

Post-Op Diet Progression

Week 1: Clear Liquids

Diet:

- ◆ Water
 - ◆ Fat-free broth
 - ◆ Sugar-free Jell-o
 - ◆ Sugar-free popsicles
 - ◆ Decaf coffee or tea
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Week 2 and beyond: Gradually advance to solid foods as tolerated

Diet:

- ◆ Start with semi-solid foods:
 - Low-fat, low-carb yogurt
 - Low-fat cottage cheese
 - Fat-free, moistened refried beans
 - Low-fat cheese (i.e. string cheese)
 - Eggs, any way except fried
 - May add soft-cooked veggies and small amounts of fruit
- ◆ If you tolerate the above foods, slowly add new foods from the list below, one at a time:
 - Fish
 - Chicken
 - Shellfish
 - Tofu/Soy
 - Turkey
 - Pork
 - Lean beef
 - Foods need to be baked, barbecued, or boiled...NOT fried

Supplements: start week two and continue for life

- Bariatric multivitamin with iron, vitamin B₁₂, 3000 IU vitamin D
- Calcium Citrate (1500-1800mg daily, divided into 500mg doses)



Recipes

Protein Shake

1 cup fat-free MooTopia[®] milk (found at H-E-B)
1 scoop EAS[®] 100% Whey Protein Powder

Mix protein powder and milk with a whisk or spoon, or blend until smooth. May add sugar-free syrup (ex. Torani[®]) or extracts like vanilla, almond, banana, etc. Makes 1 serving

Nutrition per serving:
Protein: 35 grams
Fat: 2 grams
Sugar: 8 grams

Fruity Protein Shake

2 cups water
4 scoops EAS[®] 100% Whey Protein Powder
1 packet of sugar-free flavor packs (i.e. Crystal Light[®], sugar-free Kool-Aid[®], Wyler's[®])

Mix all ingredients with a whisk or spoon, or blend until smooth. Makes 2 servings

Nutrition per serving:
Protein: 46 grams
Fat: 4 grams
Sugar: 4 grams

Iced Raspberry Mocha Protein Shake

1 cup fat-free MooTopia[®] milk
1 scoop EAS[®] 100% Whey Protein Powder
1 tablespoon sugar-free raspberry syrup
1 tablespoon decaffeinated instant coffee granules
6 ice cubes

Combine all ingredients except ice in blender and blend until smooth. Blend in ice cubes individually until desired consistency reached. Makes 1 serving

Nutrition per serving:
Protein: 35 grams
Fat: 2 grams
Sugar: 8 grams

Protein Fortified Sugar-Free Pudding

1 small box instant sugar-free pudding, any flavor
2 cups fat-free MooTopia[®] milk
2 scoops EAS[®] 100% Whey Protein Powder

Mix all ingredients until thoroughly combined. Chill until set. Makes 4 servings

Nutrition per serving:
Protein: 18.5 grams
Fat: 1 gram
Sugar: 4 grams

Almond or Vanilla Ricotta Crème

¼ cup fat-free ricotta cheese
¼ tsp almond or vanilla extract
1 package Splenda®
Ground cinnamon to taste (optional)

Mix together ricotta cheese, almond or vanilla extract, and Splenda®. Chill before serving.
Makes 1 serving

Nutrition per serving:
Protein: 5 grams
Fat: 0 grams
Sugar: 2 grams

Yogurt Smoothie

½ cup Dannon® Light & Fit yogurt
½ cup fat-free MooTopia® milk
1 scoop EAS® 100% Whey Protein Powder

Blend all ingredients until smooth.
Makes 2 servings

Nutrition per serving:
Protein: 16 grams
Fat: 1 gram
Sugar: 6 grams

Protein Mousse

1 cup fat-free MooTopia® milk
1 cup fat-free whipped topping
1 small box instant sugar-free pudding, any flavor
2 scoops EAS® 100% Whey Protein Powder
Cinnamon, vanilla, nutmeg to taste (optional)

Mix all ingredients until thoroughly combined, or blend for smoother texture. Refrigerate until set before serving.
Makes 4 servings

Nutrition per serving:
Protein: 15 grams
Fat: 2 grams
Sugar: 2 grams

Egg Drop Soup

1 cup fat-free chicken broth
½ cup pasteurized egg product (i.e. egg beaters®)

Heat broth in saucepan to a boil. While gently stirring broth, slowly pour in eggs. Remove from heat immediately and serve.
Makes 2 servings

Nutrition per serving:
Protein: 7 grams
Fat: 0 grams
Sugar: 1 gram

Vanilla Egg Custard

4 eggs
1 ½ cups evaporated skim milk
1 cup fat-free MooTopia[®] milk
½ cup Splenda[®]
2 tsp vanilla extract
½ tsp imitation butter extract
Pinch of salt
Ground nutmeg to taste
Cooking spray

Nutrition per serving:

Protein: 8.5 grams

Fat: 3 grams

Sugar: 6 grams

Preheat oven to 325 degrees F. Place eight 4 oz ramekins in a large roasting pan and spray each ramekin with cooking spray. Set aside.

Whisk together eggs, evaporated milk, MooTopia[®] milk, Splenda[®], vanilla extract, imitation butter extract, and salt.

Divide mixture evenly among ramekins and top with ground nutmeg. Pour enough hot water in roasting pan to reach halfway up the outside of ramekins.

Bake for 45 minutes or until custard is set in center.

Carefully remove ramekins from water bath and transfer to wire rack to cool.

May be served either warm or chilled.

Makes 8 servings

High Protein Eggnog Latte

¼ cup pasteurized egg product (i.e. egg beaters[®])
1 cup fat-free MooTopia[®] milk
2-3 tsp artificial sweetener (ex. Splenda[®])
½ tsp vanilla extract
½ teaspoon rum extract
Ground nutmeg

Nutrition per serving:

Protein: 19 grams

Fat: 0 grams

Sugar: 6 grams

Combine all ingredients into a large glass and mix well with spoon. Add ice if desired.

Makes 1 serving

Sample Menu - Semi-Solid Foods

Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin
L U N C H	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g) 500mg calcium citrate	*1/4 cup Almond Ricotta Crème (5g) *1/2 cup Egg Drop Soup (7g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate	1/4 cup 1% cottage cheese (7g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 500mg calcium citrate	*1/2 cup Vanilla Egg Custard (8.5g) 1oz low-fat string cheese (7g) 500mg calcium citrate	1 egg scrambled with 1oz low-fat cheese (13g) 500mg calcium citrate	*1/2 cup Protein Mousse (15g) 500mg calcium citrate	1oz low-fat string cheese (7g) 4oz Dannon® Light & Fit yogurt (5g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Semi-Solid Food

Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin
L U N C H	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g) 500mg calcium citrate	1/2 cup egg substitute (14g) *1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate	1/2 cup fat-free refried beans with 2oz low-fat cheese melted on top (20g) 500mg calcium citrate	*1/2 cup Yogurt Smoothie (16g) *1/2 cup Egg Drop Soup (7g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) *1/4 cup Vanilla Ricotta Crème (5g) 500mg calcium citrate 500mg calcium citrate
D I N N E R	1/4 cup fat-free refried beans with 1oz low-fat cheese melted on top (10g) *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) *1/4 cup Almond Ricotta Crème (5g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate	1oz low-fat cheese scrambled with 1/2 cup egg substitute (21g) 500mg calcium citrate	*1/2 cup Protein Mousse (15g) 1/2 cup 1% cottage cheese (14g) 500mg calcium citrate	1oz low-fat cheese scrambled with 1/2 cup egg substitute (21g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Semi-Solid Foods Continued

Post-Op Diet for Women - 60g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	*Protein Shake (35g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	*Protein Shake (35g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	*Protein Shake (35g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin
L U N C H	1oz low-fat string cheese (7g) *1/2 cup Vanilla Egg Custard (8.5g) 500mg calcium citrate	*1/2 cup Protein Mousse (15g) 500mg calcium citrate	1/4 cup 1% cottage cheese (7g) 1/2 cup lite applesauce with 2 scoop Beneprotein powder (14g) 500mg calcium citrate	1 pack HealthWise® cream of mushroom protein soup (15g) 500mg calcium citrate	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 500mg calcium citrate	1 HealthWise® Pineapple Orange Protein Shake (15g) 500mg calcium citrate	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N N E R	*1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	1oz low-fat string cheese (7g) 4oz Dannon® Light & Fit yogurt (5g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Vanilla Egg Custard (8.5g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) 500mg calcium citrate	*1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Semi-Solid Foods Continued

Post-Op Diet for Men - 80g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	*Protein Shake (35g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin
L U N C H	1/4 cup 1% cottage cheese (7g) *High Protein Eggnog Latte (19g) 500mg calcium citrate	*1/2 cup Protein Mousse (15g) 1oz low-fat string cheese (7g) 500mg calcium citrate	1/4 cup 1% cottage cheese (7g) 1/2 cup lite applesauce with 2 scoop Beneprotein powder (14g) 500mg calcium citrate	1 pack HealthWise® cream of mushroom protein soup (15g) 1/2 cup 1% cottage cheese (14g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) *1/2 cup Egg Drop Soup (7g) 500mg calcium citrate	6oz plain Greek yogurt (18g) 1 HealthWise® Pineapple Orange Protein Shake (15g) 500mg calcium citrate	1/2 cup scrambled egg substitute (14g) 1/2 cup lite applesauce with 1 scoop Beneprotein (14g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N N E R	*1/2 cup Protein Fortified Pudding (18.5g) 1oz low-fat string cheese (7g) 500mg calcium citrate	1oz low-fat string cheese (7g) 4oz Dannon® Light & Fit yogurt with 2 scoops Beneprotein (14g) 500mg calcium citrate	*High Protein Eggnog Latte (19g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 4oz Dannon® Light & Fit yogurt (5g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) *1/4 cup Vanilla Ricotta Crème (5g) 500mg calcium citrate	*1/2 cup Yogurt Smoothie (16g) *1/2 cup Egg Drop Soup (7g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods

Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin
L U N C H	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1oz low-fat cheese (7g) 500mg calcium citrate	1oz deli sliced chicken with salad spritzer dressing (7g) *1/2 cup Egg Drop Soup (7g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate	1oz baked salmon moistened with lemon (7g) *1/2 cup Protein Mousse (15g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate	1oz deli sliced turkey with 1/4 tsp mustard (7g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 500mg calcium citrate	1oz deli sliced turkey with 1/4 tsp mustard (7g) 1oz low-fat string string cheese (7g) 500mg calcium citrate	1 egg scrambled mixed with 1 tsp pureed mild salsa and 1oz low-fat cheese (13g) 500mg calcium citrate	1oz deli sliced chicken with salad spritzer dressing (7g) Vitamin	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) Vitamin	*1/2 cup Protein Fortified Pudding (18.5g) Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods

Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin	*Protein Shake (35g) Vitamin
L U N C H	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1oz low-fat cheese (7g) 500mg calcium citrate	1oz deli sliced chicken with salad spritzer dressing (7g) *1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	*1/2 cup Yogurt Smoothie (16g) 1oz low-fat cheese (7g) 500mg calcium citrate	1oz baked salmon moistened with lemon (7g) *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	*1/2 cup Egg Drop Soup (7g) *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	1oz deli sliced turkey with 1/4 tsp mustard (7g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	1/4 cup 1% cottage cheese (7g) *1/2 cup Protein Mousse (15g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5) 1oz low-fat cheese (7g) 1oz deli turkey with 1/4 tsp mustard (7g) 500mg calcium citrate	1/2 cup egg substitute mixed with 1 oz low-fat cheese (21g) 500mg calcium citrate	*1/2 cup Protein Mousse (15g) 1oz deli sliced chicken with salad spritzer dressing (7g) 500mg calcium citrate	1/2 cup fat-free refried beans with 2oz low-fat cheese melted on top (20g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5) 2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods Continued

Post-Op Diet for Women - 60g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	1 pack HealthWise® protein oatmeal (15g) Vitamin	2 egg whites scrambled with 1oz low-fat cheese (14g) Vitamin	HealthWise® Cinnamon Raisin protein bar (15g) Vitamin	*High Protein Eggnog Latte (19g) Vitamin	Bariatric Advantage® ready-to-shake meal replacement (27g) Vitamin	2 egg whites scrambled with 1oz low-fat cheese (14g) Vitamin
L U N C H	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 1/4 cup canned pears, pureed 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) 500 mg calcium citrate	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 500mg calcium citrate	2oz finely chopped boiled chicken with 2 tsp fat-free gravy (14g) 1/2 cup mashed broccoli (2g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches, pureed 500mg calcium citrate	2oz canned tuna, packed in water (15g) 2 tsp fat-free mayo 1/2 cup mashed zucchini (2g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 1/2 cup mashed cauliflower (2g) 500mg calcium citrate Vitamin	1/2 cup soft tofu, cubed (7g) 6oz low-fat yogurt with 1scoop unflavored Unjury (21g) 500mg calcium citrate Vitamin	1 pack HealthWise® cream of mushroom protein soup (15g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate Vitamin	2oz deli turkey with 1/2 tsp mustard (14g) *1/2 cup Protein Mousse (15g) 500mg calcium citrate Vitamin	HealthWise® Peanut Butter protein bar (15g) 1oz low-fat string cheese (7g) 500mg calcium citrate Vitamin	2oz baked tilapia, flaked (14g) *1/4 cup Almond Ricotta Crème (5g) 500mg calcium citrate Vitamin	1 pack HealthWise® chicken with pasta protein soup (15g) 2oz finely chopped boiled chicken (may add to soup) (14g) 500mg calcium citrate Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods Continued

Post-Op Diet for Men - 80g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	2 scoops Bariatric Advantage® protein powder mixed with 1 cup fat-free MooTopia® milk (39g) Vitamin	1 pack HealthWise® protein oatmeal (15g) Vitamin	2 egg whites scrambled with 2oz low-fat cheese (21g) Vitamin	HealthWise® Cinnamon Raisin protein bar (15g) Vitamin	*Iced Raspberry Mocha Protein Shake (35g) Vitamin	2 scoops Bariatric Advantage® protein powder mixed with 1 cup fat-free MooTopia® milk (39g) Vitamin	2 egg whites scrambled with 1oz low-fat cheese (14g) Vitamin
L U N C H	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo *1/2 cup Protein Mousse (15g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) *High Protein Eggnog Latte (19g) 500mg calcium citrate	*1/2 cup Protein Fortified Pudding (18.5g) 2oz deli ham with 1/2 tsp mustard (14g) 500mg calcium citrate	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 1oz canned tuna, packed in water (7g) 500mg calcium citrate	2oz finely chopped boiled chicken with 1 Tbsp fat-free gravy (14g) 1/4 cup 1% cottage cheese (7g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 1/2 cup lite applesauce with 1/2 scoop Bariatric Advantage® protein powder (7g) 500mg calcium citrate	2oz canned tuna, packed in water (15g) 2 tsp fat-free mayo 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (21g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 1/2 cup mashed cauliflower (2g) 500mg calcium citrate	1/2 cup soft tofu, cubed (7g) 6oz low-fat yogurt with 1 scoop unflavored Unjury protein powder(21g) 500mg calcium citrate	1 pack HealthWise® cream of mushroom protein soup (15g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 500mg calcium citrate	3oz deli turkey with 1/2 tsp mustard (21g) *1/2 cup Protein Mousse (15g) 500mg calcium citrate	HealthWise® Peanut Butter protein bar (15g) 1oz low-fat string cheese (7g) 500mg calcium citrate	2oz baked tilapia, flaked (14g) *1/4 cup Almond Ricotta Crème (5g) 500mg calcium citrate	1 pack HealthWise® chicken with pasta protein soup (15g) 2oz finely chopped boiled chicken (may add to soup) (14g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods, transition to Regular Texture as tolerated

Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Strawberry-Banana Protein Shake (35g) <i>blend *Protein Shake with 1/4 banana and 1/4 cup unsweetend frozen strawberries</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Berry Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen mixed berries</i>	1/2 cup scrambled egg substitute with 1 tsp pureed mild salsa (14g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Peach Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen peaches</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Chocolate Protein Shake (35g) <i>blend *Protein Shake with 1 Tbsp sugar-free chocolate syrup</i>
L U N C H	2oz finely chopped chicken with 2 tsp fat-free gravy (14g) 1/4 cup steamed zucchini (1g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches 500mg calcium citrate	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed broccoli (1g) 500mg calcium citrate	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 1/4 cup lite applesauce 500mg calcium citrate	2oz baked salmon with a few drops of lemon juice and 1 tsp fat-free mayo (14g) 1/4 cup steamed carrots (1g) 500mg calcium citrate	2oz low-fat string cheese (14g) 1/4 cup canned fruit cocktail 500mg calcium citrate	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup wax beans (1g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	1 pack HealthWise® cream of mushroom protein soup (15g) 1/4 cup steamed broccoli (1g) 500mg calcium citrate	2oz deli sliced chicken with 2 tsp mustard (14g) 1/4 cup steamed green beans (1g) 500mg calcium citrate	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup canned mushrooms (1g) 500mg calcium citrate	2oz finely chopped lean pork with 2 tsp fat-free gravy (14g) 1/4 cup steamed spinach (1g) 500mg calcium citrate	2oz deli sliced turkey with salad spritzer dressing (14g) 1/4 cup mandarin oranges packed in water 500mg calcium citrate	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed yellow squash (1g) 500mg calcium citrate	2oz broiled fish with a few drops of lemon (14g) 1/4 cup steamed cauliflower (1g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Soft Foods, transition to Regular Texture as tolerated

Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Strawberry-Banana Protein Shake (35g) <i>blend *Protein Shake with 1/4 banana and 1/4 cup unsweetend frozen strawberries</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Berry Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen mixed berries</i>	1/2 cup scrambled egg substitute with 1 tsp pureed mild salsa (14g)	Peach Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen peaches</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Chocolate Protein Shake (35g) <i>blend *Protein Shake with 1 Tbsp sugar-free chocolate syrup</i>
L U N C H	2oz finely chopped chicken with 2 tsp fat-free gravy (14g) 1/4 cup steamed zucchini (1g) 1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches *1/2 cup Protein Fortified Pudding (18.5g) 500mg calcium citrate	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed broccoli (1g) 500mg calcium citrate	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 1/4 cup lite applesauce with 1 scoop Bariatric Advantage® protein powder (13.5g) 500mg calcium citrate	2oz baked salmon with a few drops of lemon juice and 1 tsp fat-free mayo (14g) *1/2 cup Yogurt Yogurt Smoothie (16g) 500mg calcium citrate	2oz low-fat string cheese (14g) 1/4 cup canned fruit cocktail 500mg calcium citrate	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup wax beans (1g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	1 pack HealthWise® cream of mushroom protein soup (15g) 1/4 cup steamed broccoli (1g) 500mg calcium citrate	2oz deli sliced chicken with 2 tsp mustard (14g) 1/4 cup steamed green beans (1g) 500mg calcium citrate	2oz ground turkey breast with 2 tsp fat-free gravy (14g) *1/2 cup Yogurt Yogurt Smoothie (16g) 500mg calcium citrate	2oz finely chopped lean pork with 2 tsp fat-free gravy (14g) Bariatric Advantage® ready-to-shake meal replacement (27g) 500mg calcium citrate	2oz deli sliced turkey with salad spritzer dressing (14g) 1/4 cup mandarin oranges packed in water 500mg calcium citrate	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) Bariatric Advantage® ready-to-shake meal replacement (27g) 500mg calcium citrate	2oz broiled fish with a few drops of lemon (14g) 1/4 cup steamed cauliflower (1g) *1/2 cup Yogurt Smoothie (16g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Regular Texture (Maintenance Stage)

Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	2 egg whites scrambled with 1/4 cup spinach (7g) Vitamin	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) Vitamin	1/2 cup scrambled egg substitute (14g) Vitamin	HealthWise® Cinnamon Raisin Protein Bar (15g) Vitamin	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) Vitamin	1/2 cup scrambled egg substitute (14g) Vitamin	2 egg whites scrambled with 1/4 cup spinach (7g) Vitamin
L U N C H	3oz grilled chicken breast (21g) 3/4oz roasted unsalted soybeans (7g) 1/2 banana 500mg calcium citrate	Lean Cuisine® Roasted Garlic Chicken meal (17g) 500mg calcium citrate	3oz deli turkey on 100% whole wheat sandwich thin bread (26g) 5 baby carrots 500mg calcium citrate	3oz canned tuna, packed in water (21g) 4 100% whole wheat crackers (1g) 1/4 cup lite applesauce 500mg calcium citrate	Lean Cuisine® Steak Tips Portabello meal (16g) 500mg calcium citrate	3oz canned tuna, packed in water (21g) 4 100% whole wheat crackers (1g) 1/4 cup peaches 500mg calcium citrate	3oz deli roast beef on 100% whole wheat sandwich thin bread (26g) 1 oz low-fat cheese (7g) 500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	3oz baked fish (21g) 1/4 cup lentils (3.5g) 1/4 cup steamed zucchini (1g) 500mg calcium citrate	3oz roasted pork loin (21g) 1/2 cup steamed broccoli (2g) 500mg calcium citrate	3oz roasted chicken (21g) 1/4 cup green beans (1g) 1/4 cup brown rice (1g) 500mg calcium citrate	3oz baked fish (21g) 1 cup fresh spinach with a few dried cranberries and walnut pieces drizzled with 2 tsp raspberry vinaigrette 500mg calcium citrate	3oz chicken breast (21g) 1/4 cup steamed summer squash (1g) 1/4 cup wild rice (1g) 500mg calcium citrate	3oz grilled beef sirloin steak (21g) 1 cup garden salad <i>(to include mixed greens, vegetables of choice, and 2 tsp light dressing)</i> 500mg calcium citrate	3oz roasted chicken (21g) 1/4 cup steamed cauliflower (1g) 1/4 cup steamed broccoli (1g) 500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Menu - Regular Texture (Maintenance Stage)

Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	1/2 cup scrambled egg substitute with 1oz low-fat cheese (21g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	1/2 cup scrambled egg substitute with 1oz low-fat cheese (21g)
		1 boiled egg (6g)			1 boiled egg (6g)		
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin
L U N C H	3oz grilled chicken breast (21g)	3oz deli turkey on 100% whole wheat sandwich thin bread (26g)	3oz grilled chicken breast (21g)	3oz deli roast beef on 100% whole wheat sandwich thin bread (26g)	Lean Cuisine® Salisbury Steak meal (23g)	3oz deli turkey on 100% whole wheat sandwich thin bread (26g)	3oz canned tuna, packed in water (21g)
	3/4oz roasted unsalted soybeans (7g)	5 baby carrots	1/2 cup 1% cottage cheese (14g)	1 oz low-fat cheese (7g)	1/4 cup peaches	1 oz low-fat cheese (7g)	4 100% whole wheat crackers (1g)
	1/2 banana					1/4 cup lite applesauce	1/2 cup 1% cottage cheese (14g)
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
D I N E R	3oz baked fish (21g)	4oz roasted pork loin (28g)	3oz baked fish (21g)	3oz baked fish (21g)	4oz chicken breast (28g)	3oz grilled beef sirloin steak (21g)	3oz roasted chicken (21g)
	1/4 cup lentils (3.5g)	1/2 cup steamed broccoli (2g)	1/4 cup green beans (1g)	1 cup fresh spinach with a few dried cranberries and walnut pieces drizzled with 2 tsp raspberry vinaigrette	1/4 cup steamed summer squash (1g)	1 cup garden salad <i>(to include mixed greens, vegetables of choice, and 2 tsp light dressing)</i>	1/4 cup steamed cauliflower (1g)
	1/4 cup steamed zucchini (1g)		1/4 cup brown rice (1g)		1/4 cup wild rice (1g)		1/4 cup steamed broccoli (1g)
	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate	500mg calcium citrate
	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin

* Recipes provided on previous pages.

Amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Include 64 ounces of water each day - may use sugar-free flavoring like Crystal Light® (must be less than 10 calories per serving).

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.