

## 2 Weeks Before Surgery: Preoperative Diet

Start this diet 2 weeks before your surgery. This diet is required and helps shrink your liver which makes a safer and easier surgery.

### Instructions:

- Eat every 3-4 hours and drink at least 64 oz of sugar-free beverages (water, Crystal Light, Fruit2O, etc.) to help manage hunger
- Bread, rice, pasta, starchy vegetables (potatoes/peas/corn/squash), sweets and alcohol are **not** allowed on the pre-op diet.
- On the day of surgery: Start to drink 1 carbohydrate drink (12oz Clearfast, or 10oz Ensure Pre-Surgery Clear, or 12oz Gatorade) 3 hours before surgery and finish within 2 hours of surgery (Refer to ["Preparing for your bariatric surgery guide"](#))

**This diet provides 5 different eating events per day including:** 2 protein shakes, 2 snacks and 1 meal. Example:

- 8am- Shake**  
**10am- Snack**  
**12pm- Shake**  
**3pm- Snack**  
**6pm- Meal**

Protein Shake Options (Drink 2 every day)	Snack Options (Eat 2 every day)	Meal requirements (Eat 1 meal every day)
<p><u>Ready to drink options:</u></p> <ul style="list-style-type: none"> <li>-Premier Protein</li> <li>-Pure Protein</li> <li>-Boost Max</li> <li>-Atkins</li> <li>-GNC Lean Shake 25 (ready-to-drink only)*</li> <li>-Slimfast Advanced Nutrition (ready-to-drink only)*</li> <li>-Ensure Max*</li> <li>-Fairlife Nutritional Plan or Core Power (24 or 26g)*</li> <li>-Unjury *</li> <li>-Equate High Performance Shake</li> </ul> <p><u>Powders (mix with water)</u></p> <ul style="list-style-type: none"> <li>-Optimum Nutrition Gold Standard Whey</li> <li>-Designer Whey</li> <li>-Quest Protein</li> <li>-Isopure Zero Carb*</li> </ul> <p>*Lactose free. See shopping guide for more information</p>	<ul style="list-style-type: none"> <li>- 1 small apple + 1 TBSP nut butter</li> <li>- 15 grapes + 1 cheese stick</li> <li>-1/2 cup cottage cheese + 1 serving fruit</li> <li>-1 Hard boiled egg + 1 serving fruit</li> <li>-1 container Oikos Triple Zero Yogurt + 14 almonds</li> <li>-1/2 cup red pepper strips + ½ cup carrot sticks + ¼ cup guacamole</li> <li>-1 cup raw veggies + 3 Tbsp hummus</li> <li>-1/4 cup Biona Chickpea Snacks</li> <li>- Nature Valley Protein Bar</li> <li>- Pure Protein Bar</li> <li>- Built Bar</li> <li>- Fiber One Protein Bar</li> <li>- Power Crunch Bar</li> </ul>	<p style="text-align: center;"><i>Your 1 meal should contain:</i></p> <div style="text-align: center;"> </div> <p style="text-align: center;"><b>Additional details and example meals on next page.</b></p>

# Preoperative Diet Sample Day

**Shake**



**Snack**



**Shake**



**Snack**



**Meal**

**2 servings fat**  
olive oil, salad dressing, light mayo, avocado, nuts/seeds, hummus, etc.

**4 servings protein**  
chicken, fish, beef, pork, eggs, Greek yogurt, etc.

**No Starch**  
Rice, pasta, bread, potatoes, squash, peas, corn, etc.

**3 servings non-starchy vegetables**  
lettuces, broccoli, peppers, green beans, cauliflower, carrots, onions, zucchini, etc.

Serving sizes and additional food choices are listed in pages 21-26 of your Nutrition Guidelines booklet.

**Allowed Low Calorie Condiments/Seasonings:**  
Fresh or dried herbs, spices, Mrs. Dash Seasoning Blends, Buffalo Sauce, Hot sauce, Soy Sauce/Tamari, Low Sugar Ketchup (max 2 tbsp), Vinegars, Mustards

## Sample Recipes - Eat 1 Meal Per Day

### Baked Chicken & Cauliflower Mash

- 4oz baked chicken thigh (cooked)
- 1 cup zucchini and yellow squash (steamed)
- ½ cup mashed cauliflower (from frozen)
- 1 tablespoon light margarine

*Directions: Bake chicken in a 425F oven for ~35 minutes until juices run clear. Steam squash and cook cauliflower according to package directions. Top with margarine.*

### Turkey Chili

- 4oz ground turkey (cooked)
- ½ cup cooked peppers and onions
- 1 cup tomato sauce
- 1 Tbsp Avocado
- 1 tbsp sour cream
- Mrs. Dash Chili Seasoning Packet (optional)

*Directions: Mix turkey, peppers/onions, and tomato sauce in a small pan. Add chili seasoning packet to taste ~1 teaspoon. Mix until heated through, ~10 minutes. Top with avocado and sour cream.*

### Pesto Shrimp Zoodles

- 4oz shrimp (tails removed, cooked)
- 2 cups zucchini noodles
- 1 cup cherry tomatoes, sliced in half
- 2 Tbsp store-bought pesto

*Directions: Cook shrimp in a pan on medium heat until firm and pink. Add the zucchini noodles tomatoes and sauté for 4-5 min. Add pesto to pan and toss to combine.*

### Turkey Meatballs

- 4oz Turkey Meatballs (pre-cooked, frozen)
- 1/2 cup tomato sauce
- 1 cup spaghetti squash (cooked)
- 2 tsp olive oil

*Directions: In a saucepan add the sauce, oil and meatballs. Cover and cook on medium/low ~15 minutes until meatballs are heated. Pour sauce and meatballs on top of spaghetti squash.*

### Mediterranean Salad

- 4oz Grilled chicken
- 2 cups Spinach
- ¼ cup Roasted Peppers (from jar, in water)
- ½ cup diced cucumber
- 5 Kalamata Olives
- 2 Tablespoons Hummus

*Directions: Put spinach in a bowl and top with peppers, cucumber, olives, chicken, and hummus.*

### Chef Salad

- 4 oz chopped deli turkey and ham
- 2 cups mixed greens,
- 1/2 cup shredded carrots
- 1/2 cup diced cucumbers
- 1 tablespoon avocado
- 2 tablespoon light salad dressing

*Directions: Top lettuce with chopped veggies, avocado, and deli meat. Toss with salad dressing.*

### Buffalo Chicken Salad

- 4oz chicken breast (cooked, shredded)
- 2 cup romaine lettuce, shredded
- ¼ cup shredded carrots
- ¼ cup Cucumber
- ½ cup diced tomato
- 1 Tbsp Light Blue Cheese Dressing
- 1 Tbsp Buffalo Sauce

*Directions: Mix shredded chicken, blue cheese dressing, and buffalo sauce together. Add veggies to a salad bowl and top with chicken mixture.*

### Sausage & Eggs

- 2 eggs, scrambled
- 2oz turkey sausage patty
- 1/2 cup cooked spinach
- 1 cup cooked mixed vegetables (mushrooms, onions, peppers)
- 2 tablespoon avocado
- 1 tsp Hot sauce (optional)

*Directions: Heat a pan on medium heat, spray with non-stick spray. Add eggs and cooked to desired consistency. Once eggs are cooked, toss in vegetables until heated through. Top with avocado and hot sauce.*

### Simple Snack Plate

- 6oz Greek yogurt (1 container)
- 6 almonds
- 2oz lean deli meat (turkey, chicken, ham)
- 3 cups raw veggie sticks (carrots, celery, peppers, snap peas)
- 2 tbsp light salad dressing

*Directions: Spread out ingredients onto a plate or take on the go in small containers or a bento box.*

### Southwest Vegetable Omelet

- ¾ cup egg whites or egg substitute
- 1oz diced ham
- 1 cup cooked peppers and onions
- ¼ cup salsa
- ¼ cup cooked mushrooms
- 2 tablespoons avocado

*Directions: Pour eggs into a pan on medium heat coated with non-stick spray. Tilt pan and carefully lift edges of omelet with a spatula. Cook 3 minutes; flip omelet. Spoon the veggies and salsa onto half the eggs. Carefully fold omelet in half with spatula. Cook 1 minute longer until egg is fully set.*