

Stage 1: Liquid Diet




Post Op until your surgeon clears you to advance

- Water
- Broth/bouillon
- Sugar-free popsicles
- Decaf coffee or tea
- Bariatric Advantage Clearly Protein drink

Stage 2: Semi-Solid Foods



Start at Week 2 when cleared by your surgeon

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| <ul style="list-style-type: none"> • Greek yogurt <20g carbs • Low-fat cottage cheese • Low-fat refried beans • Mozzarella string cheese • Scrambled eggs |  | <ul style="list-style-type: none"> • Canned meats/fish • Thin deli meats • Ground meats • Soft fish • Soy/tofu |
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Supplements



Start at Stage 2 and continue for life

- Bariatric Multivitamin 1-3/day (depending on type/brand)
Multivitamins are best tolerated in afternoon and evening.
- Calcium Citrate 500mg 3 times/day

Stage 3: Increased Textures



Start after 6 weeks - progress GRADUALLY

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| <ul style="list-style-type: none"> • Fish • Chicken • Lean beef • Pork | <ul style="list-style-type: none"> • Shellfish • Soy/Tofu • Turkey |
|--|---|



Add in cooked vegetables after you are getting in enough protein. Eventually you can add in raw veggies/salads.

Remember to eat your protein first!

Daily Macro Goals:

Protein: 60-80 g (you will work up to this over time) Carbohydrate: <60g