Nutritional Guidelines for Gastric Bypass and Sleeve Gastrectomy
WELCOME

We are pleased you have chosen the Carle Bariatrics program, and we look forward to giving you the guidance and confidence you need to transform your life.

Because weight loss surgeries limit food intake, a change in eating habits is absolutely necessary for success of the program. This book will help you understand the changes you need to make as well as the types of food that will provide the nutrition you need.

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HOW THE LAPAROSCOPIC GASTRIC BYPASS AND SLEEVE GASTRECTOMY WORKS FOR YOU

The laparoscopic gastric bypass and sleeve gastrectomy works for your body in the following ways:

- It limits food intake and makes you feel full quicker. With bypass, the stomach is changed from the size of a small football into the size of a small egg. With sleeve, the stomach goes from the size of a small football to about the size of a roll of dimes. As a result, you eat less food.
- With bypass, the stomach pouch is attached to the lower part of the small intestine, which makes you absorb less of the food you eat.
- With the sleeve, approximately 70-80% of the stomach is removed and there is no re-routing of the intestines.
- The gastric bypass is a malabsorptive procedure and the sleeve gastrectomy is a restrictive procedure.

Please note weight loss surgery alone will not guarantee long-term success. You should consider the weight loss surgery a “tool.” If you use the tool and follow the program guidelines, you should be able to lose a significant amount of weight and, most importantly, maintain your weight loss. After your surgery, it will be very important to follow the guidelines. Be sure to follow the full liquid diet for two weeks, the pureed diet for two weeks, and to eat healthy and exercise daily.
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GENERAL NUTRITION GUIDELINES
AFTER SURGERY

During the weight loss process, below are recommendations to help make weight loss surgery successful.

• Eat at least 4-6 mini-meals per day.
• Small frequent meals are necessary in order to meet your nutritional needs.
• Not eating frequent enough can result in minimal or slower weight loss.
• Limit the amount of food at each meal to ¼-1/3 cup (2-3 ounces).
• Do not eat sweets or drink sweetened beverages, unless they are sweetened with a sugar substitute.
• Do not chew sweetened gum. Sugar-free chewing gum and sugar-free mints are okay to use.
• Try using spices and seasonings to season foods. Herbs, spices, vinegar, salsa, mustard and other condiments low in fat and sugar can be used.
• Try Molly McBButter, Butter Buds, or “I Can’t Believe It’s Not Butter” to replace butter or margarine.
• Avoid bacon grease and Crisco during cooking.
• Any currently prescribed medication may be adjusted by your physician after surgery.

Some people experience a “bad taste” in their mouth during the first month after surgery. This is completely normal and is due to rapid weight loss and lower food intake. This should go away after a couple of weeks.

Please note your dedication to changing your lifestyle and following the nutrition guidelines will determine your success with weight loss after surgery.

PROTEIN

Many patients cannot consume the amounts recommended at first. The important thing to remember is to do your best and to concentrate on protein and fluid intake.

• Protein is very important for the healing of the pouch and staple line. Eat an abundance of foods high in protein such as milk, low-fat dairy products, dried beans and meat.
• Making sure you are eating adequate amounts of protein will help keep your hair healthy and prevent excessive hair loss and most
importantly prevent loss of lean muscle. During the first six weeks, your main protein source will be in the form of a protein drink.

**MINIMUM PROTEIN REQUIREMENT:**

**Women:** 50-60 grams of protein / day  
**Men:** 70-90 grams of protein / day

- It is essential to incorporate protein into your meal plan. It is needed for healthy cells to properly heal your wounds after surgery, maintain muscle mass, fight infections and prevent potential hair loss.

- Most people will need between 60 to 70 grams of protein per day. Your dietitian will work with you individually to set your recommended protein amount.

- Try to eat about 10 to 15 grams per meal and/or protein drinks. To help you with this you will need to choose foods high in protein and may need to supplement with high protein powders and drinks.

**Protein Sources**

<table>
<thead>
<tr>
<th>Protein Food</th>
<th>Protein (Grams)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup skim milk</td>
<td>8</td>
<td>90</td>
</tr>
<tr>
<td>1 cup soy milk</td>
<td>7</td>
<td>90</td>
</tr>
<tr>
<td>1 cup evaporated nonfat milk</td>
<td>16</td>
<td>200</td>
</tr>
<tr>
<td>1 cup light/fat free yogurt</td>
<td>8</td>
<td>70</td>
</tr>
<tr>
<td>1 cup fat free, no sugar added Greek Yogurt</td>
<td>15-18</td>
<td>100</td>
</tr>
<tr>
<td>1/4 cup blended low-fat cottage cheese</td>
<td>7</td>
<td>70</td>
</tr>
<tr>
<td>1 envelope no sugar added instant breakfast with 1 cup skim milk</td>
<td>12</td>
<td>150</td>
</tr>
<tr>
<td>1/4 cup egg substitute or/1 egg (cooked and blended)</td>
<td>7</td>
<td>30-75</td>
</tr>
<tr>
<td>1 jar baby food meat (plain)</td>
<td>13</td>
<td>105</td>
</tr>
<tr>
<td>1 ounce lean meat (beef, chicken, turkey, or fish)</td>
<td>7</td>
<td>55</td>
</tr>
<tr>
<td>1/4 cup low-fat cheese</td>
<td>7</td>
<td>100</td>
</tr>
<tr>
<td>1/2 cup tofu</td>
<td>10</td>
<td>90</td>
</tr>
<tr>
<td>2 Tbsp. natural peanut butter</td>
<td>9</td>
<td>200</td>
</tr>
</tbody>
</table>
Tips for Increasing Protein

Add a jar of baby food meat to low-fat sauces, soups, or mashed potatoes when starting the pureed diet.

- Non-fat dry milk powder (1/3 cup = 8 grams protein) can be added to casseroles, mashed potatoes, cream soups, pudding, cereal, instant breakfast, and milk products to increase protein.

- Low-fat cheese (1/4 – 1/3 cup) can be grated and added to soups, and sauces. (Add 7 grams of protein).

- Mix cottage cheese with fruits and vegetables.

Use evaporated skim milk in place of other liquid milk for 2.4 grams of protein per ounce instead of the 1 gram protein per ounce of liquid milk. This works well in soups, puddings, and other milk dishes.

Under that, please include the below:

Protein Supplements

Protein supplements may be added to water, skim, 1% or unflavored soy milk. If you become lactose intolerant you may use almond milk; however, almond milk does not contain protein. When looking for a supplement, make sure it tastes good to you and that the carbohydrate content is low, usually less than 15 grams per serving.

The following list of acceptable protein shakes can be started as soon you come home from the hospital. **AVOID SUPPLEMENTS SUCH AS BOOST, EDGE, ENSURE, SLIMFAST AND SPECIAL K PROTEIN SHAKES DUE TO HIGH SUGAR CONTENT.**
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<table>
<thead>
<tr>
<th>Protein Shake</th>
<th>Protein (grams)</th>
<th>Carbohydrate (grams)</th>
<th>Fat (grams)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designer Whey Protein</td>
<td>18</td>
<td>6</td>
<td>2</td>
<td>100 for 1 scoop</td>
</tr>
<tr>
<td>Total Soy</td>
<td>7</td>
<td>8</td>
<td>2</td>
<td>70 for 1 scoop</td>
</tr>
<tr>
<td>Isopure</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>105 for 1 scoop</td>
</tr>
<tr>
<td>Atkins Advantage</td>
<td>15</td>
<td>2</td>
<td>9</td>
<td>160 for 11 oz</td>
</tr>
<tr>
<td>EAS Simply Protein</td>
<td>13</td>
<td>3.5</td>
<td>1</td>
<td>75 for 1 scoop</td>
</tr>
<tr>
<td>Pure Protein</td>
<td>25</td>
<td>8</td>
<td>2.5</td>
<td>150 for 1 scoop</td>
</tr>
<tr>
<td>Jillian Michaels Natural Whey Protein Powder</td>
<td>15</td>
<td>7</td>
<td>2</td>
<td>100 for 1 scoop</td>
</tr>
<tr>
<td>Non-fat Dry Milk</td>
<td>8</td>
<td>12</td>
<td>0</td>
<td>80 for 1/3 cup</td>
</tr>
<tr>
<td>Unjury Protein Powder</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>100 for 1 packet</td>
</tr>
<tr>
<td>Body Fortress</td>
<td>30</td>
<td>7</td>
<td>2.5</td>
<td>170 for 1 scoop</td>
</tr>
<tr>
<td>Soy Protein, Unflavored</td>
<td>13</td>
<td>0</td>
<td>1</td>
<td>60 for 1 scoop</td>
</tr>
<tr>
<td>100% Soy Isolate</td>
<td>25</td>
<td>3</td>
<td>1.5</td>
<td>130 for 1 scoop</td>
</tr>
<tr>
<td>No Sugar Added Carnation Instant Breakfast</td>
<td>12</td>
<td>12</td>
<td>2</td>
<td>150 when mixed with skim milk</td>
</tr>
</tbody>
</table>
FLUIDS

Be sure to follow these guidelines for consuming fluids:

- Drink slowly and DO NOT use a straw. Drinking through a straw can overfill your pouch with liquid or air.
- Avoid liquids during meals and ½ hour after meals to avoid dumping syndrome or flushing of vital nutrients from the new stomach pouch. Drinking fluids immediately before, during or after meals, may cause bloating and low food intake.
- Try to reach a minimum fluid intake of 64 oz / day. This will be difficult, especially the first 4-6 weeks after surgery.
- Sip liquids slowly. Drink about ½ cup for every ½ hour during appropriate times.
- Make liquids count! Choose high protein liquid supplements while on the full liquid and pureed diet. This will help with healing after surgery.
- Make sure to get adequate fluid intake especially during times of nausea, vomiting, diarrhea and exercise.
- Try sugar-free popsicles (1 popsicle = 2 fluid oz) or sugar-free gelatin.
- Other liquids you may drink include Crystal Light, sugar-free Koolaid, unsweet tea and coffee, Propel Zero, Powerade Zero and Vitamin Water Zero.
- Try not to consume any more than 2 (8 oz) cups of coffee or tea per day, as it can interfere with iron absorption and may cause iron-deficiency or anemia.
- You must be caffeine-free for at least 8 weeks after surgery in order to prevent dehydration.
- Avoid carbonated beverages at all times, even diet carbonated beverages or sparkling waters.
- Avoid alcoholic beverages, including beer, wine and liquor. Alcohol affects your liver very quickly after surgery. This can cause serious liver damage in some patients. Additionally, alcoholic beverages can cause weight gain and result in poor nutrition since they are high in calories and low in nutrients.

If you have signs / symptoms of dehydration, report warning signs to a nurse, doctor or dietitian. One of more of the following may indicate dehydration:

- Dry mouth
- Sunken eyes
- Frequent vomiting, diarrhea or fever
- Cracked lips
- Dark urine
- Easily confused
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FOODS TO AVOID

• DO NOT EAT FOODS WITH ADDED SUGARS: Foods that list any of the following sugars as the first three ingredients should be avoided. These are added sugars. Watch for these sugars:

<table>
<thead>
<tr>
<th>Brown sugar</th>
<th>Fructose</th>
<th>Glucose</th>
<th>Maltrose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cane juice</td>
<td>Fruit sugar</td>
<td>Lactose</td>
<td>Sorghum</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>Dextrose</td>
<td>Levulose</td>
<td>Raw sugar</td>
</tr>
<tr>
<td>Corn sweeteners</td>
<td>Granulated sugar</td>
<td>invert sugar</td>
<td>Maple sugar</td>
</tr>
<tr>
<td>Confectioner’s sugar</td>
<td>Honey</td>
<td>Molasses</td>
<td>Sucrose</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>Turbinado sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DUMPING SYNDROME (GASTRIC BYPASS PATIENTS MOSTLY)

Dumping Syndrome is severe diarrhea, nausea, light-headedness, and stomach cramps. Dumping syndrome is caused by eating and drinking at the same time and by eating sweets or foods high in sugar.

• Do not drink fluids with your meals after surgery and never have foods with sugar as the first 3 ingredients.

• DO NOT EAT: Foods that have added sugar. Read the ingredient list to make your food choices.

• In order to prevent dumping syndrome and possible weight gain, the following foods must be avoided, unless they are sugar-free:

<table>
<thead>
<tr>
<th>Cake</th>
<th>Candy Bars</th>
<th>Candy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chewing gum</td>
<td>Cookies</td>
<td>Sugar</td>
</tr>
<tr>
<td>Syrup</td>
<td>Granola</td>
<td>Sweet Rolls</td>
</tr>
<tr>
<td>Honey</td>
<td>Custard</td>
<td>Molasses</td>
</tr>
<tr>
<td>Sugar-coated cereals</td>
<td>Pastries</td>
<td>Pies</td>
</tr>
<tr>
<td>Pudding</td>
<td>Sweetened Condensed Milk</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Sweetened fruit</td>
<td>Jam</td>
<td>Jelly</td>
</tr>
</tbody>
</table>

DO NOT DRINK the following beverages:

<table>
<thead>
<tr>
<th>Regular soft drinks</th>
<th>Regular fruit drinks</th>
<th>Sweetened seltzer water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure/Boost</td>
<td>Gatorade or G2</td>
<td>Ultra Slim Fast</td>
</tr>
<tr>
<td>Vitamin Water</td>
<td>Sunny Delight</td>
<td>Tampico</td>
</tr>
<tr>
<td>Hawaiian Punch</td>
<td>Kool Aid</td>
<td>Lemonade</td>
</tr>
</tbody>
</table>
LOW-CALORIE SWEETENERS

Low-calorie sweeteners are safe. However, people with phenylketonuria should not use aspartame. Sweeteners such as Equal or Nutrasweet (aspartame), Sweet n low (saccharin), Splenda (sucralose), Truvia/Purvia (stevia) and Sweet One (acesulfame-K) are considered safe and will not cause dumping.

SUGAR ALCOHOLS

The sugar alcohols xylitol, mannitol, sorbitol, and lactitol have calories. Eating too much of any foods with these can cause excess gas and diarrhea. Since the sugar alcohols are not calorie-free, foods that contain sugar alcohols can cause weight gain if the portions are not controlled. Items listed as sugar-free are not always low-calorie.
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VITAMIN SUPPLEMENTATION

Because you will absorb vitamins differently after surgery, daily vitamin supplementation is required for the rest of your life.

Use the following chart to identify the required daily vitamins. Please obtain all vitamins prior to your surgery so they will be available to you as soon as you get home from the hospital. Use this handout as a reference in purchasing appropriate doses.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>First 6 Weeks</th>
<th>After 6 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-vitamin</td>
<td>2 chewable children’s Flintstone’s Complete vitamins per day or 1 adult chewable. <strong>NO GUMMIES BECAUSE THEY DO NOT HAVE IRON</strong> <strong>Take 1 in the morning and 1 at night</strong></td>
<td>May continue with 2 chewable Flintstones Complete or can take 1 adult multivitamin (non-chewable per day).</td>
</tr>
<tr>
<td>Calcium and Vitamin D</td>
<td>3 Calcium Caltrate per day (Caltrate plus Vitamin D) – may be gummy or chewable form. <strong>Take 1 mid-morning, mid-afternoon, and one before bed.</strong></td>
<td>Continue with chewable / gummy form 3x / day.</td>
</tr>
<tr>
<td>Iron</td>
<td>Ferrous sulfate 325 mg twice a day (for menstruating women only). If necessary, use liquid ferrous in sugar-free orange juice. <strong>DO NOT TAKE CALCIUM AND IRON AT THE SAME TIME. TAKE THESE 2-4 HOURS APART!</strong></td>
<td>Continue with same</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Vitamin B12 500 mcg tablet (sublingual) per day or one injection per month (must be prescribed by health care provider)</td>
<td>Continue with same</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Take 1000 IU 1x / day every day before surgery until instructed to discontinue per pre-op center recommendations. <strong>THESE MAY BE GUMMY OR WHOLE PILL</strong> Will not need to continue this after surgery.</td>
<td></td>
</tr>
</tbody>
</table>
You must take vitamins for the rest of your life to prevent vitamin deficiencies that may develop post-operatively.

- Vitamins DO NOT need to be sugar-free.
- DO NOT take iron unless instructed to do so by health professional
- Separate out taking vitamins as instructed above
- To avoid nausea, do not take vitamins and minerals on an empty stomach, especially if you are instructed to take iron. If the iron causes nausea or stomach upset, you can try a less nauseating form of iron.
- **Do not take vitamins and minerals with tea or coffee because it decreases the absorption of the vitamins.**

**VITAMIN DEFICIENCY**

Vitamin supplementation is a requirement for the rest of your life. Serious medical problems may occur if you do not take your vitamins and minerals every day. Review the chart below for an overview of conditions that could occur.

<table>
<thead>
<tr>
<th>Vitamin deficiency</th>
<th>Result of deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium deficiency</td>
<td>Osteoporosis</td>
</tr>
<tr>
<td>iron deficiency</td>
<td>Anemia, fatigue, dizziness, inadequate blood stores, low blood count</td>
</tr>
<tr>
<td>Vitamin B12 deficiency</td>
<td>Tingling of hands and feet, nerve damage, trouble walking, paralysis, pernicious anemia.</td>
</tr>
<tr>
<td>Vitamin d deficiency</td>
<td>Increased risk for cardiovascular disease and cancer. Bone pain, muscle weakness.</td>
</tr>
</tbody>
</table>
SECTION 2: STAGES OF MEAL PLANNING BEFORE AND AFTER SURGERY

There are 5 stages of meal planning. As you begin, you are training your stomach pouch to tolerate different foods, gradually moving from liquids to solids.

<table>
<thead>
<tr>
<th>Diet</th>
<th>Duration</th>
<th>Initiation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stage 1</strong></td>
<td>Pre-op Diet</td>
<td>2 weeks</td>
</tr>
<tr>
<td><strong>Stage 2</strong></td>
<td>Full liquids</td>
<td>Approximately 2 weeks</td>
</tr>
<tr>
<td><strong>Stage 3</strong></td>
<td>Pureed (blended)</td>
<td>Approximately 2 weeks</td>
</tr>
<tr>
<td><strong>Stage 4</strong></td>
<td>Soft</td>
<td>Approximately 2 weeks</td>
</tr>
<tr>
<td><strong>Stage 5</strong></td>
<td>Regular</td>
<td>Indefinitely</td>
</tr>
</tbody>
</table>

It is very important to follow the stages above and follow up with your physician during the advancement of these diet stages.
PRE-SURGERY DIET FOR WEIGHT LOSS SURGERY PATIENTS

Fluids: Include 64 ounces of fluids each day. Low-calorie, sugar-free beverages are allowed including sugar-free popsicles, beef, chicken and vegetable broth, sugar-free jello, Crystal Light, Propel Zero, Powerade Zero, water, iced tea and coffee (these do not need to be decaf). NO SODA, JUICE OR ALCOHOL!

Pre-Surgery Meals for Men:
Goals – 1000 calories, 70-90 grams protein / day

DAILY MEAL PLAN 1

• 3- No Sugar Added Carnation Instant Breakfast shakes mixed with skim or 1% milk (Skim milk= 459 calories, 36 grams protein; 1% milk= 510 calories, 36 grams protein)
• 2 (6 ounce) servings of light or non-fat yogurt (140-160 calories, 14-24 grams protein)
• ¼ cup low-fat cottage cheese (100 calories, 7 grams protein)
• 1 (8 oz) cup of skim or 1% milk (Skim= 83 calories, 8 grams protein; 1% milk= 100 calories, 8 grams protein)
• 2 cups of plain frozen or fresh vegetables, steamed or raw (66-100 calories, 2.5 grams protein)
• 2 medium pieces of fruit (140-160 calories, 1-2 grams protein)

Totals: 1005-1130 calories, 69-80 grams protein

DAILY MEAL PLAN 2

• 3- Atkins Advantage Shakes (480 calories, 45 grams protein)
• 2 (6 oz) servings of light or non-fat yogurt (140-160 calories, 7-12 grams protein)
• 2 (8 oz) serving of skim or 1% milk (Skim milk= 166 calories, 16 grams protein; 1% milk= 200 calories, 16 grams protein)
• 2 cups of plain frozen or fresh vegetables, steamed or raw (66-100 calories, 2.5 grams protein)
• 3 medium pieces of fruit (210 calories, 1 grams protein)

Totals: 1062-1150 calories, 72-77 grams of protein
DAILY MEAL PLAN 3
- 3- No Sugar Added Carnation Instant Breakfast Shakes mixed with skim or 1% milk (Skim milk= 450 calories, 36 grams protein; 1% milk= 516 calories, 36 grams protein)
- 2 (1/4 cup) servings of low-fat cottage cheese (200 calories, 14 grams protein)
- 1 (8 oz) serving of skim or 1% milk (Skim milk= 80 calories, 8 grams protein; 1% milk= 100 calories, 8 grams protein)
- 1 (6 oz) light or non-fat yogurt (80-100 calories, 7-12 grams protein)
- 3 cups plain frozen or fresh vegetables, steamed or raw (80-100 calories, 2.5 grams protein)
- 2 medium pieces of fruit (140-160 calories, 1 gram protein)
Totals: 1030-1176 calories; 69-74 grams protein

Pre-surgery Meals for Women:
Goal – 800 calories / day and 50-60 grams protein / day

DAILY MEAL PLAN 1
- 2 – No Sugar Added Carnation Instant Breakfast Shakes mixed with skim or 1% milk (Skim milk= 306 calories, 24 grams protein; 1% milk= 340 calories, 24 grams protein)
- 1 (6 oz) serving of light or non-fat yogurt (70-100 calories, 7-12 grams protein)
- 1 (8 oz) serving of skim or 1% milk (Skim milk= 83 calories, 8 grams protein; 1% milk= 100 calories, 8 grams protein)
- ¼ cup low-fat cottage cheese (100 calories, 7 grams protein)
- ¾ cup plain frozen or fresh vegetables, steamed or raw (25-35 calories, 1 gram protein)
- 3 medium pieces of fruit (210 calories, 1 gram protein)
Total: 794-885 calories, 48-53 grams protein

DAILY MEAL PLAN 2
- 2- Atkins Advantage Shakes (320 calories, 30 grams protein)
- 1 (8 oz) cup of skim or 1% milk (Skim milk= 83 calories, 8 grams protein; 1% milk= 100 calories, 8 grams protein)
- 1/2 cup cottage cheese (200 calories, 14 grams protein)
- 2 cups plain frozen or fresh vegetables, steamed or raw (66-100 calories, 2.5 grams protein)
- 2 medium pieces of fruit (140-160 calories, 1 gram protein)
Totals: 809-880 calories, 56 grams protein
DAILY MEAL PLAN 3
- 2- No Sugar Added Carnation Instant Breakfast Shakes mixed with skim or 1% milk (Skim milk= 306 calories, 24 grams protein; 1% milk= 340 calories, 24 grams protein)
- 2 ½ (8 oz) cups of skim or 1% milk (Skim milk= 208 calories, 24 grams of protein; 1% milk= 250 calories, 24 grams protein)
- 2 cups fresh or frozen vegetables, steamed or raw (66-100 calories, 2.5 grams protein)
- 3 medium pieces of fruit (210-230 calories, 1 gram of protein)

Totals: 790-920 calories, 52 grams protein

SAMPLE PRE-SURGERY DIET MENU (MEAL PLAN 1)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
</table>
| Breakfast  | 1 No Sugar Added Carnation Instant Breakfast Shake  
1 medium piece of fruit | 1 No Sugar Added Carnation Instant Breakfast Shake  
1 medium piece of fruit |
| AM Snack   | 8 oz skim or 1% milk  
1 (6 oz) serving of light or non-fat yogurt | ¼ cup cottage cheese  
½ cup raw or steamed veggies |
| Lunch      | ¼ cup steamed or raw veggies  
¼ cup low-fat cottage cheese | 1 No Sugar Added Carnation Instant Breakfast Shake  
½ cup raw or steamed veggies |
| PM Snack   | 1 medium piece of fruit | 1 (6 oz) serving of light or non-fat yogurt |
| Dinner     | 1 No Sugar Added Carnation Instant Breakfast Shake  
¼ cup steamed or raw veggies | 1 (8 oz) serving of skim or 1% milk  
1 cup steamed or raw veggies  
1 (6 oz) serving of light or non-fat yogurt |
| HS Snack   | ¼ cup raw or cooked veggie  
1 medium piece of fruit | 1 No Sugar Added Carnation Instant Breakfast Shake  
1 medium piece of fruit |
### Sample Pre-Surgery Diet Menu (Meal Plan 2)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 Atkins Advantage Shake 1 medium piece of fruit</td>
<td>1 Atkins Advantage Shake 1 medium piece of fruit</td>
</tr>
<tr>
<td>AM Snack</td>
<td>¼ cup cottage cheese ½ cup raw or steamed veggies</td>
<td>1 (6 oz) light or non-fat yogurt 1 (4 oz) cup of skim or 1% milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>½ cup raw or steamed veggies 1 (4 oz) cup of milk</td>
<td>1 Atkins Advantage Shake ½ cup raw or steamed veggies</td>
</tr>
<tr>
<td>PM Snack</td>
<td>½ cup raw or steamed veggies 1 (4 oz) cup of milk</td>
<td>1 medium piece of fruit ½ cup raw or steamed veggies</td>
</tr>
<tr>
<td>Dinner</td>
<td>1 Atkins Advantage Shake ½ cup raw or steamed veggie</td>
<td>1 Atkins Advantage Shake 1 cup raw or steamed veggies 1 medium piece of fruit</td>
</tr>
<tr>
<td>HS Snack</td>
<td>1 medium piece of fruit ¼ cup cottage cheese</td>
<td>1 (6 oz) light or non-fat yogurt 1 (4 oz) cup of skim or 1% milk</td>
</tr>
</tbody>
</table>

### Sample Pre-Surgery Diet Menu (Meal Plan 3)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 No Sugar Added Carnation Instant Breakfast Shake 1 Medium piece of fruit</td>
<td>1 No Sugar Added Carnation Instant Breakfast Shake 1 Medium piece of fruit</td>
</tr>
<tr>
<td>AM Snack</td>
<td>1 (4 oz) cup of skim or 1% milk ½ cup raw or steamed veggies</td>
<td>¼ cup low fat cottage cheese 1 (4 oz) cup of skim or 1% milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>½ cup raw or steamed veggies 1 Medium piece of fruit</td>
<td>1 No Sugar Added Carnation Instant Breakfast Shake 1 cup raw or steamed veggies</td>
</tr>
<tr>
<td>PM Snack</td>
<td>1 (4 oz) cup of skim or 1% milk 1 Medium piece of fruit</td>
<td>¼ cup low-fat cottage cheese 1 (4 oz) serving of skim or 1% milk ½ cup raw or steamed veggies</td>
</tr>
<tr>
<td>Dinner</td>
<td>1 No Sugar Added Carnation Instant Breakfast Shake 1/2 cup raw or steamed veggies</td>
<td>1 No Sugar Added Carnation Instant Breakfast Shake 1 cup raw or steamed veggies</td>
</tr>
<tr>
<td>HS Snack</td>
<td>1 (4 oz) cup of skim or 1% milk ½ cup raw or steamed veggies</td>
<td>1 medium piece of fruit ½ cup raw or steamed veggies</td>
</tr>
</tbody>
</table>
STAGE 1: FULL LIQUIDS
This stage begins the day you are discharged from the hospital after surgery and continues for the next 2 weeks. Foods that are liquid at room temperature are allowed. The full liquids should be free of lumps and pieces of food.

While on the full liquid diet:
• No carbonated or caffeinated beverages
• Choose liquids that are sugar-free
• Consume 2-3 protein shakes per day
• Choose a protein supplement with at least 12 grams of protein per serving and less than 15 grams of carbohydrate per serving
• Do not gulp fluids or use straws

Acceptable full liquids:
• Malt-O-Meal
• Cream of Wheat
• Cream of Rice
• Grits
• Fat-free strained cream based soups (no lumps)
• Skim or 1% milk
• Lactose free milk (Lactaid, Dairy Ease, Plain soy milk)
• Almond milk (no protein in almond milk)
• Sugar-free pudding
• No Sugar Added Carnation Instant Breakfast Shakes
• Sugar-free popsicles
• Decaf coffee (no more than 16 oz / day)
• Decaf tea (no more than 16 oz / day)
• Light or fat-free yogurt (no fruit chunks, nuts, seeds, granola – Fage Plain Greek, Dannon All Natural Nonfat plain, Carbsmart, Plain Greek yogurt)
• Sugar-free jello
• Sugar-free / calorie-free liquids

During the full liquid diet be sure to review the General Guidelines for Fluids.
**SAMPLE FULL LIQUID MENUS FOR MEN (1 oz = 2 Tbsp)**  
(provides 70-90 grams of protein / day)

<table>
<thead>
<tr>
<th></th>
<th>MENU 1</th>
<th>MENU 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 oz light / fat free yogurt – 2 grams protein</td>
<td>¼ cup fat-free Greek yogurt- 4 grams protein</td>
</tr>
<tr>
<td></td>
<td>½ oz cream of wheat – 0.5 grams protein</td>
<td><strong>1</strong> chewable Flintstones Complete or Adult Multivitamin**</td>
</tr>
<tr>
<td></td>
<td><strong>1</strong> chewable Flintstones Complete or Adult Multivitamin**</td>
<td></td>
</tr>
<tr>
<td><strong>Mid-morning Snack</strong></td>
<td>1 (8-11 oz) protein shake of choice</td>
<td>1 (8-11 oz) protein shake of choice</td>
</tr>
<tr>
<td></td>
<td><strong>1</strong> calcium caltrate and B12 only if gastric bypass pt only**</td>
<td><strong>1</strong> calcium caltrate and B12 only if gastric bypass pt only**</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>2 oz fat-free cream based soup diluted with skim or 1% milk– 5 grams</td>
<td>¼ cup light / fat-free yogurt – 2 grams protein</td>
</tr>
<tr>
<td></td>
<td>of protein</td>
<td><strong>1</strong> calcium caltrate**</td>
</tr>
<tr>
<td></td>
<td><strong>1</strong> calcium caltrate**</td>
<td></td>
</tr>
<tr>
<td><strong>Mid-afternoon Snack</strong></td>
<td>1 (8-11 oz) Protein shake of choice</td>
<td>1 (8-11 oz) protein shake of choice</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>1 oz fat-free cream based soup- 2.5 grams protein</td>
<td>¼-1/3 cup fat-free cream based soup – 4.5 grams protein <strong>1</strong></td>
</tr>
<tr>
<td></td>
<td>1 oz light or fat-free yogurt – 1 gram of protein</td>
<td>Flintstones Complete or Adult Multivitamin**</td>
</tr>
<tr>
<td></td>
<td><strong>1</strong> Flintstones Complete or Adult Multivitamin**</td>
<td></td>
</tr>
<tr>
<td><strong>Evening Snack</strong></td>
<td>1 (8-11 oz) protein shake of choice</td>
<td>1 (8-11 oz) protein shake of choice</td>
</tr>
<tr>
<td></td>
<td><strong>1</strong> calcium caltrate**</td>
<td><strong>1</strong> calcium caltrate**</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td>71 grams protein</td>
<td>96 grams protein</td>
</tr>
</tbody>
</table>

Please note milk counts as a fluid. You may have fluids between all meals and snacks, which include: 1 cup water, skim or 1% milk, Crystal Light, decaf iced tea, decaf coffee or hot, herbal tea.
SAMPLE FULL LIQUID MENUS FOR WOMEN (1 oz=2 Tbsp)
(provides 50-60 grams protein / day)

<table>
<thead>
<tr>
<th>MENU 1</th>
<th>MENU 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>1.5 oz light yogurt – 1.5 grams protein</td>
<td>¼ cup fat-free Greek yogurt- 4 grams protein</td>
</tr>
<tr>
<td>½ oz of cream of wheat- 0.5 grams protein</td>
<td><strong>1 Flintstones Complete or 1 Adult Chewable Multivitamin</strong></td>
</tr>
<tr>
<td><strong>1 Flintstones Complete or 1 Adult Chewable Multivitamin</strong></td>
<td><strong>1 Flintstones Complete or 1 Adult Chewable Multivitamin</strong></td>
</tr>
<tr>
<td><strong>Mid-morning Snack</strong></td>
<td><strong>Mid-morning Snack</strong></td>
</tr>
<tr>
<td>1 (8-11 oz) protein shake of choice</td>
<td>1 (8-11 oz) protein shake of choice</td>
</tr>
<tr>
<td><strong>1 calcium caltrate and 1 B12 if gastric bypass patient only</strong></td>
<td><strong>1 calcium caltrate and 1 B12 if gastric bypass patient only</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>2 oz fat free cream soup diluted with skim – 5 grams protein</td>
<td>¼ cup light / fat-free yogurt – 2 grams protein</td>
</tr>
<tr>
<td><strong>1 calcium caltrate</strong></td>
<td><strong>1 calcium caltrate</strong></td>
</tr>
<tr>
<td><strong>Mid-Afternoon Snack</strong></td>
<td><strong>Mid-Afternoon Snack</strong></td>
</tr>
<tr>
<td>1 (8-11 oz) protein shake of choice</td>
<td>1 (8-11 oz) protein shake of choice</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>1 oz fat-free cream soup with 1 tsp unflavored protein powder- 7.5 grams protein</td>
<td>¼ cup fat-free cream based soup with 1 tsp of unflavored protein powder- 11 grams protein</td>
</tr>
<tr>
<td>1 oz yogurt- 1-2 grams protein**</td>
<td><strong>1 Flintstones Complete or 1 Adult Multivitamin</strong></td>
</tr>
<tr>
<td><strong>1 Flintstones Complete or 1 Adult Multivitamin</strong></td>
<td><strong>1 Flintstones Complete or 1 Adult Multivitamin</strong></td>
</tr>
<tr>
<td><strong>Evening Snack</strong></td>
<td><strong>Evening Snack</strong></td>
</tr>
<tr>
<td>1 Protein shake of choice</td>
<td>1 Protein shake of choice</td>
</tr>
<tr>
<td><strong>1 calcium caltrate</strong></td>
<td><strong>1 calcium caltrate</strong></td>
</tr>
<tr>
<td><strong>Total: 51.5 grams protein</strong></td>
<td><strong>Total: 61 grams protein</strong></td>
</tr>
</tbody>
</table>

Please note milk counts as a fluid. You may have fluids between all meals and snacks, which include: 1 cup water, skim or 1% milk, Crystal Light, decaf iced tea, decaf coffee or hot, herbal tea.
STAGE 2 PUREED (BLENDED)

Your stomach pouch may take up to eight weeks to heal. This diet consists of foods pureed to the consistency of baby food or pudding. Follow the pureed diet for two weeks.

This stage allows you to start adding slightly textured foods and help transition to more solid foods faster. Protein is very important for maintaining muscle while you lose weight. So, you should eat protein-rich foods first, and then move to fruits and vegetables.

Remember:

- Aim for a minimum of 64 ounces of fluids / day. Avoid drinking with meals and wait at least 30 minutes after meals before consuming liquids.
- Always eat protein first
- Take 20-25 minutes to consume meals
- High protein foods:
  » Lean beef / pork / fish (ground, blenderized or baby food)
  » Skinless chicken or turkey (ground, blenderized or baby food)
  » Low fat cheese (<5 grams of fat / serving)
  » Light or fat-free yogurt
  » Low fat cottage / ricotta cheese

INSTRUCTIONS FOR PUREED FOODS:

1. Cut foods into very small pieces (about the size of a nickel)
2. Place food in a blender or food processor until food is ground or blenderized
3. Add enough liquid to cover the blades (broth, skim or 1% milk)
4. Blend until smooth or ground
5. Use spices to add flavor to blended foods
6. Measure the correct portion for your meal and store leftovers
   » Limit portions to ¼-1/3 cup
   » Commercially prepared baby foods (Stage 1 or 2 with no sugar added) are a convenient source of nutrients. You may use seasoning such as herbs and spices to enhance the flavor of the baby food since they may be somewhat bland
   » Avoid baby foods that are complete dinners, mixed vegetables and desserts

Varying your food choices, being creative and seasoning your food will help you stay motivated during this challenging period.
## Pureed Diet Recommendation List

During the pureed phase, include foods in the following food groups:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td>Water, skim or 1% milk, buttermilk, no sugar added instant breakfast shake, protein shake of choice, decaf coffee or tea (no more than 16 oz / day), sugar-free Koolaid, Crystal Light, Propel Zero, Powerade Zero, Vitamin Water zero</td>
<td>Whole milk, chocolate milk, milkshakes, eggnog, alcoholic beverages, lemonade, regular or diet soda, any carbonated beverages, hot chocolate, lattes, frappucinos, regular coffee and tea</td>
</tr>
<tr>
<td>Soups and Sauces</td>
<td>Blended chili, low fat cream soup or chowders prepared with skim or 1% milk. Vegetable or broth based soups, low fat cheese sauce, broth bouillon, egg drop soup</td>
<td>High fat soups such as full fat chowders, potato soup, broccoli cheese soup, gravies of any kind</td>
</tr>
<tr>
<td>Bread</td>
<td>None</td>
<td>All bread and cracker products</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cream of wheat, baby rice cereal, Malt-O-Meal and Oatmeal</td>
<td>All dry and high fiber cereals as well as granola</td>
</tr>
<tr>
<td>Eggs</td>
<td>Scrambled (DO NOT NEED TO BE PURÉED)</td>
<td>Hard boiled or fried</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Cooked and blended vegetables, strained vegetables or baby food</td>
<td>Raw vegetables</td>
</tr>
<tr>
<td>Fats (up to 4 tsp per day)</td>
<td>Low-fat or non-fat margarine, low-fat or non-fat mayo, low-fat or non-fat salad dressing, butter spray</td>
<td>Butters, lard, mayonnaise, sour cream, margarine, cream cheese, shortening, oil and regular salad dressings.</td>
</tr>
</tbody>
</table>
**Pureed Diet Recommendation List**

During the pureed phase, include foods in the following food groups:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beverages</strong></td>
<td>- Water, skim or 1% milk, buttermilk, no sugar added instant breakfast shake, protein shake of choice, decaf coffee or tea (no more than 16 oz/day), sugar-free Koolaid, Crystal Light, Propel Zero, Powerade Zero, Vitamin Water zero</td>
<td>- Whole milk, chocolate milk, milkshakes, eggnog, alcoholic beverages, lemonade, regular or diet soda, any carbonated beverages, hot chocolate, lattes, frappucinos, regular coffee and tea</td>
</tr>
<tr>
<td><strong>Soups and Sauces</strong></td>
<td>- Blended chili, low fat cream soup or chowders prepared with skim or 1% milk. Vegetable or broth based soups, low fat cheese sauce, broth bouillon, egg drop soup</td>
<td>- High fat soups such as full fat chowders, potato soup, broccoli cheese soup, gravies of any kind</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td>None</td>
<td>All bread and cracker products</td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td>- Cream of wheat, baby rice cereal, Malt-O-Meal and Oatmeal</td>
<td>All dry and high fiber cereals as well as granola</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td>Scrambled (DO NOT NEED TO BE PUREED)</td>
<td>Hard boiled or fried</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>- Cooked and blended vegetables, strained vegetables or baby food</td>
<td>Raw vegetables</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td>(up to 4 tsp per day) - Low-fat or non-fat margarine, low-fat or non-fat mayo, low-fat or non-fat salad dressing, butter spray</td>
<td>- Butters, lard, mayonnaise, sour cream, margarine, cream cheese, shortening, oil and regular salad dressings.</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>Fruits such as applesauce, apricots, ripe bananas, fruit cocktail, canned peaches or pears and other fruits packed in water or their own juices. NO FRUITS WITH SYRUP!</td>
<td>Fruits canned in syrup</td>
</tr>
<tr>
<td><strong>Meats, Fish, Poultry, Cheese and Meat Alternatives</strong></td>
<td>Ground beef, chicken or turkey. Pureed pork chop, chicken or lamb. All fish – DO NOT TO PUREE. Melted low-fat cheese. Low-fat or non-fat cottage cheese – DOES NOT NEED TO BE PUREED. Creamy low-fat peanut butter, tofu and strained baby meats.</td>
<td>Fried meats and fish. Bacon, salami, smoked meats, sausage, hot dogs, frankfurters, cheese; cheese dips and spreads containing hot peppers, onions, nuts, seeds, dried beans or other foods to avoid. Tough meat with gristle, bologna and harvest burgers.</td>
</tr>
<tr>
<td><strong>Potatoes and Substitutes</strong></td>
<td>Mashed potatoes, baked potato or sweet potatoes.</td>
<td>Rice, pasta, macaroni and cheese, fried or highly seasoned potatoes, potato chips, pretzels or snack chips.</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>Vinegar, all herbs and spices in moderation. Artificial sweeteners or sugar substitutes, salt, pepper, lemon juice, vanilla extract, mustard, Tobasco sauce and hot sauce.</td>
<td>All nuts, seeds, ketchup, cocktail sauce, chili sauce, barbeque sauce, olives, sweet pickles, relish and sugar.</td>
</tr>
</tbody>
</table>
SAMPLE PUREED MENUS FOR MEN (1 oz = 2 Tbsp)
Menus provide 70-90 grams protein / day

<table>
<thead>
<tr>
<th>Menu 1</th>
<th>Menu 2</th>
<th>Menu 3</th>
<th>Menu 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>1 oz cottage cheese - 4 grams protein</td>
<td>1 ½ oz scrambled eggs (do not puree) - 2 grams protein</td>
<td>1/4 cup cooked oatmeal with skim or 1% milk - 2 grams protein</td>
<td>1/4 cup cottage cheese - 4 grams protein</td>
</tr>
<tr>
<td>1 oz light yogurt - 1 gram protein</td>
<td>½ oz applesauce - 0 grams protein</td>
<td>2 oz banana - 0 grams protein</td>
<td>2 oz soft, canned peaches - 0 grams protein</td>
</tr>
<tr>
<td>1 Flintstones Complete Chewable</td>
<td>1 Flintstones Complete Chewable</td>
<td>1 Flintstone’s Complete Chewable</td>
<td>1 Flintstones Complete Chewable</td>
</tr>
<tr>
<td><strong>AM Snack</strong></td>
<td><strong>AM Snack</strong></td>
<td><strong>AM Snack</strong></td>
<td><strong>AM Snack</strong></td>
</tr>
<tr>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
</tr>
<tr>
<td>1 B12 if gastric bypass pt only</td>
<td>1 B12 if gastric bypass pt only</td>
<td>1 B12 if gastric bypass pt only</td>
<td>1 B12 if gastric bypass pt only</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>1 ½ oz ground / pureed chicken - 7.5 grams protein</td>
<td>1 ½ oz ground / pureed ham - 7.5 grams protein</td>
<td>¼ cup light or non-fat yogurt - 2 grams protein</td>
<td>2 oz soft, mashed carrots - 0 grams protein</td>
</tr>
<tr>
<td>½ oz pureed green beans - 0 grams protein</td>
<td>½ oz sweet potato - 0.4 grams protein</td>
<td>2 oz soft canned fruit - 0 grams protein</td>
<td>1 ½ oz pureed chicken - 7.5 grams protein</td>
</tr>
<tr>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
<td>1 calcium caltrate</td>
</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td><strong>PM Snack</strong></td>
<td><strong>PM Snack</strong></td>
<td><strong>PM Snack</strong></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>1 ½ oz pureed pord - 7.5 grams protein</td>
<td>1 oz cottage cheese - 4 grams protein</td>
<td>2.5 oz baby food chicken with 1 oz chicken noodle soup - 13 grams protein</td>
<td>1 ½ oz pureed pork - 7.5 grams protein</td>
</tr>
<tr>
<td>½ oz mashed potato - 0.5 grams protein</td>
<td>1 oz pureed tuna - 7 grams protein</td>
<td>1 Flintstones Complete Chewable</td>
<td>2 oz pureed green beans - 0 grams protein</td>
</tr>
<tr>
<td>1 Flintstones Complete Multi-vitamin</td>
<td>1 Flintstones Complete Chewable</td>
<td>1 Flintstones Complete Chewable</td>
<td>1 Flintstones Complete Chewable</td>
</tr>
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NUTRITION GUIDELINES
CARLE BARIATRICS

SAMPLE PUREED MENUS FOR WOMEN (1 oz= 2 Tbsp)
Menus provide 50-60 grams protein / day

<table>
<thead>
<tr>
<th>Menu 1</th>
<th>Menu 2</th>
<th>Menu 3</th>
<th>Menu 4</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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</tr>
<tr>
<td>1 oz cottage cheese- 4 grams protein</td>
<td>2 oz scrambled eggs- 2.5 grams protein</td>
<td>¼ cup cooked oatmeal with skim or 1% milk- 2 grams protein</td>
<td>¼ cup cottage cheese- 4 grams protein</td>
</tr>
<tr>
<td>1 oz light / non-fat yogurt- 1 gram protein</td>
<td>1 Flintstone’s Complete Multivitamin</td>
<td>2 oz banana- 0 grams protein</td>
<td>2 oz soft, peach- es- 0 grams protein</td>
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<td>1 Flintstone’s Complete Multivitamin</td>
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<tr>
<td><strong>Lunch</strong></td>
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</tr>
<tr>
<td>1 ½ oz ground / pureed chicken- 7.5 grams protein</td>
<td>1 ½ oz ground / pureed ham- 7.5 grams protein</td>
<td>¼ cup light or non-fat yogurt- 2 grams protein</td>
<td>1 ½ oz ground / pureed chicken- 7.5 grams protein</td>
</tr>
<tr>
<td>½ oz pureed green beans- 0 grams protein</td>
<td>½ oz pureed sweet potato- 0.4 grams protein</td>
<td>2 oz soft, canned fruit- 0 grams protein</td>
<td>2 oz soft cooked carrots- 0 grams protein</td>
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<td><strong>Dinner</strong></td>
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<tr>
<td>1 ½ oz ground pork- 7.5 grams protein</td>
<td>1 oz cottage cheese- 4 grams protein</td>
<td>2.5 oz jar baby food chicken with 1 oz of chicken noodle soup- 13 grams protein</td>
<td>1 ½ oz ground pork- 7.5 grams protein</td>
</tr>
<tr>
<td>½ oz mashed potato- 0.5 grams protein</td>
<td>1 oz tuna- 7 grams protein</td>
<td>1 Flintstones Complete Multivitamin</td>
<td>2 oz pureed green beans- 0 grams protein</td>
</tr>
<tr>
<td>1 Flintstones Complete Multivitamin</td>
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PAGE 22: FIVE WEEKS AFTER SURGERY: THE PROGRESSION DIET

For the past four weeks, you have followed a diet that is liquid and/or in blended form. This is to help heal the staple line. Now, five weeks out of surgery you are ready to gradually add solid foods into your diet. It is important for you observe your reactions to various foods. This will determine the rate at which you move forward from ground/pureed foods to solid foods. The progression diet is divided into two phases: soft and regular foods.

Tips for Adjusting to Solid Food

• **Eat Small Amounts of Food:** Your stomach pouch is approximately the size of a small egg or a size of a roll of dimes. Therefore, eat only 1 oz of food over a 10-15 minute period. If you feel full, stop eating! If you do not feel full, then eat another ounce of food over 10-15 minutes. You should not be able to consume the volume of food you did prior to surgery.

• **Chew Food Thoroughly.** Chew food until it is almost liquid in your mouth to avoid “sticking” or vomiting. Well-chewed food places less stress on your stomach pouch. The opening from the stomach pouch to the intestine is very small and can be blocked with large food pieces. Chew your food well.

• **Eat Slowly.** Take small bites and chew thoroughly. Place foods on a small plate to make it appear like you have more. After you take a small bite, place your fork or spoon down, and place your hands in your lap. Do not eat your meals when you are preoccupied with watching TV, on the computer or the phone to avoid overeating.

• **Wait to Drink Fluids 30 Minutes After a Meal.** Eating and drinking at the same time can cause dumping syndrome in gastric bypass patients or severe pain in sleeve patients. We recommend that you eat nutrition solids at meal times and drink fluids in between meals. Fluids will fill your pouch up quickly. People generally experience less bloating when following this principle. You will still need to take 1 quart of low calorie fluid per day such as the following: water, Crystal Light or Sugar-free Koolaid.
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CONTINUE TO INCLUDE
- 2 milk servings
- 2 starch servings
- 2 vegetable servings
- 2 fruit servings
- 3 fat servings
- 6 meat servings

AVOID!
- High fat & High sugar food
- 1 tsp. butter or margarine
- 1 Tbsp. salad dressing
- 1 Tbsp. cream cheese

MILK (2 servings)
- 1 cup skim or 1% milk
- 1 cup plain yogurt

VEGETABLE (2 servings)
- ½ cup steamed
- 1 cup raw

MEAT (6 servings)
- 1 oz. beef or pork
- ¼ cup cottage cheese
- 1 oz. turkey or chicken
- 1 egg
- ¼ cup egg substitute

FAT (3 servings)
- 1 oz. tender fish
- 2 Tbsp. peanut butter
- 4 oz. tofu
- 1 oz low fat cheese

STARCH (2 servings)
- 1 cup canned fruit
- 1 small peeled apple

FRUIT (2 servings)
- Discuss with dietitian

64 oz. Fluids, Water, Crystal Light, Sugar-free Kool-Aid
COMMON PROBLEMS WHEN ADJUSTING TO SOLID FOODS

- **Vomiting:** Vomiting is not uncommon when adjusting to solid food. If you vomit, do the following:
  
  » Note the amount of food you ate and the texture of the food.
  » Common foods that might cause problems include chicken, beef, pork, rice, pasta or untoasted bread.
  » Substitutions should be made for food not tolerated.
  » Eat small quantities, chew well and take time to savor the flavor.
  » Do not drink fluids at a meal that contains solid foods. The pressure of the liquids on top of food may distress and may cause you to vomit.

- **Constipation:** Constipation may occur due to decreased food and fiber intake. Try the following if this occurs:
  
  » Eat fruits, vegetables or 1 Tbsp raw bran
  » Drink diluted prune juice and lots of water
  » Exercise regularly

- **Stomal Stenosis:** This is tightening of the opening between your stomach and intestine. This can occur about four weeks from surgery. When this occurs you may experience vomiting after eating and sometimes after drinking. If you experience the sensations of foods “sticking,” call the nurse or your surgeon’s office. Have a food diary available for reference. This will help determine the source of vomiting.
SOFT / REGULAR PHASE

When seeing the Dietitian after your surgery, try foods from the soft / regular foods list and continue to eat these foods as you can tolerate indefinitely.

Soft Phase Guidelines:

- Continue to eat 5-6 small meals / day. All meals should contain some kind of protein.
- Use the 1-2-3 progression to test your tolerance.
- Remember to incorporate all food groups each day
- Limit portion size of meals to ¼-1/3 cup (4-6 Tablespoons)
- Try avoiding high fiber foods if they are not well tolerated

Soft / Regular Phase Sample Menu – Incorporate one new food at each meal

<table>
<thead>
<tr>
<th>Menu</th>
<th>Soft / Regular Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volume of food per meal</td>
<td>2 to 3 ounces (4-6 tablespoons)</td>
</tr>
<tr>
<td>Breakfast</td>
<td>1 scrambled egg</td>
</tr>
<tr>
<td>Morning Snack</td>
<td>Low-fat string cheese with ¼ cup fruit</td>
</tr>
<tr>
<td>Lunch</td>
<td>3 Tbsp Lean meat or poultry, baked fish or low-fat cottage cheese</td>
</tr>
<tr>
<td>1 Tbsp soft, cooked vegetable</td>
<td></td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>Light or non-fat Greek yogurt</td>
</tr>
<tr>
<td>Dinner</td>
<td>Same as noon meal</td>
</tr>
<tr>
<td>Evening Snack</td>
<td>1/4 cup sugar-free pudding or cottage cheese</td>
</tr>
</tbody>
</table>

**Sip liquids between meals**
SECTION 3: EXERCISE RECOMMENDATIONS

It is imperative after surgery to work up to a goal of exercise to be 30 minutes at least 5 days / week. Remember, the key to weight loss is using more calories than you take in!

WALKING:

- Walking can be started before surgery and immediately when you return home from the hospital. This is beneficial in order to help against blood clot formation.
- Walking can be done all year round. When it is nice weather, walking and hiking can be done. Move indoors to a gym or mall on cold, rainy or humid days.
- Start by walking on flat surface and as you lose weight and gain better balance, start adding an incline.
- Alternate your walking routes to keep exercise interesting and fun.
- Find someone that would like to exercise with you to help keep you motivated and stay on track.
- Walk in safe, well lit areas
- Invest in adequate shoes for walking to prevent falls or injuries.
- Take fluids with you to sip on while you are walking to prevent dehydration.

AEROBIC ACTIVITY:

- Check with your doctor or surgeon before starting a strenuous exercise program.
- The best way to stick with an aerobic program is by finding exercise you enjoy doing. Exercise you do not enjoy doing will be difficult to stick with and enjoy.
- Try incorporating different aerobic activities on different days to overcome boredom with exercise.
- Swimming and water aerobics are good activities if you have joint pain or immobility.
- Some ways to increase activity are:
  » Taking the stairs instead of the elevator
  » Parking at the end of the parking lot and walking further
  » Hand mowing the lawn and raking leaves
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• Some ways to increase activity are:
  » Taking the stairs instead of the elevator
  » Parking at the end of the parking lot and walking further
  » Hand mowing the lawn and raking leaves
  » Taking breaks from your desk and walking in intervals throughout the day
  » Walking or biking to do errands that are close instead of driving

STRENGTH TRAINING:
• Strength training may include resistance bands, TRX bands, free weights or weight machines
• It is very important to use good form when lifting weights in order to prevent injuries. This can be done with the help of a personal trainer or someone who specializes in activity.
• A 10-15 minute warm up is recommended before weight training in order to prepare the body for the workout. This can be done by walking, jogging or using the elliptical.

GOAL SETTING:
• Start out by setting realistic goals for yourself (i.e. how many days a week you are able to exercise and what exercises you are going to do)
• Vary workouts to prevent boredom and discontinuing exercise
• Always have a secondary plan if your original plan fails
• Keep an extra pair of walking shoes and exercise clothes in the car so there are not excuses of why you aren’t exercising.
SECTION 4 BEFORE GASTRIC BYPASS / SLEEVE GASTRECTOMY SURGERY

Below are lists of guidelines in addition to specific items that will need to be purchased prior to your surgery. It will be important for you to follow these recommendations and purchase the items listed as this will help you to be better prepared and ready for your new lifestyle.

Before surgery checklist:

- Become familiar with and use low calorie sweeteners and sugar-free products.
- Read labels to learn what foods are high in sugar and avoid them. (Remember, no sugar listed in the first three ingredients)
- Become familiar with foods that are low in fat and choose them instead of full-fat versions.
- Read about foods that are high in protein and become very familiar with these.
- Try high protein powder supplements before surgery to find some that you like.
- Buy chewable multivitamin/minerals tablets - vitamin and mineral supplements will be taken daily for the rest of your life.
- Practice eating meals slowly, taking smaller bites and sipping liquids very slowly. Practice drinking fluids more frequently and in-between meals.
- Keep a food record and use it to record portion sizes, protein content, water intake and exercise. Bring this to all of your meetings with your dietitian after surgery.
- Re-read the Full Liquid and Pureed Diet sections of this book. Have the appropriate foods purchased before surgery so they are available when you come from the hospital.
ITEMS TO PURCHASE BEFORE SURGERY:

Protein
- Protein powder/supplement
- Canned tuna, salmon, chicken or ham
- Evaporated skim milk
- Soy milk or rice milk if lactose intolerant
- Skim or 1% milk
- Light/fat-free/sugar-free yogurt (no fruit, nuts, seeds)
- Plain Greek yogurt
- No sugar added Carnation Instant Breakfast

Vitamins and Minerals
- Chewable multivitamins
- Vitamin B12 sublingual – liquid or pills; 500mcg tablets
- Chewable Calcium Citrate tablets
- Vitamin D tablets
- Lactaid drops/tablets if lactose intolerant; 400 IU tablets

Fluid
- Sugar free popsicles or sugar-free powdered drink mixes
- Sugar free gelatins
- Flavored water, non-carbonated

Prep and Storage
- Blender or mini-chop food processor
- Hand blender
- Containers for storage (approx. 2-4 oz size)
- Child size utensils and/or plates and sippy cups
- Measuring cups and/or food scale

Other
- Sugar-free or Splenda sweetened applesauce
- Cream of wheat or rice
- Oatmeal (plain)
- Instant mashed potatoes
- Baby food – Stages 1 and 2
- Low fat canned soups
- Low-fat cheese that melts well
- Sugar-free pudding mixes
- Low-fat gravy mix packets
- Record book for food records
PRE-SURGERY DIET FOR WEIGHT LOSS SURGERY
FULL LIQUID AND PUREED RECIPES

Hot Drinks

**Chai Latte**
- 10 ounces hot water
- 1 chai tea bag
- Vanilla shake mix

**Instructions**
Steep water and chai tea bag together. Place in blender and start blending. Add shake mix and blend until smooth for 30 seconds. Serve as a warm drink or add ice to make Iced Chai Latte.

*Protein: 16 grams*

**Café Mocha**
- 1/2 cup decaf coffee (room temperature)
- 1/2 cup skim milk
- 1 scoop chocolate protein powder
- 2 tsp. unsweetened cocoa

**Instructions**
Place all ingredients together in blender. Blend until smooth. Heat to desired temperature.

*Protein: 21-39 grams depending on protein powder*

**Cappuccino**
- 1/2 cup decaf coffee (room temperature)
- 1/2 cup skim milk
- 1 scoop vanilla protein powder

**Instructions**
Place all ingredients together in blender. Blend until smooth. Heat to desired temperature.

*Protein: 21-39 grams depending on protein powder*

**Hot Chocolate**
- Small sugar-free hot chocolate mix
- 1 scoop chocolate protein powder
- 8-10 oz skim milk

**Instructions:**
Follow instructions on hot chocolate mix. Add protein powder.

*Protein: 24+ grams depending on protein powder used*
Shake Recipes

Simple Egg Nog
- 6 ounces skim milk
- 2 ounces egg substitute
- Artificial sweetener, rum/vanilla extracts to taste
- Several ice cubes

Instructions
Place all ingredients in blender. Blend until smooth.

Protein: 12 grams

Chocolate Shake
- 4 ounces skim or 1% milk
- 1 scoop chocolate protein powder
- 1-2 Tbsp sugar-free non-fat creamer (hazelnut, chocolate, amaretto or other flavor)

Instructions:
Mix well in shaker cup or blender.

Protein: 18-23 grams depending on the protein powder used.

Banana / Peanut Butter Shake
- 6 ounces of skim or 1% milk or artificially sweetened yogurt
- 1 Tbsp of PB2 or creamy natural peanut butter (no peanut butter in full liquid phase)
- ½-1/4 banana (no banana in full liquid phase)
- Artificial sweetener to taste

Instructions:
Place in blender or food processor until smooth. Hint: Place shake in a cup with a top (shaker cup). Enough for one meal can be poured out. Refrigerate the rest until ready to drink. Take the cup out, shake well, pour and enjoy.

Protein: 9 grams

Strawberry / Chocolate Shake
- 4 ounces plain yogurt or skim or 1% milk
- 1 scoop chocolate flavored protein powder
- ½ cup strawberries, fresh or frozen, with no sugar added (no fruit in full liquid phase)
- Artificial sweetener to taste

Instructions:
Mix until smooth in blender or food processor.

Protein: 9-12 grams protein, depending on protein powder
Strawberry / Banana Shake
- 4 ounces sugar-free vanilla or plain yogurt or skim or 1% milk
- 1 scoop of vanilla or natural flavored protein powder
- ½ cup strawberries, fresh or frozen, no sugar added (no fruit in full liquid phase)
- ½ banana (no fruit in full liquid phase)
- Artificial sweetener to taste

Instructions:
Mix until smooth in blender or food processor. Strain.
Protein: 9-12 grams of protein each, depending on protein powder.

Peanut Butter / Chocolate Shake
- 4 ounces skim or 1% milk, sugar-free vanilla or plain yogurt
- 1 Tbsp PB2 or all natural peanut butter (no peanut butter in full liquid phase)
- 1 scoop chocolate protein powder

Instructions:
Mix until smooth in blender or food processor.
Protein: 11-14 grams protein, depending on protein powder used.

Pina Colada Shake
- 8 oz skim or 1% milk, buttermilk, or plain yogurt
- 1 pkg vanilla, sugar-free carnation instant breakfast
- ½ cup crushed pineapple in it’s own juice (no fruit in full liquid phase)
- ½ tsp coconut extract
- ½ tsp rum extract

Instructions:
Mix until smooth in blender or food processor. Strain.
Protein: Makes 2 servings, 6.5 grams of protein in each.
For additional protein: Pina Colada shake may be made using 1 scoop of a vanilla protein powder. Protein: 11-14 grams, depending on powder.

Berry Shake
- 1 scoop vanilla flavored protein powder
- ½ cup fresh blueberries, raspberries and strawberries
- 5-10 ice cubes
- Artificial sweetener to taste

Instructions:
Blend protein powder and berries. Gradually add ice cubes until desired consistency.
Protein: 10-30 grams depending on protein powder used
PUDDING RECIPES

Double Chocolate Pudding
- 1 pkg sugar-free chocolate instant pudding
- 2 cups skim or 1% milk
- 4 scoops chocolate protein powder

Instructions:
Mix well with spoon, wire whisk or in blender. Chill one hour or longer.

Protein: Makes 4 ½ cup servings for 19-23 grams protein each, depending on protein powder.

Double Chocolate Pudding II
- 1 pkg sugar-free chocolate instant pudding
- 2 pkgs chocolate sugar-free instant breakfast
- 2 cups skim or 1% milk

Instructions:
Mix well with spoon, whisk or in blender. Chill one hour or longer.

Protein: Makes four ½ cup servings for 6 grams protein

SOUP RECIPES

Pizza Soup
- 1 can tomato soup
- 1 can evaporated skim milk
- 2 ounces (1/2 cup) grated mozzarella cheese (not in full liquid phase)
- Italian seasoning to taste

Instructions:
Heat soup and milk, stirring frequently, just until it start to boil. Remove from burner. Stir in cheese and seasoning. (Soup and milk can be heated in casserole dish in microwave.)

Protein: 9 grams in 1/2 cup

Cream of Tomato Soup
- 1 can tomato soup
- 1 cup skim or 1% milk
- ½ cup cottage cheese (not in full liquid phase)

Instructions:
Place soup, milk, and cottage cheese in blender and puree. Heat until it begins to boil.

Protein: 5 grams in 1/2 cup
Cream of Chicken Soup
- 1 cup water
- 1/3 cup dry nonfat milk
- 1 chicken bouillon cube

Instructions
Heat to desired temperature.

Protein: 8 grams

Egg Drop Soup
- 1/2 cup chicken broth
- 1 cup egg substitute (not in full liquid phase)
- Pepper, soy sauce as desired

Instructions:
Heat broth just until boiling, then whisk in egg substitute and add seasoning.

Protein: 8 grams

SALAD RECIPES

Pineapple/Lime Salad
- 1 package diet lime gelatin
- 1/2 cup cottage cheese
- 1/2 cup pineapple packed in its own juice

Instructions
Place pineapple and cottage cheese in blender and puree. Heat water to boil. Dissolve gelatin in one cup boiling water. Add 1 cup cold water or pineapple juice. Stir in pineapple and cottage cheese. Chill for one hour or longer.

Protein: Makes four servings, 4 grams protein each

Egg Salad
- 1 egg, hard cooked
- 1 Tbsp. light mayonnaise or light salad dressing
- Mustard, cumin, black pepper to taste

Instructions
Place ingredients in blender and puree.

Protein: 7 grams
Tuna, Salmon, Chicken or Ham with Egg Salad  
- 1 egg, hard cooked  
- 1/2 cup salmon, chicken, ham or tuna packed in water, drained  
- 2 Tbsp. light mayonnaise or light salad dressing  
- Diced onion, lemon, dill, or cumin to taste  

Instructions  
Place ingredients in blender and puree.  
Protein: Makes three servings at 7 grams each  

Pineapple and Cottage Cheese Salad  
- 1/2 cup of cottage cheese  
- 1/2 cup of crushed pineapple in its own juice  
- Artificial sweetener if desired  

Instructions  
Place ingredients in blender or food processor and puree. Try with peaches, tomatoes, or other favorite fruit.  
Protein: 7 grams of protein in ½ cup  

BEAN DIPS  

Hummus  
- 1 16-ounce can chick peas (garbonzo beans), drained  
- 1 or more cloves of garlic  
- 1 tsp. salt  
- 1 Tbsp. lemon juice  
- 1/2 cup Tahini (optional)  

Instructions  
Place ingredients in blender and puree. If desired, add some parsley, cilantro, or cumin.  
Protein: 1 cup provides 4 grams  

Layered Bean Dip  
- 1/2 c. fat-free refried beans  
- 2 Tbsp. reduced fat sour cream  
- 1/4 c. reduced fat shredded cheddar cheese  
- 2 Tbsp. pureed salsa (optional)  

Instructions  
Layer in the order above in a small oven proof dish. Bake at 375° for 10 minutes. Serve with salsa.  
Protein: 13.8 grams.
Refried Beans
- 1 cup black beans or pinto beans
- 2 Tbsp. margarine
- 1/2 small onion, minced
- 1 Tbsp. garlic powder
- Dash: salt, thyme, parsley, red pepper

Instructions
Mash beans and set aside. Cook onion with margarine for a few minutes. Add spices and cook for five minutes. Add beans to onion and spice mixture. Thin with water as needed.

Protein: 6 grams for 1/2 cup