



#### **Phase 4: Soft Foods (Day 36-42)**

The focus point of this phase is to continue becoming the healthiest eater you know.

#### **Advancement from pureed/blended phases to soft and regular phases.**

##### **What can I consume during this phase?**

- Any items from the clear and full liquid phases
- Soft, tender meats such as moist chicken, ground meats, tuna, baked fish, crab (pork chops and steak are in the regular phase)
- Vegetables that are as soft as canned vegetables
- Low-fat string cheese and other low-fat cheese
- Focus on lean protein and non-starchy veggies; it sometimes helps to take 4 bites protein to 1 bite non-starchy vegetable

##### **What should I avoid during this phase?**

- Foods that belong in the regular phase
- Foods high in carbohydrates such as fruit, starchy vegetables, bread, pasta, oatmeal, rice because they quickly fill up your stomach. If your stomach is full of carbs, you can't meet your protein needs.

##### **Vitamins and Calcium chewables:**

- You should either be taking the full dose of a quality bariatric vitamin and calcium citrate or you should have worked with me for a temporary alternative.

##### **Protein:**

- You will probably be at your protein goal now. Women need 70-80 g/day and men need 80-100 g/day. If you are exercising a lot, aim for the higher end of your range.

##### **Activity:**

- Remember that you are working toward a goal of at least 30 minutes of purposeful, continuous activity, 5 days a week.
- At six weeks, you can add 2 days a week of weight training.
- By exercising, you will lose more weight and more of that weight will be from fat mass.
- Continuous means that your activity has a start and an end.
- Purposeful means that you can talk, but not sing! Pretend you are late for a meeting or the bus!

##### **Fluid:**

- You will probably be able to drink 60-80 oz of fluid a day. Half of your fluid should be without artificial sweeteners. Also, remember to follow the 30 minute rule; this is a Forever.

## **Phase 5: Regular Foods (Day 43)**

Focus: Keep working on developing healthy habits and not sabotaging yourself.

### **\*What can I consume during this phase?**

- Any items from the clear, full, pureed, and soft phases
- Healthy, wholesome foods
- Some people have difficulty with drier meats
- It is helpful to use small plates, forks, and spoons
- Once you are tolerating regular foods, you can start taking pills without crushing them and move to vitamin capsules.

### **Important:**

You should be focusing on lean proteins, non-starchy vegetables, and healthy fats in the form of olive, grapeseed oil, avocado oil or other monounsaturated oils.

Carbohydrates should be eaten minimally and should be healthy choices such as fruit, starchy beans, spaghetti squash, winter squash and sweet potatoes. Consider these foods to be condiments. Only eat these foods if you are consuming adequate protein.

Avoid processed carbohydrates such as bread, crackers, cereal, chips, pretzels, granola bars, protein bars, breakfast bars, pasta, and white rice. Many bars are just candy bars with good marketing.

### **What should I avoid during this phase?**

- Processed foods such as those listed above
- P3 packs and Sargento protein packs
- Frozen meals
- Foods that say proclaim "high protein" on the label, but are still unhealthful, e.g., high protein granola.
- Eating too frequently- have distinct meals-don't graze and nibble
- By six months, you should be eating 3 meals a day or at most, 3 meals and 1 snack

### **Important:**

You should be tracking your food intake. Baritastic and My Fitness Pal are two phone apps that are popular, but there are many others. For some people, it is helpful to keep a written journal of food and exercise.

Women need 70-80 g of protein/day; men need 80-100 g of protein/day. Keep carbs less than 50 g/day.

### **By tracking your intake...**

- You can be sure that you are consuming enough protein and can adjust accordingly,
- You can reduce calories and carbohydrates if your weight loss is less than expected,
- You will have good information to bring to your appointments and your dietitian will thank you.

**Now is the time to try new recipes and foods. If you go back to eating what you used to eat, you will weigh what you used to weigh.**

## **Protein Drink Recipes:**

### **Orange Julius Shake**

Add one cup skim or 1% milk, one packet of orange Crystal Light, one scoop of vanilla protein powder to blender. Can blend with ice.

### **Pina Colada Smoothie**

Add one half to 1 cup unsweetened Silk coconut milk, ½ cup plain or low carb vanilla yogurt, one scoop vanilla protein powder, and pineapple extract to taste to blender. Can blend with ice.

### **Strawberry Lemonade**

Mix strawberry Unjury or other suitable protein mix into Crystal light lemonade.

### **Iced Chocolate Coffee**

Mix 1 scoop chocolate Unjury or other suitable protein mix into 1 cup brewed decaf coffee that has cooled to 140 degrees or less. Pour over ice. You can use vanilla or unflavored protein in place of chocolate.

### **Chai Tea**

Brew chai tea bag in one cup water. Allow tea to cool to 140 degrees. Stir in 1 scoop unflavored or chocolate Unjury or other suitable protein mix. If desired, pour over ice.

### **Peanut Butter Chocolate Shake**

Add 1 T. powdered peanut butter, 1 cup skim or 1% milk, 1 scoop chocolate Unjury or other suitable protein mix and ½ cup ice to blender

### **Root Beer Float**

Add a packet of A&W sugar-free root beer drink mix to your vanilla protein powder and milk or water. These can be found at Dollar General.

### **Orange Creamsicle**

Add a packet of sugar-free Orange Crush drink mix to your vanilla protein powder and milk or water.

### **Butterfinger Shake**

Add 1 T. sugar-free butterscotch pudding mix, 1 T. powdered peanut butter, 1 scoop vanilla whey protein isolate powder, 8 oz. milk or water, and 1 cup ice to blender.

### **Hot Chocolate**

Add chocolate protein powder to milk and heat. (Remember temperature rules.)

### **Flavorful Additions:**

Powdered PB, instant decaf coffee, vanilla, mint, or coconut extract, Crystal Light, etc.

|                                    |
|------------------------------------|
| <b>Out of the Box Suggestions:</b> |
|------------------------------------|

Liquid egg substitute can be added to your protein drink without affecting the taste.  
(3T=5 g protein)

Non-fat Dry Milk can be added to your protein drink (2T=6 g protein)

Add protein to your milk to create a creamer which can then be added to decaf coffee.

Make a latte by using a frother to mix your protein with 2 oz. of liquid. Then as you are adding your coffee into the cup, use the frother again.

Unflavored whey protein powder can be added to PowerAde Zero.

### Non-drink Recipes:

- Mix protein powder into sugar-free gelatin before it sets.
- Add protein powder to plain/sugar-free/low-carb yogurt.
- Stir protein powder into broth or soups (follow temperature guidelines).
- Combine ½ cup unsweetened canned coconut milk + ½ cup milk; pour into popsicle trays and freeze. Can microwave for 12 seconds if you want it slushy.
- Mix one serving of protein powder with 3 T. powdered PB and 1 T. cocoa powder; add 3 T. of water and stir.
- Mix a scoop of protein powder to a water bottle of Crystal Light or a PowerAde Zero, put in freezer for a little while, take out and shake to create slushy.

**\* What if I can't tolerate the protein mixes?**

1. Make your own high protein drink by using Fairlife, Smart Balance or Hood milk and adding pasteurized egg or non-fat dry milk and some flavorful addition (see above).
2. Try a different brand such as Celebrate, Nectar, Inspire, Jay Robb
3. Made a yogurt smoothie by adding milk to yogurt until desired consistency.

### Meal Planning Worksheet

**Protein**

|         |                  |                                  |                                  |     |
|---------|------------------|----------------------------------|----------------------------------|-----|
| Beef    | Shellfish        | Turkey                           | Skim or 1% Milk                  | Egg |
| Chicken | Pork             | Deer                             | Low Fat Cheese or Cottage Cheese |     |
| Fish    | Seafood          | Low Sugar Yogurt or Greek Yogurt |                                  |     |
| Tofu    | Meat substitutes |                                  |                                  |     |

- 1 oz of meat = 7 grams of protein (1 oz. of meat =4 dice; 3 oz. meat=deck of cards)
- ½ cup yogurt and cottage cheese contain about 12 grams of protein
- With red meat and pork, the words "loin" and "round" indicate a leaner cut.
- Ground meat should be 90% lean or higher (ex. ground turkey, chicken, or beef)
- Limit processed meats to 3 times a week (hot dogs, fast food meats, packaged lunch meat, etc.)

- Choose deli meats that are low sodium and less processed (meat sliced for you by the deli dept.)

- **100% whey protein isolate** is the best source of powdered protein

**Non-Starchy Vegetables**

|               |          |          |             |          |
|---------------|----------|----------|-------------|----------|
| Asparagus     | Broccoli | Cabbage  | Cauliflower | Celery   |
| Cucumber      | Lettuce  | Mushroom | Pepper      | Spinach  |
| Summer Squash | Tomato   | Turnip   | Greens      | Beets    |
| Carrot        | Onion    | Radish   | Green Beans | Zucchini |

Spaghetti squash (This is higher in carbs than others listed above, but lower than starchy vegetables)

- It may be helpful to avoid raw vegetables for the first 2 months after bariatric surgery.

**Fats (5 grams of fat per serving)**

|                    |                    |                         |                         |           |
|--------------------|--------------------|-------------------------|-------------------------|-----------|
| Olive Oil (1 tsp)  | Low-fat mayo (1 T) | 5 pecans/ cashews       | 1 T. peanuts            | 9 almonds |
| Canola Oil (1 tsp) | Avocado (1/8)      | 14 unshelled pistachios | 3 T. shelled pistachios |           |

**Fruits-such as:**

|        |            |            |            |                       |
|--------|------------|------------|------------|-----------------------|
| Apple  | Watermelon | Cantaloupe | Grapefruit | Canned fruit in water |
| Grapes | Honeydew   | Orange     | Peach      | Pear                  |
| Plum   | Prunes     | Berries    | Banana     | Cherries              |

- Fruits are high in carbohydrates. Carbs can slow down weight loss, increase your hunger, and make you crave more carbs. Although fruits are healthy, it is best to limit these. Dried fruits have many more calories than fresh.

**Starches**

|                         |                         |                                |                      |
|-------------------------|-------------------------|--------------------------------|----------------------|
| <b>Acorn Squash</b>     | <b>Peas</b>             | <b>Pinto/lima/kidney beans</b> | <b>Plain Oatmeal</b> |
| <b>Butternut Squash</b> | <b>Sweet Potato/Yam</b> |                                |                      |

Unhealthy sources of starch include: fried foods, chips, crackers, sweets, mashed potatoes, white pasta, macaroni and cheese, sugary cereals, granola and protein bars that are really candy bars in disguise, soda, sweet tea, and other sweetened beverages, alcohol .

- Starches are high in carbohydrates. Carbs can slow down weight loss, increase your hunger, and make you crave more carbs.
- Unhealthy sources of starch should be avoided or strictly limited.
- Limit total carbs to less than 50 g/day.

Please email me with any questions or concerns: [troberts@lapbariatrics.com](mailto:troberts@lapbariatrics.com) or [tara@lapbariatrics.com](mailto:tara@lapbariatrics.com)

**Your focus should be on healthy proteins and non-starchy vegetables. Cook in healthy oil. Fruits and starches should be limited.**

**Protein: 70-80 g/day for Women; 80-100 g/day for Men**

**Carbs: less than 50 g/day**