

Highland Hospital's Bariatric Surgery Center

High Protein Liquid Meal Plan

The first meal plan after bariatric surgery is the High Protein Liquid Meal Plan. This is the first in a series of meal plans that you will progress through during your recovery. It is important to follow these guidelines carefully to ensure adequate nutrition and to promote healing after bariatric surgery. Follow this meal plan until your post-operative appointment at the bariatric center.

The guidelines for the High Protein Liquid Meal Plan are:

- Six, small meals per day. All foods must be a smooth, liquid consistency.
- Eat or sip slowly. Each meal should last 30-60 minutes.
- Appropriate foods for this meal plan are listed below.
- Adequate fluids are needed to maintain hydration. Small, frequent sips of sugar-free, non-carbonated, caffeine free beverages are recommended.
- Avoid straws, gum, hard candies, and alcohol.

At home, you will follow steps 1-3 outlined below to make appropriate food choices for the Liquid Meal Plan:

Step 1. At 3 of your meals, select 1 item from the following **Protein Food List** (serving size: ¼- ½ cup)

- Soup:** 98% fat-free condensed cream soups; prepare w/ fat-free or 1% milk; strain before eating.
- Broth** with 1 scoop unflavored protein powder
- Milk:** fat-free or 1%
- Soy milk:** plain or vanilla
- Lactaid milk-** fat-free or 1%
- Blended Light Yogurt:** low-fat, without fruit pieces, sweetened with artificial sweetener
- Yogurt:** plain (unflavored), low-fat
- Greek yogurt:** plain (unflavored), low fat
- Pudding:** low-fat, sugar-free or no added sugar

Step 2. You will drink a **protein supplement** at the other 3 meals each day. The serving size is 8 fluid ounces. You can purchase ready-made protein supplements or make your own supplements. Recipes and supplements list are attached for your reference.

Step 3: Drink small quantities of **fluid** throughout the day for a total of at least 16 ounces. Recommended fluids are sugar-free, non-carbonated and decaffeinated.

Examples:

- | | |
|----------------------|----------------------------|
| Water | Crystal Light |
| Broth | Sugar-free Kool Aid |
| Fruit Propel | Unsweetened decaf iced tea |
| Decaf coffee/tea | Sugar-free gelatin |
| Sugar-free popsicles | |

Sample Meal Plan for Liquid High Protein Meal Plan

(start eating within 1 hour of waking)

Approximate Time	Food	Fluids
8:00 am	1 Protein Supplement	Drink small quantities throughout the day for at least 16 ounces.
10:30 am	1 item from Protein Food List	
1:00 pm	1 Protein Supplement	
3:00 pm	1 item from Protein Food List	
6:00pm	1 Protein Supplement	
8:30 pm	1 item from Protein Food List	

High Protein Shake Recipes

YOGURT SHAKE

½ cup light yogurt
 2 ounces low fat or soy milk
 1 scoop protein powder (any flavor)
 1 Tbsp sugar free preserves (any flavor)

Blend in a blender until smooth

DECAFFEINATED COFFEE PROTEIN SHAKE

Place 1 ½ scoops of unflavored protein powder into a clean dry mug.
 Add about 2 tbsp of water and blend with a spoon into a smooth paste consistency.
 Add 6-8 ounces of decaffeinated coffee

Stir until you have a liquid consistency (no clumps)

CRYSTAL LIGHT SHAKE

1 packet of Crystal Light (any flavor)
 1 cup of ice cubes
 2 ounces of water
 1 ½ scoops of protein powder (plain or vanilla)

Blend in a blender until smooth

CHOCOLATE MOCHA DREAM SHAKE

6 ounces low fat milk or soy milk
 1 scoop protein powder (plain or vanilla)
 1 packet artificial sweetener
 1 tsp unsweetened cocoa powder
 1 tsp instant decaffeinated coffee

Blend in a blender until very smooth

THE PERFECT STRAWBERRY PROTEIN SHAKE

1/2 cup of soy milk, low fat milk or light yogurt
 A serving of protein powder (vanilla or plain)
 1 tbsp sugar free strawberry preserves
 ¼ tsp vanilla extract
 2-4 ice cubes

Blend in a blender until smooth

HAZELNUT- CINNAMON SMOOTHIE

1 scoop of protein powder (vanilla, plain or chocolate)
 1 tbsp Sugar free hazelnut coffee creamer
 ¼ tsp ground cinnamon
 ¼ cup plain Greek yogurt
 ½ cup low fat milk or soy milk
 2-4 ice cubes

Blend in a blender until very smooth

LIQUID PROTEIN SUPPLEMENTS LIST

PROTEIN POWDER GUIDELINES

Per 8oz cup a good supplement has:

20 grams or more of protein

Less than 5 grams of sugar

Less than 5 grams of fat

**MIX WITH SKIM OR LOW FAT MILK FOR
ADDITIONAL PROTEIN AND CALCIUM**

PRE-MADE SUPPLEMENT GUIDELINES

Per 8oz cup a good supplement has:

- 20 grams or more of protein
- Less than 5 grams of sugar
- Less than 5 grams of fat

EXAMPLES OF PROTEIN SUPPLEMENTS	Protein grams	Availability
<u>READY MADE SUPPLEMENTS</u>		
Slim Fast LOW CARB	20	Grocery Stores Pharmacy
Boost GLUCOSE CONTROL	16	Grocery Stores Pharmacy
Myoplex lite or Myoplex Carb Control	20	GNC Vitamin World Vitamin Shoppe
Believe	20	store.bariatriceating.com
<u>Carnation Instant Breakfast –no sugar added</u> Mix with 8 ounces milk and 2 tbsp dry milk (or) ½ scoop protein powder	18	Grocery Stores Pharmacy
Met-Rx 51 – (15 oz bottle) ½ bottle = 8 ounce serving	25	Internet GNC Vitamin Shoppe
<u>PROTEIN POWDERS</u>		
<u>Unjury (lactose free)</u> with 8 oz low fat milk	28	HIGHLAND HOSPITAL PHARMACY
Vitamin World 100% whey protein with 8oz low fat milk	26	Vitamin World Vitaminworld.com
Designer Whey – plain for flavored with 8oz low fat milk	26	GNC The Vitamin Shoppe
Optimum Nutrition 100% Whey with 8oz low fat milk	25	.boybuildingforyou.com GNC
Met Rx Protein plus – <i>aspartame free</i> with 8oz low fat milk	30	GNC Vitamin Shoppe
<u>MILK FREE</u>		
Genisoy SOY Protein powder - Plain	16	<u>Wegmans</u>
Vitamin World SOY protein powder - 3 flavors	25	Vitamin World
Isopure – (20 oz bottle) ready to drink ½ bottle = 10 oz serving	20	Vitamin Shoppe .bariatriceating.com
Syntrax Nectar Protein	23	Vitamin Shoppe .bariatriceating.com
<u>NO ARTIFICIAL SWEETENER & lactose free</u>		
Hemp Protein powder 1 scoop If made with 8oz milk or soy milk = 28grams protein	20	Vitamin Shoppe <u>Lori's Natural foods</u>
Whey To Go 1 scoop If made with 8oz milk or soy milk = 28grams protein	20	<u>Lori's Natural foods</u>