

STEP-BY-STEP PRE-OPERATIVE MEAL PLAN

Western Bariatric Institute has developed and designed a Step-by-Step meal plan to help you achieve the recommended weight loss prior to surgery and to help ease you into your liquid diet. Many people ask why a pre-operative weight loss is necessary and the simple answer is that it makes the surgical procedure safer. A 10% loss of excess body weight makes you healthier for surgery.

The meal plan below includes your liquid diet. The purpose of the liquid diet is to reduce the size of your liver, reduce intra-abdominal fat, and make your surgery safer. If your Body Mass Index (BMI) is greater than 50, you will need to follow the liquid diet phase of this plan for four weeks unless otherwise directed by your surgeon. ***If you are diabetic, or have renal insufficiency or cardiac health issues, please call your primary care provider for suggestions on medication adjustments and clearance to begin the four week pre-operative diet.*** If you have any questions about this meal plan, please direct them to your surgeon.

Guidelines for the Step-By-Step Meal Plan:

- You can begin this meal plan anytime but at least four weeks before surgery. If your BMI is greater than 50, you will need to begin this meal plan a minimum of six weeks prior to surgery.
- It is important that you follow the meal plans as written. The meal plans have been designed to provide you with adequate nutrition to help you start building the foundation of healthy eating after surgery and eliminate grazing. No substitutions are allowed.
- Eat at scheduled meal times, including all meals and snacks. After surgery, you will be eating 5 to 6 times per day.
- Eat your meals slowly. Aim for 20 - 30 minutes per meal.
- Practice chewing each bite 20 - 30 times.
- Practice no beverages with meals.
- **Make your meal replacement shakes with water, fat free milk, 1% milk, unsweetened soy milk, unsweetened almond milk, OR unsweetened coconut milk.**
- DO NOT add fruit to your shake. It is okay to add sugar free flavorings such as cooking extracts or sugar free flavored syrups.
- Consume 64 fluid ounces of liquid daily in addition to your shakes. You may also drink:
 - Water
 - Crystal Light
 - Propel
 - Diet Snapple or Diet Arizona tea
 - Sobe Lean, Fuze Slenderize
 - Sugar free Kool-Aid
 - MiO
 - Zero Vitamin Water
 - Tea or coffee with sugar substitute only
 - Broth



“Take care of your body. It’s the only place you have to live.”

- Jim Rohn

Step 1 Guidelines:

- Step 1 can be started at any point but at least a minimum of 4 weeks before surgery or a minimum of 6 weeks before your surgery if your BMI is greater than 50.
- Step 1 can be followed for several weeks but at a minimum of one week.
- Use single serving packaged meal replacement dinners for lunch and dinner. Most packaged meals are higher in sodium. Because the other food choices on the plan are low sodium foods, this meal plan averages sodium intake below the recommended 2300 mg sodium per day.
- Check food labels to make sure that your meal replacement entrées are 300 calories or less. Lean Cuisine, Smart Ones, Healthy Choice meals, and Bistro prepackaged salads will typically have 300 calories or less.
- Absolutely no substitutions on the snack list or vegetable list are allowed.
- DO NOT add condiments, such as salad dressings, bacon bits, croutons, cheese, mayonnaise, sour cream, or catsup.
- Flavor foods with spices, herbs, lemon juice, mustard, or flavored vinegars.
- Take your vitamin supplement daily.

Step 1 Meal Plan:

- Breakfast:** 2 scoops Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see page 1).
- Snack:** See snack list on page 4
- Lunch:** Meal replacement entrée with less than 300 calories and 1 to 2 cups of veggies (see page 4)
- Snack:** See snack list on page 4
- Dinner:** Meal replacement entrée with less than 300 calories and 1 to 2 cups of veggies (see page 4)
- Snack:** 1 scoop Bariatric Advantage Meal Replacement powder with 4 fluid ounces of water or milk (see page 1).

Step 2 Guidelines:

- Step 2 should begin a minimum of 3 weeks prior to surgery or a minimum of 5 weeks prior to surgery if your BMI is greater than 50.
- Follow Step 2 for a minimum of one week.
- You will replace your lunch meal replacement entrée with a shake.
- Check food labels to make sure that your meal replacement entrées are 300 calories or less.
- Absolutely no substitutions on the snack list or vegetable list are allowed.
- DO NOT add condiments such as salad dressings, bacon bits, croutons, cheese, mayonnaise, sour cream or catsup.
- Flavor foods with spices, herbs, lemon juice, mustard, or flavored vinegars.
- Take your vitamin supplement daily.

Step 2 Meal Plan:

- Breakfast:** 2 scoops Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see page 1).
- Snack:** See snack list on page 4
- Lunch:** 2 scoops Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see page 1) and 1 to 2 cups of veggies (see page 4)
- Snack:** See snack list on page 4
- Dinner:** Meal replacement entrée with less than 300 calories and 1 to 2 cups of veggies (see page 4)
- Snack:** 1 scoop Bariatric Advantage Meal Replacement powder with 4 fluid ounces of water or milk (see page 1).

Step 3 Guidelines:

- This is the liquid diet phase of the meal plan.
- Begin Step 3 a minimum of 2 weeks prior to surgery or a minimum of 4 weeks prior to surgery if your BMI is greater than 50 (unless otherwise directed by your surgeon).
- You will eliminate the meal replacement entrées and replace them with shakes.
- **Make your meal replacement shakes with water, fat free milk, 1% milk, unsweetened soy milk, unsweetened almond milk, OR unsweetened coconut milk.**
- The snack list is eliminated.
- You may continue to choose from the vegetable list for snacks.
- You do NOT need to take your vitamin supplement while doing the liquid diet if you are using Bariatric Advantage Meal Replacement.
- **If you are having a gastric sleeve eliminate vegetables for the 3 days prior to surgery. SHAKES ONLY and allowed beverages.**

Step 3 Meal Plan:

Breakfast: 2 scoops of Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see above list)

Snack: 1 - 2 cups of vegetables (see page 4)

Lunch: 2 scoops of Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see above list)

Snack: 1 - 2 cups of vegetables (see page 4)

Dinner: 2 scoops of Bariatric Advantage Meal Replacement powder with 8 fluid ounces of water or milk (see above list)

Snack: 1 scoop of Bariatric Advantage Meal Replacement powder with 4 fluid ounces of water or milk (see above list)

Powdered Meal Replacement Ordering Guidelines & Information:

You will need 3 bags of the Bariatric Advantage meal replacement for your 4 week pre-operative meal plan. If your BMI is greater than 50, and you are on the liquid diet for 4 weeks, you will need to purchase 4 bags of Bariatric Advantage. You can purchase the protein powder at the WBI Health Store which is located in our main lobby. Store hours are Monday - Friday from 8:00am - 5:00pm. **Please remember to allow for delivery time if you are ordering online from Bariatric Advantage.**

****PLEASE BE ADVISED BARIATRIC ADVANTAGE CONTAINS MILK PRODUCTS AND IS NOT LACTOSE FREE.**

**** BARIATRIC ADAVANTAGE IS GLUTEN FREE.**

Step-By-Step Meal Plan Vegetable List

Be sure to include the following vegetables, raw or cooked, with your meals. Do not add any oils, sauces, butter, salad dressings, or condiments such as cheese or bacon bits. You may season with flavored vinegars, lemon juice, salt, herbs, or spices. A word of caution! If you are unaccustomed to eating raw vegetables, you may want to limit your intake to 1 cup daily to prevent problems with gas. Approved vegetables for this meal plan include:



- Asparagus
- Bean Sprouts
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Crookneck or Zucchini Squash
- Green Beans
- Green, Red, Yellow or Orange Sweet Peppers
- Jicama
- Lettuce (up to 4 cups per day)
- Mushrooms
- Onion
- Radishes
- Spinach or other greens (if raw, up to 4 cups per day)
- Tomatoes

Step-By-Step Meal Plan Snack List

Following is a listing of approved snacks for your pre-operative meal plan. Remember that these items should be eaten at the specified time on the meal plan and that NO SUBSTITUTIONS can be made to this list:

- 1 medium fresh apple
- 1 small banana
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- ½ small cantaloupe
- 2 cups honeydew melon cubes
- 1 medium fresh nectarine
- ½ cup 1% cottage cheese
- 6 ounces light yogurt
- 1 piece string cheese
- 1 hardboiled egg
- 1 medium fresh orange
- 1 medium fresh peach
- 1 medium fresh pear
- 1 cup fresh raspberries
- 1 cup fresh strawberries
- 2 cups watermelon cubes

Additional Snack Options (Limit to 2 servings per day):

- 1 cup sugar free gelatin
- Sugar free Popsicle
- 6 fluid ounces V8 or tomato juice

