



POSTOPERATIVE DIET - PHASE 1

CLEAR LIQUIDS

(1st week after surgery)

You will be on a clear liquid diet for the first week starting the day of surgery. Example: If your surgery is on a Monday you will be on the clear liquids until the following Monday when you will start Phase 2.

THE GOAL OF THIS PHASE.

To get well hydrated after surgery. Sip fluids throughout the day. Attempt to consume 64 ounces per day. Optimum fluid intake is 6-8 ounces every hour. This will help with the healing process; it will also flush the IV fluids from your body and allow the swelling to your new tummy/pouch to go down. Without proper hydration you could end up with acid reflux, UTI (urinary tract infection) or bladder infection. Learning to stay well hydrated is the first step to taking charge and making the lifestyle change we all need.

Please remember to take your antacids medications even if you do not feel like you have acid reflux or heartburn.

(NO dairy products, protein or juice with pulp) during this phase.

Examples of clear liquids are:

Zero calorie:

Water

Sugar-Free juices

Diet Kool-Aid, Crystal Light, or Water flavorings

Decaffeinated coffee or tea sugar substitutes may be added

Sugar free Jell-O

Sugar free ice popsicles or 100% frozen juice bars (without fruit pulp or seeds)

G Zero, Powerade Zero, Propel, or any low-calorie sports drinks

Low calorie drinks:

Ocean Spray, Welches, V-8 all make a diet or light juice that is low in sugar and calories

Broth or bone broth (beef, chicken, vegetables, turkey...etc.)

G-2



Sample Menu for a Vertical Gastric Sleeve:

Please remember that everything you take in at this phase is a fluid, with your 4 meals and 2 snacks. You will need to consume other fluids between meals and snacks to reach your goal of 64 ounces of fluids. You will need to sip all day.

Meal	6:00 am - 6:30 am	6oz broth
Meal	9:00 am – 9:30 am	4oz Sugar free Jell-O
Snack	12:00 am – 12:30 am	6oz Sugar free popsicle
Meal	2:00 pm - 2:30 pm	6oz broth
Meal	5:00 pm – 5:30 pm	6oz Sugar free popsicle
Snack	7:00 pm – 7:30 pm	4oz Sugar free Jell-O

Sample Menu for a Bypass & Mini Bypass:

Please remember that everything you take in at this phase is a fluid, with your 6 meals and 3 snacks. You will need to consume other fluids between meals and snacks to reach your goal of 64 ounces of fluids. You will need to sip all day.

Meal	6:00 am - 6:30 am	4oz broth
Meal	8:00 am – 8:30 am	2oz Sugar free Jell-O
Snack	10:00 am – 10:30 am	2oz Sugar free popsicle
Meal	11:00 am - 11:30 am	4oz broth
Meal	1:00 pm – 1:30 pm	2oz Sugar free Jell-O
Snack	3:00 pm – 3:30 pm	2oz Sugar free popsicle
Meal	4:00 pm - 4:30 pm	4oz broth
Meal	6:00 pm – 6:30 pm	2oz Sugar free Jell-O
Snack	8:00 pm – 8:30 pm	2oz Sugar free popsicle

Try not to have anything other than water 2 hour before bed to reduce chances of acid reflux at night.



Questions and Answers:

Q: Do I have to follow this time schedule on the sample menu?

A: No, this time frame does not work with everyone's schedule it is just to give you an Idea.

Q: Can I have protein waters during this week?

A: No, this week is about hydration. Having protein too soon can lead to acid reflux, and possibly either diarrhea or constipation.

Q: Can I have coffee or tea during this week?

A: Yes, decaf only the first 2 weeks.

Q: Can I have can I have non-dairy creamer in my decaf coffee?

A: Yes

Q: Can I have carbonated drinks?

A: No, you should not, they can cause acid reflux, gas, and dehydration.

Q: When can I start taking my vitamins?

A: As soon as you get home.

Q: Can I take pills or does all medication needs to be liquid or chewable?

A: This is a 2-part answer, if you have the VSG (sleeve) pills are fine if you have an MGB or RnY (pouch) then the better choice will be liquids, patch, chewable, or gummy.

Q: Can I chew gum for bad breath?

A: I suggest you do not because it will cause acid reflux and gas (acid reflux will eat at the enamel on your teeth).

Q: Can I have mints for bad breath?

A: I suggest you do not because it will cause acid reflux (acid reflux will eat at the enamel on your teeth).



Q: What can I use for bad breath?

A: The best products are either sprays or fast dissolving strips.

Q: Can I use hot sauce in my broth?

A: Yes, if hot sauce never bothered you before then you should be fine using hot sauces from a bottle, just nothing with seeds.

Q: Can I take a stool softener?

A: Yes, I suggest Miralax, you should not go more than 3 days between bowel movements.

Q: Is it safe to go a week without protein?

A: Yes, your body can survive for a few weeks if you are taking your vitamins. Having proteins too soon could cause nausea, vomiting and diarrhea.

Q: What is dumping?

A: My answer for this may vary from other people's answers but dumping is just what it sounds like. When you eat or drink something that your new tummy or pouch does not like or want your body purges it so it could be diarrhea, vomiting or a combination of both and usually happens within minutes of eating or drinking. The good thing it usually does not last long.



POSTOPERATIVE DIET - PHASE 2

FULL LIQUIDS

(2nd week after surgery)

You will be on a full liquid diet for the second week starting 1 week after surgery. Example: If your surgery is on a Monday, you will start phase 2 the following Monday or 7 days post-op.

THE GOAL OF THIS PHASE.

To stay well hydrated after surgery and work on getting in your protein. Sip fluids throughout the day. Attempt to consume 64 ounces of clear liquids per day and to consume 70 grams of protein for women and 80 grams of protein for men. Optimum clear fluid intake is 6-8 ounces every hour. This will help with the healing process it will also help put you into ketosis. Remember hydration with clear liquids will help lessen the chance of constipation. Learning to stay well hydrated and getting in your protein is the next step to taking charge and making the lifestyle change we all need.

Please remember to take your antacids medications even if you do not feel like you have acid reflux or heartburn.

Examples of Full liquids are:

All liquids from phase 1, light or diet juices with pulp, Milk (skim or 1%) and Milk substitutes (almond, soy), drinkable yogurts (Dannon Fit & Light), egg drop soup.

Premade protein drinks:

Premier protein water, Protein O2, Muscle milk products, Ionic Protein shakes, Isopure products, Lean Body RTD, Dymatize, Advantage Edge.

Protein powders:

Muscle milk products, Ionic Protein, Isopure products, BariatricPal One, 6 star, Jay Robb, GenePro, Unjury, Nectar, Advantage Edge.

Other allowable items:

Drinkable Yogurt (Dannon fit & light, Danimals), egg drop soup, very thin watery pureed soups, milk (skim or 1%), Almond milk, soymilk.



Sample Menu for a Vertical Gastric Sleeve:

Please remember that everything you take in at this phase is a fluid, with your 4 meals and 2 snacks. You will need to consume other fluids between meals and snacks to reach your goal of 64 ounces of fluids.

You will need to sip all day.

Meal	6:00 am - 6:30 am	Drinkable yogurt
Meal	9:00 am – 9:30 am	protein shake
Snack	12:00 am – 12:30 am	6oz Sugar free popsicle
Meal	2:00 pm - 2:30 pm	protein shake
Meal	5:00 pm – 5:30 pm	6oz broth
Snack	7:00 pm – 7:30 pm	4oz Sugar free Jell-O

Sample Menu for a Bypass & Mini Bypass:

Please remember that everything you take in at this phase is a fluid, with your 6 meals and 3 snacks. You will need to consume other fluids between meals and snacks to reach your goal of 64 ounces of fluids.

You will need to sip all day.

Meal	6:00 am - 6:30 am	Drinkable yogurt
Meal	8:00 am – 8:30 am	protein shake
Snack	10:00 am – 10:30 am	2oz Sugar free popsicle
Meal	11:00 am - 11:30 am	4oz broth
Meal	1:00 pm – 1:30 pm	2oz Sugar free Jell-O
Snack	3:00 pm – 3:30 pm	2oz Sugar free popsicle
Meal	4:00 pm - 4:30 pm	protein shake
Meal	6:00 pm – 6:30 pm	4oz broth
Snack	8:00 pm – 8:30 pm	2oz Sugar free popsicle

Try not to have anything other than water 2 hour before bed to reduce chances of acid reflux at night.



Questions and Answers

Q: Do I have to follow this time schedule on the sample menu?

A: No, this time frame does not work with everyone's schedule it is just to give you an Idea.

Q: Can I have fruit in my shakes?

A: No, You need to wait 1 more week.

Q: Can I have coffee or tea during this week?

A: Yes, decaf only the first 2 weeks.

Q: Can I have non-dairy creamer in my decaf coffee?

A: Yes

Q: Can I have carbonated drinks?

A: No, you should not, they can cause acid reflux, gas, and dehydration.

Q: When can I start taking my vitamins?

A: As soon as you get home.

Q: Can I take pills or does all medication needs to be liquid or chewable?

A: This is a 2-part answer, if you have the VSG (sleeve) pills are fine if you have an MGB or RnY (pouch) then the better choice will be liquids, patch, chewable, or gummy.

Q: Can I chew gum for bad breath?

A: I suggest you do not because it will cause acid reflux and gas (acid reflux will eat at the enamel on your teeth).

Q: Can I have mints for bad breath?

A: I suggest you do not because it will cause acid reflux (acid reflux will eat at the enamel on your teeth).

Q: What can I use for bad breath?



A: The best products are either sprays or fast dissolving strips.

Q: Can I use hot sauce in my broth?

A: Yes, if hot sauce never bothered you before then you should be fine using hot sauces from a bottle, just nothing with seeds.

Q: Can I take a stool softener?

A: Yes, I suggest Miralax, you should not go more than 3 days between bowel movements.

Q: When can I start taking my medications?

A: Most medications you can start back on when discharged, except birth control pills and you need to wait 2-weeks before starting them again.

Q: Should I be counting carbs, fats and sugars too?

A: No at this point you need to concentrate on getting in the 64 ounces of water and all your protein.

Q: What can I do if my blood sugar gets to low?

A: This is a possibility, before taking any medication for diabetes please check your blood sugar levels. This will help with reducing the possible low but if it does happen, try to have some low sugar drinks on hand like G-2, Welch's, or Ocean spray diet or light juice all of these are low in sugar but will help until you can consume some thin pureed soups or protein shakes.

Q: I cannot drink protein shakes they make me sick?

A: You can try a few different things, thin them down with milk or water, you can also try adding unflavored protein powders to soups, juice and other things to help get your protein in.

Q: Can I take probiotics?

A: Yes, that will not be a problem and sometimes this helps with being more regular and can help settle your stomach.



POSTOPERATIVE DIET - PHASE 3

FULL LIQUIDS TO PUREE

(3rd week after surgery)

You will be on a puree diet for the third week starting 2 weeks after surgery. Example: If your surgery is on a Monday then you will start phase 3 the following Monday 14-days post-op.

THE GOAL OF THIS PHASE

This will be the first stage to working food back into our day to day diet, this will also be where many will feel more restriction (mainly those with an MGB or RnY) or start to understand the full feeling more. The first food we start with will be puree food that are very moist and slides off a spoon. These will be the easiest to digest and reduce the chances of acid reflux or bile reflux.

Please remember to take you antacids medications even if you do not feel like you have acid reflux or heartburn.

Macros

500-700 calories (this is a normal range for most)

70 grams protein (women) min

80 grams protein (men) min

64 ounces of clear liquids min

45 grams of carbs max

20 grams of fat max

20 grams of sugar max

Remember that if you cannot get all your protein in with food please drink protein waters or protein shakes to help you reach your goals. Hydration and protein are the main 2 key factors to help you achieve your weight loss goals.

Please include everything from phase 1 & 2

Pureed fruits that are low sugar: (applesauce consistency)

Strawberries, peaches, blackberries, honeydew, oranges, and most citrus fruits.

Pureed fruits that are HIGH sugar: (applesauce consistency)

Mangoes, grapes, cherries, pears, watermelon, figs, bananas

Pureed veggies that are low carb: (applesauce consistency)

Broccoli, asparagus, zucchini, spinach, cauliflower, mushrooms, tomatoes, eggplant

Pureed veggies that are HIGH carb: (applesauce consistency)

Potatoes, beets, corn, sweet peas

Pureed sources of protein: (applesauce consistency)

Meats need to put in a blender with added broth or water and blended until it is creamy and smooth. There are some pre-made meats available and do not have to be pureed, Vienna sausages, also deviled meats (ham, chicken, corn beef)

Items that do not have to be pureed:

Yogurt, Greek yogurt, smoothies, sugar free puddings, small curd cottage cheese, and creamed soups

Sample Menu for a Vertical Gastric Sleeve:

If you cannot reach your protein goals with pureed foods then please continue with your protein shakes.. You will need to consume fluids between meals and snacks to reach your goal of 64 ounces of fluids. You will need to sip all day.

Meal	6:00 am - 6:30 am	4oz yogurt
Meal	9:00 am – 9:30 am	4oz meat
Snack	12:00 am – 12:30 am	6oz Sugar free popsicle
Meal	2:00 pm - 2:30 pm	4oz cottage cheese
Meal	5:00 pm – 5:30 pm	protein shake
Snack	7:00 pm – 7:30 pm	4oz pureed fruit

Sample Menu for a Bypass & Mini Bypass:

If you cannot reach your protein goals with pureed foods then please continue with your protein shakes.. You will need to consume fluids between meals and snacks to reach your goal of 64 ounces of fluids. You will need to sip all day.

Meal	6:00 am - 6:30 am	2oz yogurt
Meal	8:00 am – 8:30 am	2oz cottage cheese
Snack	10:00 am – 10:30 am	2oz pureed fruit
Meal	11:00 am - 11:30 am	2oz creamed soup
Meal	12:00 pm – 12:30 pm	protein shake
Snack	2:00 pm – 2:30 pm	2oz Sugar free pudding
Meal	4:00 pm - 4:30 pm	2oz pureed meat
Meal	6:00 pm – 6:30 pm	2oz pureed veggie
Snack	8:00 pm – 8:30 pm	4oz Sugar free popsicle

Try not to have anything other than water 2 hour before bed to reduce chances of acid reflux at night.

Questions and Answers:

Q: Do I have to follow this time schedule on the sample menu?

A: No, this time frame does not work with everyone's schedule it is just to give you an Idea.

Q: Can I have oatmeal, grits or cream wheat now?

A: No, you really should wait 1 more week to have these heavy grains and carbs.

Q: Can I have scrambled eggs?

A: No, this is also a very heavy food and you need to wait at least 1 more week.

Q: Can I have fruit with seed?

A: Yes, you can have berries and kiwi in your smoothies.

Q: Is canned tuna okay to have for pureed?

A: No, it is not broken down and will sit heavy on your new tummy/pouch.



Q: Can I have mashed potatoes?

A: Yes, they just need to be moist.

Q: Can I have canned tuna and other canned meats?

A: Yes, if they are deviled or been put into a blender and puree.

Q: Can I have deviled eggs?

A: Yes, but the yolk only not the egg white and it needs to be very moist.

Q: Can I have refried beans?

A: No, this is a food that is on week 4 post-op because of the thickness and can be harder to digest.

Q: What can I order from a restaurant at this stage?

A: There are a few things, most restaurants have a creamed soup of one flavor or another. Many times, they have a moist mashed potato. Usually there are different smoothies that can be ordered. You could also bring some premeasure protein powder unflavored and add it to a soup and just don't eat the hard veggies ask for more broth instead.

Q: What to take for constipation?

A: Constipation is real and if you are still having problems please start taking something like Miralax.

Q: Can I have pureed meats like chicken or beef?

A: Yes, but at this stage they need to be put in a blender with either broth or water and make the meat creamy.

Q: Can I have apple sauce?

A: Yes, this is the perfect example of what all food should be like texture wise.

Q: Can I have melted cheese?

A: No, speaking from experience this is not a 3-week puree food this is more of a 5 week post-op food.



Q: How can I stop hair loss I am starting to shed a lot of hair?

A: There is little to nothing you can take or do to stop hair loss in its tracks. There are ways to slow it and cause health new hair growth.

1. Only wash your hair with shampoo 2 or 3 times a week.
2. Make sure you are getting in your hydration.
3. Make sure you are getting in your protein.
4. Use multiple shampoos and conditioners throughout the week never using the same one two times in a row.
5. Do a deep conditioning once a week.
6. Make sure you use organic shampoos and conditioners.
7. Do not dye or perm your hair for the first year.
8. Take Biotin or Hair, skin & nails for healthy new growth.

POSTOPERATIVE DIET - PHASE 4

PUREE

(4th week after surgery)

This phase provides foods that are thick in nature but creamy and smooth. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get 3 meals in
- Getting in 70 grams' protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase 1 through 3, peanut butter or PB2, pureed beans, hummus, spreadable cheese

Other foods:

All beverage choices from Phase 1 through 3, pureed veggies, pureed fruit

Cereals:

Cream of wheat, oatmeal, Grits

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks will not be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces. You will need to sip all day.

Meal	7:00 am - 7:30 am	4oz cereal
Snack	9:30 am – 10:00 am	2oz cottage cheese
Meal	12:00 am – 12:30 am	3oz pureed meat, 1 oz pureed veggie
Snack	2:30 pm - 3:00 pm	1oz peanut butter
Meal	5:00 pm – 5:30 pm	3 oz pureed meat, 1 oz pureed veggie
Snack	7:30 pm – 8:00 pm	4oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	2oz cereal
Snack	9:00 am – 9:30 am	2oz cottage cheese
Meal	11:30 am – 12:00 am	2oz pureed meat
Snack	1:30 pm - 2:00 pm	2oz peanut butter
Snack	3:30 pm – 4:00 pm	4 oz drinkable yogurt
Meal	5:30 pm – 6:00 pm	2oz pureed meat
Snack	7:30 pm - 8:00 pm	2 oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



POSTOPERATIVE DIET - PHASE 5

PUREE TO SOFT MEAT

(5th week after surgery) Time to up your fluid intake

This phase provides foods that are thick in nature but soft and smooth and adjusting to moist and flaky. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get three meals in
- Getting in 70 grams' protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase I through IV, canned fish, canned meats, soft cheese (string cheese or baby-bel), meats from crock pot, Scrambled eggs.

Other foods:

All beverage choices from Phase I through IV, steamed veggies, fresh fruit melons, fresh fruit berries.

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg
Snack	9:30 am – 10:00 am	2oz cottage cheese
Meal	12:00 am – 12:30 am	3oz moisted meat, 1 oz steamed veggie
Snack	2:30 pm - 3:00 pm	2oz fresh fruit
Meal	5:00 pm – 5:30 pm	3 oz moisted meat, 1 oz steamed veggie
Snack	7:30 pm – 8:00 pm	4oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg
Snack	9:00 am – 9:30 am	2oz cottage cheese
Meal	11:30 am – 12:00 am	1oz moist meat 1oz steamed veggies
Snack	1:30 pm - 2:00 pm	2oz fresh fruit
Snack	3:30 pm – 4:00 pm	4 oz drinkable yogurt
Meal	5:30 pm – 6:00 pm	1oz moist meat 1oz steamed veggies
Snack	7:30 pm - 8:00 pm	2 oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.

POSTOPERATIVE DIET - PHASE 6

SOFT MEAT

(6th week after surgery)

This phase provides foods that are moist and flaky. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get three meals in
- Getting in 70 grams' protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase I through V, baked fish, soft cheese (string cheese or baby-bel)

Other foods:

All beverage choices from Phase I through V.

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg
Snack	9:30 am – 10:00 am	2oz fruit
Meal	12:00 am – 12:30 am	4oz tuna salad (no crunchy veggies, fat-free mayo)
Snack	2:30 pm - 3:00 pm	4oz yogurt
Meal	5:00 pm – 5:30 pm	3 oz moist baked fish, 1 oz steamed veggie
Snack	7:30 pm – 8:00 pm	1-2oz soft cheese

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg
Snack	9:00 am – 9:30 am	2oz fresh fruit
Meal	11:30 am – 12:00 am	2oz tuna salad (no crunchy veggies, fat-free mayo)
Snack	1:30 pm - 2:00 pm	2oz greek yogurt
Snack	3:30 pm – 4:00 pm	2oz cheese
Meal	5:30 pm – 6:00 pm	1oz moist baked fish 1oz steamed veggies
Snack	7:30 pm - 8:00 pm	2 oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



POSTOPERATIVE DIET - PHASE 7

SOFT MEAT TO MECHANICAL SOFT

(7th week after surgery)

This phase will help in the transition from very moist meat to a courser denser meat, and introduce fresh veggies. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get three meals in
- Getting in 70 grams' protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase I through VI, ground meat, deli meat thin sliced, poached or hard boiled eggs.

Other foods:

All beverage choices from Phase I through VI, steamed vegetables, tender greens (spinach, butter leaf lettuce), tomatoes, peas, peeled cucumbers.

Try to stay away from crunchy veggies at this stage (peppers, carrots, iceberg lettuce, celery)

Try to stay away from crunchy fruits at this stage (apples, pears) Try to stay away from raw nuts.

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg 1 oz deli meat
Snack	9:30 am – 10:00 am	2oz fruit
Meal	12:00 am – 12:30 am	small salad with tomatoes, fresh peas, peeled cucumber, egg (no crunchy veggies, fat-free dressing or lemon juice)
Snack	2:30 pm - 3:00 pm	4oz yogurt
Meal	5:00 pm – 5:30 pm	3 oz moist canned meat, 1 oz steamed veggie
Snack	7:30 pm – 8:00 pm	1-2oz soft cheese

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 poached egg
Snack	9:00 am – 9:30 am	2oz greek yogurt
Meal	11:30 am – 12:00 am	small salad with tomatoes, fresh peas, peeled cucumber, egg (no crunchy veggies, fat-free dressing or lemon juice)
Snack	1:30 pm - 2:00 pm	2oz cottage cheese
Snack	3:30 pm – 4:00 pm	2oz fresh fruit
Meal	5:30 pm – 6:00 pm	1oz ground meat 1oz steamed veggies
Snack	7:30 pm - 8:00 pm	2 oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



POSTOPERATIVE DIET - PHASE 8

MECHANICAL SOFT

(8th week after surgery)

This phase is a courser denser meat and introducing fresh veggies. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get three meals in
- Getting in 70 grams protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase I through VII, ground meat patties, meat balls, seafood.

Other foods:

All beverage choices from Phase I through VII, steamed vegetables, tender greens (spinach, butter leaf lettuce), tomatoes, peas, peeled cucumbers.

Try to stay away from crunchy veggies at this stage (peppers, carrots, iceberg lettuce, celery)

Try to stay away from crunchy fruits at this stage (apples, pears) Try to stay away from raw nuts.

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg 1 oz deli meat
Snack	9:30 am – 10:00 am	2oz fruit
Meal	12:00 am – 12:30 am	3oz shrimp, 1oz steamed veggie
Snack	2:30 pm - 3:00 pm	4oz yogurt
Meal	5:00 pm – 5:30 pm	3 oz ground meat, 1 oz steamed veggie
Snack	7:30 pm – 8:00 pm	1-2oz soft cheese

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 poached egg
Snack	9:00 am – 9:30 am	2oz fresh fruit
Meal	11:30 am – 12:00 am	1oz shrimp 1oz steamed veggie
Snack	1:30 pm - 2:00 pm	3oz cottage cheese
Snack	3:30 pm – 4:00 pm	2oz fresh fruit
Meal	5:30 pm – 6:00 pm	1oz ground meat 1oz steamed veggies
Snack	7:30 pm - 8:00 pm	2oz greek yogurt

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



POSTOPERATIVE DIET - PHASE 9

MECHANICAL SOFT TO SOLID

(9th week after surgery)

This phase helps you transition to a normal diet. You will start with small amounts of these foods because you will feel full quickly.

THE GOALS OF THIS PHASE

- To be able to get three meals in
- Getting in 70 grams' protein for women and 80 grams for men
- To get in your 86 ounces of fluids.

Protein source:

All proteins choices from Phase I through VIII, chicken breast, pork steak, beef steak.

Other foods:

All beverage choices from Phase I through VIII, nuts, fresh crunchy fruit (apples, pears), fresh crunchy veggies (celery, peppers, carrots).

Sample Menu for a Vertical Gastric Sleeve:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 poached egg 1 oz deli meat
Snack	9:30 am – 10:00 am	2oz carrot sticks
Meal	12:00 am – 12:30 am	3oz shrimp, 1oz steamed veggie
Snack	2:30 pm - 3:00 pm	2oz fresh fruit
Meal	5:00 pm – 5:30 pm	2oz chicken breast, 2oz steamed veggie
Snack	7:30 pm – 8:00 pm	1-2oz soft cheese

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.



Sample Menu for a Bypass & Mini Bypass:

Please remember that with your three meals and three snacks not will be considered fluids. You will need to consume other fluids between meals and snacks to reach your goal of 86 ounces of fluids. You will need to sip all day.

Meal	7:00 am - 7:30 am	1 scrambled egg 1oz meat
Snack	9:00 am – 9:30 am	3oz cottage cheese
Meal	11:30 am – 12:00 am	1oz chicken breast 1oz steamed veggie
Snack	1:30 pm - 2:00 pm	3oz greek yogurt
Snack	3:30 pm – 4:00 pm	2oz fresh fruit
Meal	5:30 pm – 6:00 pm	1oz steak 1oz steamed veggies
Snack	7:30 pm - 8:00 pm	2oz fresh veggies

Try not to have anything other than water 2 hours before bed to reduce chances of acid reflux at night.