

HIGH PROTEIN LIQUID MEAL PLAN - FIRST 7-10 DAYS AFTER SURGERY

* The first meal plan after bariatric surgery is the High Protein Liquid Meal Plan.

* Follow these guidelines carefully to ensure adequate hydration, nutrition and to promote healing.

* Follow this meal plan until your next post-operative appointment at the Bariatric Surgery Center.

- **CONSUME THREE PROTEIN SUPPLEMENTS DAILY.** Expect that it will take 30-60 minutes to consume each protein supplement. If tolerated consume items from food list below in-between the protein supplements.
- **KEEP HYDRATED!!** At least **(48-64 oz.)** of fluid per day is required to maintain adequate hydration. This includes the protein supplements along with sipping water throughout the day. Dehydration is a common problem after surgery.
- All foods must be a smooth, liquid consistency. Appropriate foods for this meal plan are listed below.
- Avoid using straws and omit alcohol. All fluids must be sugar free and non-caffeinated.

Follow steps 1-3 outlined below to make appropriate food choices for the Liquid Meal Plan:

STEP 1

You will drink a protein supplement 3 times daily. The serving size is 8 fluid ounces. You can purchase ready-made protein supplements or make your own supplements. Recipes and supplement list are attached for your reference.

STEP 2

Sip fluids throughout the day for a total of at least 6-8 cups daily

For example: 24 oz. protein supplement daily + **3 OR MORE CUPS OF ADDITIONAL FLUIDS**

Recommended fluids are sugar-free, non-carbonated and decaffeinated such as:

Water - suggested to drink mostly plain water

Broth

Decaf coffee/tea, unsweetened tea, any herbal tea

Sugar-free popsicles

Sugar-free gelatin

Sugar free flavor sweetener in water

STEP 3

As Tolerated

In between protein supplements, select 1 item from the following Protein Food List (serving size: ¼- ½ cup)

- **Soup:** 98% fat-free condensed cream soups; prepare with fat-free or 1% milk; strain through a wire or mesh strainer 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%
- **Smooth flavored light yogurt:** low-fat (without fruit pieces, sweetened with sugar substitute)
- **Yogurt:** plain (unflavored), low-fat
- **Greek yogurt:** plain or smooth flavored yogurt, (without fruit pieces), low-fat, sweetened with sugar substitute
- **Pudding homemade:** made with low-fat milk, sugar-free or no added sugar (can use sugar-free pudding mix)

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 (8 oz.)	Drink an additional 3 cups (24 oz.) or more of fluids throughout the day.
10:30 am	1 item from Protein Food List	
1:00 pm	1 Protein Supplement (8 oz.)	
3:00 pm	1 item from Protein Food List	
6:00 pm	1 Protein Supplement (8 oz.)	

SET A TIMER THROUGHOUT THE DAY TO REMIND YOURSELF TO EAT AND DRINK FLUIDS

Protein Supplement Recipes	
<p>CREAMY MUSHROOM SOUP</p> <p>Purchase Amy's Organic Cream of mushroom Soup Make soup per can directions (1 can mixed with 1 cup low fat milk) Strain chunks</p> <ul style="list-style-type: none"> - 3/4 -1cup mushroom soup - 3/4 -1 scoop plain protein powder <p>Place prepared soup in mug and stir in protein powder or blend in blender.</p>	<p>BERRY LIGHT SHAKE</p> <ul style="list-style-type: none"> -1/2 packet of a sugar free flavored sweetener (any flavor) - 3-4 ice cubes - 6 ounces of water -1 scoop of protein powder (plain or vanilla) <p>Blend in a blender until smooth.</p>
<p>HOT DECAFFEINATED COFFEE MOCHA SHAKE</p> <p>Place 1 scoop of unflavored protein powder into a clean dry mug. Add about 2 tbsp. of hot water and blend with a spoon into a smooth paste consistency.</p> <ul style="list-style-type: none"> - Add 6-8 ounces of HOT decaffeinated coffee. - Add in 1 tsp of Unsweetened Cocoa powder <p>*Sprinkle in stevia or monk fruit as desired Stir until you have a liquid consistency (no clumps).</p>	<p>CHOCOLATE PEANUT BUTTER DREAM SHAKE</p> <ul style="list-style-type: none"> - 8 ounces low-fat milk or soy milk OR 8oz plain yogurt - 1 scoop protein powder (plain or vanilla) - 1 tbsp peanut butter powder - 1 tsp unsweetened cocoa powder <p>Blend in a blender until very smooth.</p>
<p>THE PERFECT STRAWBERRY PROTEIN SHAKE</p> <p>8oz of soy milk, low-fat milk</p> <ul style="list-style-type: none"> - 1 scoop protein powder (vanilla or plain) - 1 tbsp. sugar-free strawberry jelly - 1/4 tsp. vanilla extract - 2-4 ice cubes <p>Blend in a blender until smooth.</p>	<p>HAZELNUT-CINNAMON SMOOTHIE</p> <ul style="list-style-type: none"> -1 scoop of protein powder (vanilla, plain or chocolate) 1 tbsp. sugar-free hazelnut coffee creamer -1/4 tsp. ground cinnamon -1/4 cup plain Greek yogurt -1/2 cup low-fat milk or soymilk -2-4 ice cubes <p>Blend in a blender until very smooth.</p>

PROTEIN SUPPLEMENT GUIDELINES (approximately 8 oz. serving per serving)

• 16-28 grams of protein

**** Less than 5 grams of sugar & ** Less than 5 grams of fat**

Mixing Protein powders with 1 cup low-fat dairy, lactaid milk or soy milk will add additional 8 grams of protein.

Can mix protein shake with water or unsweetened nut milk however this does not add additional protein.

SUGGESTIONS AND EXAMPLES

Examples of Protein	Protein Grams	Availability
Ready Made Supplements		
ENSURE HIGH PROTEIN or ENSURE MAX (11oz)	16 30	Target, Highland Pharmacy
ENSURE PLANT BASED (11oz) Fiber 5 grams	20	Amazon, CVS
GENUINE MUSCLE MILK (carton 11oz)	25	RiteAid, Walmart, Internet
BOOST GLUCOSE CONTROL Fiber 3 grams	16	Grocery Stores, Pharmacy
VEGA PROTEIN NUTRITIONAL SUPPLEMENT (11 oz) Plant based, dairy free, Fiber 4 grams	20	Wegmans, Target Internet
PREMIER PROTEIN (11oz)	30	Costco, BJ's, Walmart, Internet
OWYN (12 oz. bottle) Plant based, dairy free, free of nuts, shellfish ,nuts, soy, egg - Fiber 4 grams	20	Wegmans, Walgreens Vitamin Shoppe
FAIRLIFE NUTRITION PLAN (11oz)	30	BJ's, Internet
Protein Powders/ Non Lactose-Free		
GENEPRO 1 scoop = about 1 tablespoon	30	GNC, Internet
GNC AMP WHEYBOLIC 1 scoop = 20 grams protein	20	GNC
BOBS RED MILL WHEY PROTEIN	15	Wegmans, Tops Big Lots, Walmart
BODY FORTRESS Whey powder	26	Walmart
ORGAIN WHEY PROTEIN POWDER Organic, clean protein, Fiber 4 grams	20	BJ's, Wegmans Internet

Examples of Protein Supplement	Protein Grams	Availability
Protein Powders / 98% Lactose-Free		
UNJURY	20	Highland Hospital Pharmacy
SYNTRAX Nectar Whey Protein Isolate	23	Vitamin Shoppe Internet
RESERVAGE Whey powder grass fed cows, no hormones, No artificial flavors or sweeteners, soy-free, GMOs free	21	Lori's Natural Foods Internet
JAY ROBB Whey powder grass fed cows, no hormones, no artificial flavors or sweeteners, soy-free	24	Lori's Natural Foods Vitamin Shoppe GNC
JAY ROBB Egg White Protein No artificial flavors or sweeteners, lactose and soy-free	23	Lori's Natural Foods Vitamin Shoppe GNC Internet
Vegetable Based Protein Powders- non-dairy-non whey		
SUN WORRIOR Plant base, dairy & soy-free, No artificial flavors or sweeteners, GMO-free Fiber 2 grams	24	Lori's Natural Foods Vitamin Shoppe Internet
GARDEN OF LIFE lactose and soy-free, GMOs-free No artificial flavors or sweetener Fiber 3 grams	20	Vitamin Shoppe Internet Lori's Natural Foods Some Wegmans locations
ORGAIN ORGANIC PROTEIN Plant based dairy, lactose, soy, gluten free (2 scoops) Fiber 6 grams	21	Rite Aid, Walmart, Target, Internet
BOB'S RED MILL PLANT PROTEIN NUTRITION BOOSTER Fiber 12 grams	20	Wegmans, Tops Big Lots, Walmart Internet
Clear Liquid Protein Drinks		
ISOPURE, 20 oz. bottle 40 grams protein per bottle clear liquid supplement	10 oz. = 20 grams protein	Vitamin Shoppe Internet
NEW WHEY, 3.8 oz. bottle 40 grams per bottle clear liquid supplement	1.9 oz. = 20 grams protein	Vitamin Shoppe Internet

Protein supplements are not covered by insurance. You need to purchase them.