

Stage I (Days 1 and 2)

64 oz. **unsweetened, water-based liquids**

(see list below)

Water is best

Sip all day long to avoid dehydration.

Drink 1-2 ounces every 15 minutes.

Only stop for 15 minutes before and after the protein shakes.

Breakfast, Lunch and Dinner are 6 oz. of a **thinned protein shake**.

The key to this stage is that GRAVITY should carry everything you consume down your sleeve.

Think of liquid going through a funnel.

You do not want it to clog.

You do not want it to overflow.

Unsweetened water-based drinks

Water

Green tea

Crystal light pure

Sobe Life

Vitamin Water Zero, or Gatorade Zero

Sugar-free water additives

Tomato Soup

Low Sodium Chicken or Beef broth

Liquid from strained broth-based soups

Whey protein shake

Sugar-Free Jello or Sugar-Free Popsicles

Almond milk

Rice or coconut milk

Low Sodium V8

A word about protein

Protein provides the building blocks for your body to use for healing and maintenance.

Immediate post-op – 40 to 60 grams per day (use whey protein shakes to accomplish this)

1 month post-op - 60 to 80 grams per day

Eventually you will get your protein from food. This will require knowledge and good choices. Whey protein shakes are not actually food, but help as a protein source in the beginning.

When choosing a whey protein shake, read the label and consider the following:

Carbohydrates should be less than 10 grams per serving

Protein should be more than 15 grams per serving

Calories should be less than 190 calories per serving

Stage II (Days 3 – 14)

Same as Stage I, but between protein shakes, add in a **soft serving** (3 per day, 2 tablespoons each).

Soft Serving add-ins for Stage II (2 tbsp at a time)

Fat Free/Low Fat Greek yogurt

Fat Free/Low Fat Cottage Cheese (no fruit)

Scrambled Egg (soft)

Apple Sauce (no sugar added)

Refried Beans

Other vegetables that are blended to a baby food consistency

No fruit yet

Stage III (Weeks 3-4)

Add ¼ cup per meal **TEXTURED PROTEIN**

Tiny bites, chew 20-30 times per bite.

Textured Protein and Other Food (Weeks 3 – 4)

Fish (not fried)

Chicken (not fried, not overcooked, not reheated)

Ground meat (Cuts of meat will come later)

Well-cooked **mushy** vegetables

Beans

Avoid things that will not get mushy

Fruit can now be blended into smoothies. Still not eaten alone

Nothing fried

Tips...

No regular milk, or soy milk

No carbonated beverages,

No sweets

The ultimate goal is excellent nutrition --- very nutritious foods that are not high in calories.

This will decrease your long-term cravings, improve your health, and help you lose weight.

There is never a better time to adopt this than right after surgery. Expect your preferences to change.

Long term advice to avoid weight regain

Avoid starches

Do not drink calories – this will only make you want more.

Avoid fast food. Good choices here are severely limited. Research and plan ahead.

If you know your options will be limited, consider packing a cooler and take your own good food.

Remember that restaurants and buffets are for people with stomachs (big stomachs). You do not have a stomach. You have a sleeve.

Continue to monitor portion sizes. Think sleeve, not stomach. Do not put a plate before you that contains more than a cup of food.

Alcohol?

NO! Especially for the first 2 months.

It takes much less alcohol to have effect on you and your liver. Plus it will decrease the amount of weight you lose.

Be careful with seeds, nuts, broccoli, celery, asparagus, and cauliflower. None during the first month. Even after that, too much at a time may clog up your sleeve and leave you in pain.

Mandatory Supplements

Multivitamin – Bari-life, Bariatric Advantage, Celebrate Bariatric, Journey Bariatric
(Powders are best for the first month, then advance to tablets.)

Optional Supplements

Probiotic (highly recommended)

Omega-3 Fatty acid (Flaxseed oil), Calcium, Vitamin B12