



## MODIFIED PRE-OP DIET

All patients are required to follow a pre-surgical diet before weight loss surgery. This diet is low carb and moderate protein which helps the liver to shrink for a safer and easier surgery.

The length of the pre-surgical diet is decided upon by the doctors and/or dietitians and will be confirmed at the CONSENT appointment.

Everyday during the pre-surgical diet, you will do these 2 things:

1. Drink a minimum of 64 ounces of calorie free fluids (water, crystal light, Gatorade Zero, Powerade Zero, etc.)
2. Eat 5 times a day using the food choices listed below.

Dairy; 2 choices per day  ½ cup cottage cheese (1%-2%)  5-6 ounces yogurt; Carbmaster, Oikios Triple zero  1 cup Fairlife or Carbmaster Milk (1%-2%)	Meat/Seafood; 3 choices per day  4 ounces deli meat; Turkey, Ham, Roast Beef  4 ounces cooked chicken; grilled, boiled, baked (no breading)  4 ounces fish; grilled, boiled, baked (no breading)  1 whole egg + ½ cup egg whites
Non-starchy Veggies; serving size 1 cup raw or ½ cup cooked Up to 3 choices per day	Protein Supplements; use in place of dairy OR meat/seafood choices
Green beans Broccoli Cauliflower Lettuce; any type Bell peppers Onions Carrots Cabbage Asparagus Cucumbers Tomatoes Zucchini	*30 gram protein shakes; can be used in place of a meat/seafood option  Premier Protein Atkins Plus FairLife Protein Pure Protein Orgain Quest Ensure Max  *15 gram protein shakes; can be used in place of a dairy option Classic Atkins JLP protein shakes JLP protein pudding JLP protein hot chocolate JLP protein cappuccino

Examples of possible daily eating plans...

Meal 1	Snack	Meal 2	Snack	Meal 3
<p>Option 1; 1 egg with ¼ cup egg whites and ½ cup bell peppers and onions cooked as an omlet</p> <p>Option 2; Fairlife Protein shake with coffee</p>	<p>Option 1; Oikos Triple Zero yogurt</p> <p>Option 2; ½ cup cottage cheese with 1 cup cucumbers</p>	<p>Option 1; 4 ounces of deli meat with ½ cup of lettuce and ½ cup onions (make small lettuce wraps)</p> <p>Option 2; 4 ounces of tuna with 3 celery stalks</p>	<p>Option 1; Classic Atkins protein shake</p> <p>Option 2; JLP protein pudding</p>	<p>Option 1; 4 ounces grilled fish with ½ cup steamed broccoli and cauliflower</p> <p>Option 2; 4 ounces baked chicken with ½ cup cooked zucchini and tomatoes</p>