



POST SURGERY MEAL PLAN

Phase 1: Clear Liquids (Day of surgery and the day after)

The focus points of this phase are to stay hydrated and move your body every day.

"Sip, sip, sip; move, move, move!"

What can I consume during this phase?

- During this period, choose fluids that have no added sugar, no caffeine, and no carbonation. Examples are below:

- Plain water
- Protein waters such as Premier and Protein 20 (check label as some add sugar)
- Homemade protein waters: mix unflavored protein with Crystal Light or PowerAde Zero, etc.
- Sugar-free popsicles
- Sugar-free Jell-O
- Decaf, sugar-free tea
- Beef, chicken, or vegetable broth or bone broth
- Sugar-free drink mixes and sports drinks such as Crystal Light and PowerAde Zero

What should I avoid during this phase?

- Popsicles or Jell-O containing sugar
- Regular sports drinks such as Gatorade and PowerAde
- Caffeinated coffee and tea
- Juice
- Carbonated drinks should forever be avoided

Activity:

- Walk frequently!
- Walking helps empty your stomach so you can drink more!
- If you become lightheaded, stop and rest for a while.

Fluid:

- Your ultimate goal is 60-80 oz. of fluid a day. *You will not reach this goal during this phase.
- Make sure that you have fluids available at all times, that you take sips, not swallows or gulps, that you sip small amounts throughout the day, and that you listen to your stomach.
- You may feel full after several sips. This is normal and is your cue to get up and walk. Walking will help the fluid move on down and make room for more!
- Remember to be sitting up when you drink.
- Don't drink if you feel full.
- Don't use a straw for at least the first two weeks after surgery.

- Some people report that sipping on warm beverages helps settle their stomachs; other report cold beverages are better tolerated. Experiment.

****If you have no nausea with clear liquids, you may progress to phase 2-full liquids.**

Phase 2: Full Liquids (Days 3-14)

Focus on your protein and phasing in your chewable vitamin and calcium.

What can I consume during this phase?

- Any items from the clear liquid phase
- Low fat, low sugar (6 g or less) smooth yogurts such as Triple Zero, Dannon Light and Fit, Carbmaster, etc.
- Protein powders that are made from **100% whey or soy protein isolate** protein powders, with no more than 5g carb per serving. These can be mixed with milk, yogurt, water, or any item from the clear liquid list. You can also blend with ice.
- Milk (skim, 1%, unsweetened soy, unsweetened almond, unsweetened coconut or unsweetened cashew milk)
- Low-fat cream soups with the solids strained out and sugar free pudding. (Buy low fat cream soup at the store, make with skim or 1% milk and add protein powder to it. Do the same with pudding.)

****Do not get in the habit of consuming soups and stews from restaurants. These tend to have more fat, sodium, and carbs than the same dish made at home. Your weight loss will likely be less!**

What should I avoid during this phase?

- Soups and stews from restaurants
- Crackers (Many people are used to eating crackers with soup, but they are not liquid!)
- Pre-mixed protein drinks such as Premiere, Boost, Slimfast, and Ensure
- Any protein powder that isn't 100% whey or soy protein isolate
- Premade chocolate milk or chocolate almond milk or chocolate soy milk

Vitamin and Calcium chewables:

- Day 7, you will slowly phase in your chewable vitamins and calcium. Start slow to build tolerance!
- Vitamin and calcium supplements should not be soft chews (these are foil-wrapped) for the first month following surgery.
- You should use a quality bariatric vitamin such as Celebrate, Bariatric Advantage, Opurity, ProCare Health. These are made to dissolve in your new stomach environment which now has less stomach acid and reduced grinding abilities.
- The vitamins can cause nausea; do not take on an empty stomach. Crushing your vitamin and adding to sugar free chocolate pudding or chocolate protein shake helps mask the taste and odor, as does chewing them with your mouth open.
- If your multivitamin doesn't contain iron, you can take it at the same time as your calcium.
- Do not use gummies, patches or Tespo ...even if Facebook or support groups say you can!

You are working toward an ultimate daily goal of 2-2-2:

- 2 Scoops of protein mix (Men might need 3 scoops a day.)
- 2 Bariatric, chewable multivitamins (Note: Doses can differ. Check the label or website.)
- 2 Chewable calcium citrate tablets.

Protein:

- You are slowly working toward 70-80 g/d protein for women and 80-100 g/d protein for men
- Spread out your protein intake by getting some each time you eat.
- You will not be able to meet these needs through food alone; you must use a high-quality protein mix that is 100% whey or soy protein isolate and has no more than 5 grams of carb per serving.

Tracking:

- Monitoring your intake is associated with better results; you can track your intake on paper or on a phone app (Baritastic and Lose It are popular).
- Baritastic is made for people who have had weight loss surgery and features reminders for vitamins, activity, and water. It also has a voice recorder.

Full-liquid Options	Protein Count	Full-liquid Options	Protein Count
Skim or 1% milk or soy milk	8 g/cup 1 cup = 8 fluid oz.	Triple Zero yogurt	15 g/5.3 oz.
Fairlife milk	13 g/cup	Dannon Light & Fit Greek	12 g/5.3 oz.
Unsweetened almond, cashew, coconut milk	1 g/8 oz.	Dannon Light & Fit	5 g/5.3 oz.
100% whey or soy protein isolate mixes	20-27 g/scoop average	Carbmaster yogurt	9g/6 oz.
Cream soup, strained of solids	2 g/4 oz.	Low sugar/low carb yogurt	4-6 g/5 oz. average
Sugar free pudding, ready made	0 g/4 oz.		

*Notice what foods are the best sources of protein. (You can add protein powder to foods that are lower-protein sources to increase their protein content!)

Activity:

- Can I exercise during this phase? Yes, and since you are now consuming more calories and protein, you will be able to do more. However, listen to your body and don't overdo it.
- For the first six weeks, do not lift anything over 15 pounds.

Fluid:

- You will slowly be getting closer to consuming 60-80 oz. a day
- You may find that at some point during this phase, you can take a swallow of water instead of just a sip. This is fine. Refrain from gulping liquid, however.
- Drinking fluid and being active will also help with constipation which is likely.
- If your stomach gets upset, try different temperatures of fluids or make ginger tea with fresh ginger and hot water.

As you move into the pureed phase, remember these two things:

1. **The 30-minute Rule for Eating and Drinking** which means...you don't drink for 30 minutes before you eat; you don't drink while you eat; and you wait 30 minutes after eating to drink again.

2. **The Fullness Cue** which means...if you take one bite too many, your body will tell you. You might have a runny nose, a burp, a sneeze. You might feel a pressure or air bubble in your chest. The goal is to not experience your fullness cue so stop eating at the first sign of fullness. The key to this is to take small bites, eat slowly, and be mindful.

Phase 3: Pureed/Blended Foods (Days 15-35)

****Follow the 30 minute rule for eating and drinking-Learn your fullness cue then avoid it!****

What can I consume during this phase?

- Any items from the clear and full liquid lists
- Pureed meats and veggies (recipes contributed by patients are provided below)
- Moist scrambled eggs, cottage cheese, and ricotta cheese do not have to be put in blender
- Remember, this phase doesn't have to be bland. You can use spices and seasonings!
- You are aiming for three distinct meals a day; each meal should be 2 oz. (1/4 cup)
- A sample day might be 1 moist, scrambled egg for breakfast, ¼ cup yogurt for lunch and ¼ cup pureed meat/veggie for dinner. In between meals is **FLUID TIME**. Time to drink protein shakes, protein soups such as Unjury chicken soup and fluids. You don't have to follow the 30 minute rule for protein shakes and protein soups. This helps with hydration and protects against future grazing.
- Stop eating at the first sign of fullness-before your fullness cue occurs.

Do not rely on Taco Bell refried beans, mashed potatoes, low protein soups, hummus or any other high carb food. All meals should include an excellent source of protein such as egg, meat, ricotta/cottage cheese, yogurt.

Can I just chew my foods really well instead of putting them in a blender?

- No. Use a blender. It is helpful to add some moisture to meats when blending. You might use broth, soft vegetables, low fat mayo, plain nonfat yogurt, pickle juice, the liquid from salsa, etc.
- Cut food into small pieces about the size of your thumbnail. Place in blender and add enough liquid to cover the blades. Blend until mixture is as smooth as applesauce. Strain out any lumps or food pieces. You can use spices and herbs to make your food more flavorful.
- Leftovers can be frozen in small containers or zip lock bags for later use.

Vitamin and Calcium Chewables:

- If the vitamins and calcium have not caused you nausea, you should be taking full doses of them.
- If you have trouble with the vitamins and calcium, please email both of us at troberts@lapbariatrics.com and tara@lapbariatrics.com

Protein:

- Continue to increase your intake of protein. (Women need 70-80 g.; Men need 80-100 g.)

Calories and Carbohydrates:

- Carbohydrate intake should be less than 50 g per day. How do you know how many carbs you're eating? You are tracking!
- Right now, calories are not a concern. At this point, protein and carb intakes are important.

Activity:

- Work toward a weekly minimum of 150 minutes of purposeful, continuous activity. You can divide this into 30 minute segments over 5 days or 25 minutes over 6 days. Whatever works for you!

- Purposeful means that you walk like you are late for a meeting. Continuous means that you aren't walking and shopping!

Fluid:

- Work toward drinking 60-80 oz./day of fluid. Water is best, but some can be with flavorings.

Puree Recipes:

*The secret to getting through this phase, for most people, is to avoid pureeing foods that aren't normally pureed. So, instead of pureeing just chicken, add some starchy beans. Chicken isn't usually in this form, but bean dip is! Or puree meats with some vegetables! Always add some form of liquid.

**If pureed foods totally turn you off or you get tired of them, remember that you can exist on moist scrambled eggs, cottage cheese, ricotta cheese, sugar-free yogurt, milk, and protein shakes just fine until the soft food phase. These foods don't need to be run through the blender.

***Always use two times the amount of protein as starch.

Cheesy Egg: Add some cottage cheese to raw egg before you scramble it. Makes it nice and moist.

Chicken and Bean Dip: Blend canned chicken, pinto beans, and salsa liquids.

Deviled Egg Delight: Blend a hard-boiled egg with dill pickle juice, a bit of light mayo or fat-free plain yogurt.

Mexican Medley: Blend black beans, cheddar cheese, lean ground turkey, taco seasoning.

Guacamole: Blend avocado, lime juice, a hard-boiled egg, cilantro, onion, and garlic. Add unflavored protein powder.

Refried Beans: Cook starchy beans, chicken, onion and seasonings in crock pot until beans are soft, blend.

Chicken Casserole: Blend chicken, low-fat cream soup and veggies.

Chicken Kabobs: Blend grilled chicken, cooked green pepper and onion, broth or water.

BBQ Chicken: Blend chicken and sugar free BBQ sauce (Walden Farms or other sugar free sauce).

Ricotta Bake: Top ricotta cheese with Ragu brand or other pizza sauce. Serve warm or cold. You can also mix a raw egg with the ricotta cheese and bake.

Flavorful Egg: Cook onion, pepper, etc. in broth. Strain veggies and then cook egg in flavored broth.

Egg Drop Soup: Make egg drop soup from packet. Add 1-2 eggs.

High Protein Soup: Simmer any veggie in broth until soft. Can add chicken thigh meat or canned chicken. Add hard-boiled egg. Blend all ingredients together.

High Protein Jell-O Mousse: Mix 1 package of sugar free Jell-O with $\frac{3}{4}$ cup boiling water to dissolve. Add $\frac{3}{4}$ cup cold water. Chill until set or mostly set. Blend 1 cup cottage cheese, $\frac{1}{2}$ cup vanilla low sugar, low fat Greek yogurt and 1 scoop of whey isolate protein powder. Add chilled Jell-O and blend together.

Surf and Turf: Prepare tuna salad using low-fat mayo or nonfat plain yogurt; blend. Eat while standing on artificial grass.

Chick on a Stick: Prepare chicken salad using low-fat mayo or nonfat plain yogurt; blend. Eat with a tongue depressor.

Frequently Asked Questions

When do I start my vitamins?

You will start your vitamins and calcium on Day 7 after surgery. These need to be chewable. The brands we recommend are Celebrate, Opurity, Bariatric Advantage, ProCare Health.

Do I have to stick to the diet progression?

Yes! Many people who jump ahead end up in the emergency room or worse, back in the OR.

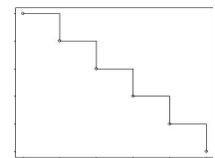
What does pureed/blended mean?

Pureed means that your food is run through a blender until it is the consistency of baby food/applesauce.

All foods except moist scrambled eggs, cottage cheese and ricotta cheese must be pureed/blended!!!

Why don't I lose weight every day?

It is usual for your weight to stair step meaning that you might not lose much for a few days and then you will lose several pounds over night. For this reason, it is recommended to not weigh every day. Weighing weekly or twice a week is fine.



Have something besides the scale to indicate weight loss such as monthly pictures, a certain outfit or piece of clothing and measurements!

Can I use Premier protein shakes?

No! Premier protein shakes contain a form of protein that is not fully absorbed and can lead to hair loss. You need to drink 100% whey or soy protein isolate drink which will be fully absorbed.

***Note:** Premier protein waters are 100% whey protein isolate and can be used.

Some recommended brands include Unjury, Celebrate, Nectar, Inspire, Dymatize Iso 100, and Jay Robb.

Check the label: Whey or soy protein isolate should be the only protein listed...not whey protein concentrate or whey protein blend! There should be no more than 5g carbs/serving.

IMPORTANT: If the vitamins or protein shakes make you nauseated or you have questions about them or your meal plan:

Email troberts@lapbariatrics.com and tara@lapbariatrics.com

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