

Before Surgery:
One-Two Weeks Before Surgery

Phase 1 After Surgery:
Weeks 1 & 2 Post Op

Phase 2 After Surgery:
Weeks 3-5 Post Op

Phase 3 After Surgery:
Weeks 6-8 Post Op

Phase 4 After Surgery:
Weeks 9+

Start Date:

Start Date:

Start Date:

Start Date:

Start Date:

Pre-op Liquid Diet

- 4 high protein meal replacement shakes
- 6-8 cups of water or non-carbonated, sugar-free liquids.
- Sugar-free gelatin
- Broth (low sodium)
- You may have 1 serving of caffeine daily

IMPORTANT:

- **DO NOT** eat or drink anything else during your pre-op liquid diet.

Full Liquid Diet

- High protein meal replacement shakes
- Low-fat cream soups or broth
- Sugar-free gelatin
- Diet V-8
- Sugar-free drinks

Daily Goal: 48-64 oz of fluids & 60-80 grams of protein

Pureed Diet

- Yogurt/Greek Yogurt
- Sugar-free pudding or custard
- Scrambled Eggs
- Cottage cheese & ricotta cheese (low-fat)
- Mashed tofu
- Refried beans, pureed lentils, hummus, bean dip
- Pureed meats, fish & poultry

Daily Goal: 48-64 oz of fluids & 60-80 grams of protein

Soft Food Diet

- "Fork-tender" foods such as canned tuna/chicken
- Low-fat soft cheeses
- Skinless canned/soft fruits
- Cooked, skinless vegetables
- Lean ground beef/turkey
- Eggs

Daily Goal: 48-64 oz fluids & 60-80 grams of protein

Solid Foods

- Lifelong diet
- Healthy, high-protein, regular diet*

**Certain foods & textures may take time to tolerate. Take your time introducing new foods into your diet.*

Daily Goal: 48-64 oz fluids & 60-80+ grams of protein

Pre-op Diet Tips:

- Do **NOT** start your pre-op liquid diet until you are instructed to do so.
- For the first few days of your pre-op diet, you may feel hungry. It is very important that you do not start snacking on foods – even healthy options.
- If you develop a headache while on the liquid diet, you may take Tylenol.
- **If you are a diabetic:** please check your blood sugar 4 times a day and carry glucose tablets or hard candies with you in case your blood sugar drops too low. Your surgeon will give you recommendations on any diabetes medication changes when you start your liquid diet.
- **If you are on blood pressure medication:** Your surgeon will give you instructions on any changes to your blood pressure medication when you start your liquid diet.

Post-op Diet Tips:

- Follow your post-op diet as directed.
- Eat slowly & chew food well.
- Make sure to eat your protein foods first, followed by vegetables & fruits second, and other carbs last.
- Eat 3 small high-protein, nutrient dense meals and 1–2 snacks daily.
- All meals and snacks **MUST** include protein.
- Avoid concentrated sweets/sugars and fatty foods.
- It is very important to stay hydrated.
- Avoid drinking liquids with meals and for up to 30 minutes AFTER eating.
- Take the required vitamin, mineral and calcium supplements daily.
- Follow up with the bariatric office.