

Stage 2: Soft Protein Foods

- Stage 2 begins **between weeks 1 and 2** (7 to 10 days) after you see your surgeon in follow up and get clearance to advance your diet. Continue Stage 2 **through week 4** (day 28).
- You may eat soft **protein** foods starting with the step 1 soft, mushy proteins first.
- Try to eat at least twice per day but no more than 3 times per day. Choose from the table below. Remember the benefit of purposeful FASTING between meals.

Stage 2 Food Choices	
Step 1 Choices: Soft, Mushy Proteins	Step 2 Choices: Textured Proteins
<ul style="list-style-type: none"> ▪ Beans/Soybeans—whole (boiled/steamed) / fat-free refried ▪ Eggs or egg substitute—scrambled ▪ Cheese—reduced-fat cottage, ricotta, 2% shredded, goat, part skim string ▪ Milk—fat-free, Mootopia (limit to 8 ounces/day in a shake or cooking) ▪ Yogurt—light, low-fat, ideally Greek 100 or <10 grams sugar perserving <p><i>**moisten with low-fat mayo/salad dressing/yogurt or mustard if needed</i></p>	<ul style="list-style-type: none"> ▪ Eggs**—whole, whites, substitute; hard-boiled or prepared in a low-fat way ▪ Canned meats**—chicken, tuna, salmon, crab ▪ Chicken/turkey**—skinless, shredded white meat ▪ Crab—boiled/steamed ▪ Deli Meats—lean 96% fat-free (such as chicken, turkey, roast beef, ham)—shaved ▪ Fish—baked/broiled/steamed (no breading) ▪ Ground beef, chicken, turkey—at least 90% lean ▪ Tofu/Soy

- Continue to drink plenty of fluids—aim for 64 ounces daily. Remember **not to drink while eating and wait 1 hour after eating to resume drinking.**
- Food journaling can be helpful to both you and your dietitian/provider to aid in success after surgery. Try out a Smartphone App! Journaling helps you ensure you are staying hydrated, taking your vitamins and minerals, exercising, and eating foods suitable to your current diet stage.
- Try new foods one at a time and in **very** small amounts to avoid overeating as well as recognize any food intolerances that may arise.
- Take small bites –about the size of your pinky nail or a black bean per meal – Chew solid foods to a pureed consistency.
- Take time to eat, pausing 2 minutes between each bite. This will help you learn when to stop eating and to improve tolerance of foods as time goes on.
- REMEMBER: **Stop eating when you feel satisfied—not full.** One extra bite could make you uncomfortable and nauseated and may eventually stretch your pouch.
- Feel free to use herbs, spices, and other seasoning blends or non-caloric condiments to enhance your meals.