

# PRE-OP DIET INSTRUCTIONS

Experience has shown that fatty infiltration of the liver is a common side effect of morbid obesity. This liver fat will be burned up quickly by eliminating fat and avoiding weight gain for two weeks before your surgery by using the pre-operative diet protocol below.

**CHOOSE ONE OPTION:**

## PROTI SHAKES & BARS PROTOCOL

Begin your Proti Shakes & Bars protocol on *(Doctor will give you the date)* and continue until two days before your surgery. You will use these shakes as your breakfast, lunch, and dinner. In addition, you can have one more shake and protein bar as snacks.

Have 4 protein shakes and 1 protein bar each day. These shakes come in individual bottles with pre-measured powder – just add water, shake and drink.

## BARIATRIC ADVANTAGE PROTEIN POWDER

Begin your Bariatric Advantage Protein Powder protocol on *(Doctor will give you the date)* and continue until two days before surgery. This is a meal replacement protocol, so you will use these shakes as your breakfast, lunch, and dinner.

Have 3 shakes each day. Make the shakes using 2 scoops of protein powder with your preference of ounces of water, or 8 ounces of skim milk, light soy milk or light almond milk. In addition to the 3 protein shakes you can have 2 light yogurts OR 1 light yogurt and 1 Proti Bar.

## PREMIER PROTEIN SHAKES

Begin your Premier Protein Shake protocol on *(Doctor will give you the date)* and continue until two days before surgery. This is a meal replacement protocol, so you will use these shakes as your breakfast, lunch, and dinner.

Have 3 shakes each day. In addition to the 3 shakes you can have 2 light yogurts OR 1 light yogurt and 1 Proti Bar.

## SAMPLE MENU FOR PRE-OP DIET

**BREAKFAST:** Protein shake

**MID-MORNING SNACK:** Greek yogurt

**LUNCH:** Protein shake

**MID-AFTERNOON SNACK:** Greek yogurt

**DINNER:** Protein shake

If you are allergic to artificial sweeteners or intolerant of lactose, please consider these options:

- Designer Whey
- Garden of Life
- Vega Performance

**OPTIONAL SNACKS:** You can have these snacks with any of the three protocols listed above. No carbonation, no added sugar /calories, no caffeine)

- Sugar-free Jello
- No- added sugar popsicles
- Non-caloric flavored water
- Fruit -2-0
- Herbal Tea
- Decaf Coffee
- Decaf Non Caloric Iced Tea
- Crystal Light
- Diet Snapple
- Mio Drops
- Chicken/Beef/Vegetable broth

## PRE-OP DIET: CLEAR LIQUIDS

The last two days before your surgery, you are allowed only clear liquids.

*Note:* Coffee, carbonated beverages and milk are NOT allowed.

## SAMPLE PRE-OP CLEAR LIQUIDS MENU

**BREAKFAST:** Light Cranberry Juice Cocktail, Sugar-free Jello, herbal tea with lemon

**LUNCH:** Fat-free Chicken Broth, Light Apple Juice, No Added sugar popsicle

**DINNER:** Fat-free Beef Broth, Light White Grape Juice, Sugar-free Jello

Between meals: You may drink as much of clear liquids, including water, as you like.

Substitutions of like items is allowed (examples: fat free vegetable broth, other light or diluted juices, herb tea). Ask your dietitian if you are unsure.