= ~21grams**



### **Low-Calorie Tips!**

- Choose 'light' salad dressings, oil & vinegar, vinaigrettes
- Avoid frozen pasta dinners/dishes
- Avoid frozen dinners with starchy vegetables in them (potatoes)
- Avoid frozen dinners made with creamy sauces (alfredo, gravies, ect.)
- Avoid extra calories found in sugary beverages (cokes, sweetened teas, sports drinks (Gatorade/ PowerAde), energy drinks (Red bull/Monster), >8oz fruit juice