



2022 GUIDELINE

POST OP PROGRESSIVE DIET



POMPEII SURGICAL CENTER

POST OP GUIDELINE



WELCOME

Weight loss surgery has probably been one of the most challenging decisions in your life, but you finally did it. Let our team guide you through this fantastic journey, you will learn your daily goals of macro nutrients (protein, fats & carbs), dietary supplements & more.

In case you are wondering *why should I follow this diet?*

- To help you to achieve the maximal amount of weight loss.
- To help prevent nutritional deficiencies and other complications.



CONGRATULATIONS

The bariatric procedure you have selected was developed to cause weight loss and to avoid some of the medical problems related to higher weight and/or obesity. This procedure works mainly by limiting the amount of food you are able to eat reducing your calorie intake by volume and also by a healthy and delicious Post Op Diet.

It is important for you to make healthy food choices after your surgery to help you during the weight loss process and to maintain your nutritional health. A changed eating pattern is important for weight loss, to avoid stomach pains, and to prevent nutritional deficiencies. Changing our daily habits and adding new ones will be key for a healthy lifestyle.





WHAT TO EXPECT

In the following pages you will find all the information you need for the first 8 weeks after surgery.

From your daily intake of macros, medication and journaling. It is very important to stick to our suggestions and to follow our instructions for a complication free recovery.

We are very excited to guide you through this new lifestyle.

- **MEDICATION**
- **WOUND CARE**
- **BLOOD TEST PANEL**
- **JOURNALING**
- **POST OP SIDE EFFECTS**
- **HYDRATION**
- **URINE COLOR CHART**
- **BRISTOL STOOL CHART**
- **MACROS & MICROS**
- **BRANDS OF PROTEIN**
- **DIETARY SUPPLEMENTS**
- **TEXTURE PROGRESSION SCALE & DAILY GOALS**
- **POST OP CHECKLIST**
- **SIMPLE STEPS TO A HEALTHY LIFESTYLE**



POST OP GUIDELINE



MEDICATION

RIOPAN or GALAVER GEL (*magaldrato, dimeticona*):

1/2 bag every 8 hours until you finish the box.

ALBOZ (*omeprazol*) -antiacid-: 1 capsule every 12 hours for 1 month.

CEFALVER (*cefalexina*) -antibiotic-: -antibiotic-: fill bottle up to the mark (marca), shake it well until it turns pink. Drink 5 ml every 12 hours for 5 days.

CIPRIAN (*ciprofloxacin*)-antibiotic-: - antibiotic-: 1 tablet every 12 hours for 5 day

LOROTEC (*ketorolaco*) -for pain-: 1 tablet every 6 hours as needed.

DIPERA (loperamida: 1 tablet every 4 hours as needed.

Blood thinners: only under medical prescription. You will find the label with the instructions on the box.

(NOT ALL PATIENTS REQUIRE BLOOD THINNERS)



To reduce the risk of damage in staple line and stitches, no sexual intercourse the first 3 weeks after surgery.



To prevent dehydration, no alcoholic beverages the first 12 months. Wine is ok! after 6 months Post Op.



For a proper healing, no smoking the first 4 weeks after surgery.



WOUND CARE



Your incisions should need minimal care. Since nylon sutures were used, they will have to be removed, usually around the eighth (8) to twelfth (12) day after surgery. This should not cause any pain.

Please email pictures of your incisions before removing your sutures to:
contact@pompeisurgical.com

It is important to keep it clean and dry to promote faster healing. Unless otherwise prescribed, you should shower (**IT IS ADVISED DAILY**), wash with soap, rinse and dry thoroughly. If the wound is oozing or catching on clothing, you may cover it with a very light dressing, but otherwise leaving the wound open to air whenever possible may help prevent suture infection.

Absolutely do not pick at the incisions, stitches, or scabs. You will get an infection. Once all your incisions have closed, it is usually safe for your incision to get completely wet. Your incisions should be closed within three to four weeks. As you feel stronger, you may enjoy a swim or a soak in the tub after this period of time.

Despite the greatest care, any wound can become infected. If your wound becomes reddened, swollen, leaks pus, has red streaks, has yellow/green purulent or odorous drainage, feels increasingly sore or you have a fever above 100.5°F, you must notify your surgeon right away. These may be signs of an infection.

DO NOT USE ANY ANTIBIOTIC OINTMENT, ALCOHOL OR HYDROCORTISONE CREME OR OTHER OCCLUSIVE OINTMENT ON YOUR INCISIONS *(unless your medical team has instructed you to do so.)*





BLOOD TEST PANEL



Primary care Physician:

Full panel blood test every 3 months for the first year.

- **Complete metabolic panel plus vitamins**
- **Lipid panel**
- **Comprehensive urinalysis**
- **Complete blood count**

NOTE: You may need Nutritional Counseling if you need guidance with your diet.

JOURNALING



Keep food records. This will help you to monitor your intake and tolerance to foods. Look for patterns of foods tolerated well and food that are not tolerated. The records will also be helpful for your dietitian to provide suggestions for better tolerance or nutrient balance.

Record:

- Time, type of food (ex: baked chicken without skin)
- Amount eaten (ex: 2 ounces chicken breast)
- How your food was prepared (ex: baked with broth).
- Be sure to include any butter, oil, grease or margarine that was added to the food.

Please remember to bring these records with you for the dietitian to review.



POST OP SIDE EFFECTS

Hair loss: This is usually due to rapid weight loss, and typically presents about 3-6 months after surgery. The good news, is that it is usually just all-over thinning, not noticeable (maybe only to you), and usually resolves in another 3-6 months. Biotin supplements and hair & nails treatments, as well as ensuring that your fluid, protein, iron and zinc levels or intake are good.



Nausea or Vomiting: This is usually due to eating too fast, too much, or drinking with your meals. Common cause of nausea and vomiting is from lying down too quickly after a meal; not only does this increase your risk for nausea and vomiting it also increases your chances for heartburn (Acid Reflux). Both nausea and vomiting are common side effects that bariatric surgery patients encounter after surgery. In the vast majority of cases nausea and vomiting is related to the changes in your diet and your body's adjustment period needed to get used to changes. If it is not food related, call your surgeon's office.

HYDRATION TIPS: to control flow & volume you can use a sippy (control flow and volume; ice cube or a tea spoon.)

Gerd: This commonly happens twice a week after bariatric surgery. Continue to use Nexium/Maalox/Mylanta. Over the counter medication can be useful in the early stages of acid reflux.

If you are experiencing GERD, make sure to not lay down right after you have a meal, wait at least 45 minutes

Acid reflux: it may occur, when the acid of the stomach travels towards the throat. It gives the "heartburn" or burning pain discomfort.





POST OP SIDE EFFECTS

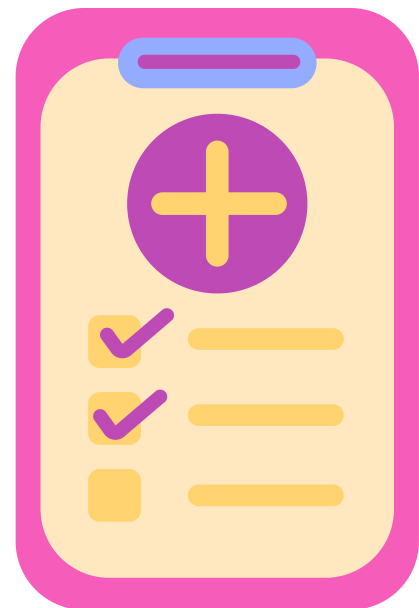
Bad taste in mouth: This is common right after the surgery and should go away after a few weeks.

Thrush (candida): can also be from antibiotics and stress of the procedure.

Decreased appetite and taste changes: It is very common not to feel hungry after surgery and to have altered taste sensation. You will need to eat to ensure that you get proper nutrition and to prevent complications.

Increased gas: This is also common after the surgery, especially during the first few weeks. It can be a sign of lactose intolerance. If you have gas pains at home, try simethicone drops (Gas X ®). Devrom® can help with the smell.

Excess skin: With significant weight loss, excess skin may happen (everybody is different), but the level will depend on several factors, including how much weight you lose, where you lose it, genetics, age, and whether you are a man or a woman. Weight training may help minimize the appearance of loose skin, but only plastic surgery will help to get rid of it. Most people find it's really not a big issue, especially in light of how great they feel at a much lower weight, and how they're improved their health with the surgery and weight loss.



Pregnancy: Pregnancy for the first 18 months following surgery should be avoided. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason, you need to take precautions to prevent pregnancy. Rapid weight loss increases fertility so you must be very careful.



HYDRATION

At any of our facilities, a Bariatric Surgery Diet will be prescribed for you while in the hospital, hydration will be your main goal after surgery, make sure to have water in different temperatures: ice cold, room temperature or warm.



If you are experiencing discomfort while drinking liquids, we suggest you use items to help control the VOLUME & FLOW you are having per intake. Drinking too much and/or too fast may increase nausea & discomfort.



The following list of liquids are allowed during this period of time:

- Water (different temperatures according to toleration); you can use a sippy cup, spoon or ice to control flow.
- Broth (chicken, beef, bone or veggie - avoid tomato & shrimp-)
- Electrolytes
- Sugar-free: popsicles, gelatin (e.g. Jell-O), sherbert, Crystal Light, Gatorade, Powerade, plant based milks (almonds, coconut, macadamia or cashews)
- Up to 8 oz of apple juice or 6 oz purple grape juice
- Instant decaffeinated coffee or tea
- Up to 16 oz of 1% or skim milk

**All this week everything can be counted towards your fluid intake.
All these liquids may be used as carriers for your protein powder.**



MACROS & MICROS

Macronutrients: in this large group the nutrients have energy in form of calories, these include: protein (amino acids), carbohydrates (sugar & starches) & fats (fatty acids).

Protein: it has 4 calories per gram. Creates muscle mass and tissue.
Examples: fish, beef, lentils or tofu.

Carbohydrates: it also has 4 calories per gram. Main fuel for our body and energy storages (glucose & glycogen).
Examples: fruits & grains.

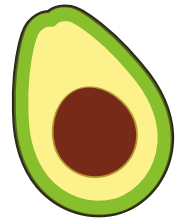
Fats: has 9 calories per gram. Nervous system and hormones.
Examples: avocado & olive oil.

These 3 are needed in large amounts (ounces or grams) for our body to function properly and have enough energy to perform daily activities.

The macros may vary in amount according to the food type, serving size & method of cooking.

Micronutrients: vitamins & minerals belong to this group. They do not offer any kind of energy in form of calories but our body needs them for different metabolic processes, for example: to transport oxygen throughout our body, we need iron.

You may find these in natural sources like fruits and veggies, but also as dietary supplements, here you will find a list of the brands we suggest.



MULTIVITAMIN WITH IRON

Centrum Silver Chewables®
Naturelo Bariatric Multivitamin with Iron®
Equate Complete Multivitamin®
Flinstones with Iron (*we suggest 2 chewables*)®
Barimelts®

PROBIOTICS

Garden of Life®
Nature's Bounty®
B Life®
Renew Life®
Schiff®

CALCIUM CITRATE

Now®
Nature's Way®
Life Extension®
Country Life®
Solaray®

BIOTIN HAIR & NAILS

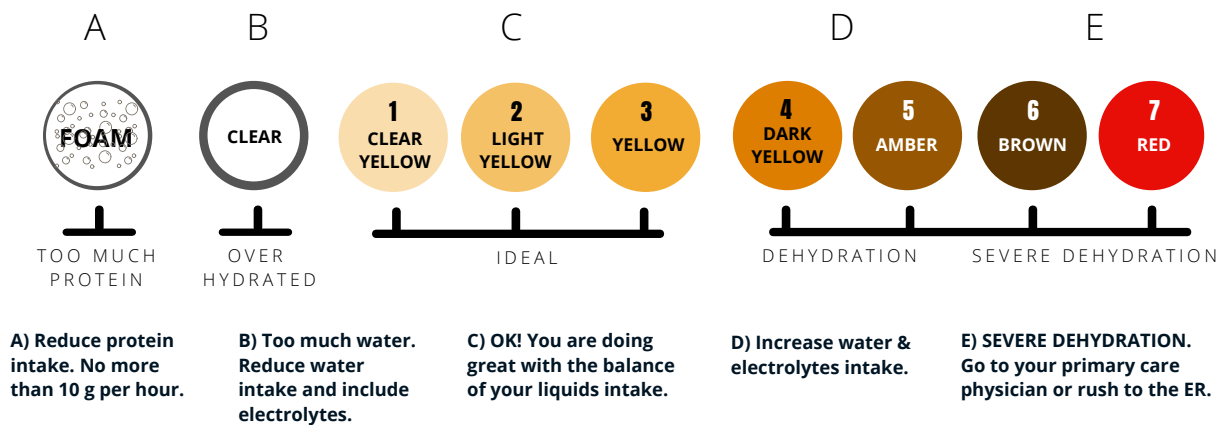
Honeydew®
Folicure Extra Biotin®
Vitamin Infused®
Nail Aid®
Isdin®



HYDRATION

Staying hydrated will be the main goal for the following weeks. It will be very important for you to take a good look at the color of your urine and keep track of your bowel movements, the following charts may be very useful as a guide.

URINE COLOR CHART



IMPORTANT: Some dietary supplements & foods might change the color of your urine. Keep track of your daily liquid intake.

BRISTOL STOOL CHART





BRANDS OF PROTEIN

There are many brands of supplements available (ready-to-drink or powders).

For some examples:

At our Beachhouse Retreat we use 2 famous brands: Syntrax® - Matrix & Nectar - and Isopure®. These are Whey Protein Isolate -lactose free- vs. Whey Protein Concentrate, which has lactose, or milk sugar.

For all of our Pompeii's famous shakes we use 8 oz of liquid and 1/2 scoop of either Isopure® or Syntrax®. With this mix you can keep track of your protein & hydration intake (every 2 oz will provide 3 g of protein.)

Avoid protein collagen-based products (incomplete form of protein that is missing tryptophan, an important building block of protein) and collagen may also increase the risk of internal bleeding.

Other brands: Ready to drink - Atkins®, Ambari®, Unjury®, Premier protein®, Fairlife®

You may also find plant based options like Orgain® & Garden of Life®.

Make sure to not overpass the limit of 10 g of protein per hour, this way you will not overload your kidneys.



POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

BRANDS OF PROTEIN

	Protein	Fats	Saturated Fats	Trans Fats	Total Carbs	Sugar
Unjury Medical Quality Protein® (Milk protein isolate)						
2 oz Unjury Ready-To-Drink Vanilla	5	0	0	0	0.5	0
2 oz Unjury Ready-To-Drink Rich Chocolate	5	0	0	0	0.5	0
Optimum Nutrition® (Whey protein concentrate)						
2 oz Optimum High Protein Shake Chocolate	5	0	0	0	3	3
2 oz Optimum High Protein Shake Strawberry	5	0	0	0	3	3
2 oz Optimum High Protein Shake Vanilla	5	0	0	0	3	3
EAS Myoplex® (Dairy and plant based protein)						
2 oz EAS Myoplex Ready-To-Drink Chocolate Ice Cream	5	1	0	0	2	0
2 oz EAS Myoplex Ready-To-Drink Strawberry Cream	5	1	0	0	2	0
Muscle Milk® (Dairy protein)						
2 oz Muscle Mik ZERO Protein Shake Chocolate	4	0	0	0	1	0
2 oz Muscle Mik ZERO Protein Shake Vanilla Crème	4	0	0	0	1	0
2 oz Muscle Milk Genuine Protein Shake Banana Crème	5	1	0	0	1	0
2 oz Muscle Milk Genuine Protein Shake Chocolate	5	1	0	0	1	0
2 oz Muscle Milk Genuine Protein Shake Cookies 'n Crème	5	1	0	0	1	0
2 oz Muscle Milk Genuine Protein Shake Strawberries n' Crème	5	1	0	0	1	0
2 oz Muscle Milk Genuine Protein Shake Vanilla Crème	5	1	0	0	1	0
2oz Muscle Milk PRO Series Go Bananas	6	0	0	0	2	0
2oz Muscle Milk PRO Series Intense Vanilla	6	0	0	0	2	0
2oz Muscle Milk PRO Series Knockout Chocolate	6	0	0	0	2	0
2oz Muscle Milk PRO Series Slammin' Strawberry	6	0	0	0	2	0
	6	0	0	0	2	0
	6	0	0	0	2	0
Orgain® (Dairy and plant based)						
2 oz Orgain Organic Nutrition. Nutritional Shake Creamy Chocolate Fudge	3	1	0	0	6	2
2 oz Orgain Organic Nutrition. Nutritional Shake Sweet Vanilla Bean	3	1	0	0	6	2
2 oz Orgain Organic Protein. Protein Shake Smooth Chocolate (Plant based)	3	1	0	0	5	2
2 oz Orgain Organic Protein. Protein Shake Vanilla Bean (Plant based)	3	1	0	0	5	2

POST OP GUIDELINE



MACROS BRANDS OF PROTEIN

The following nutrition facts are in grams for every 2 oz of food item.

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
Dymatize® (Whey protein isolate)						
2 oz Dymatize ISO100 Clear Protein Drink Blue Raspberry	3	0	0	0	0	0
2 oz Dymatize ISO100 Clear Protein Drink Tangerine Peach	3	0	0	0	0	0
2 oz Dymatize ISO100 Clear Protein Drink Grape	3	0	0	0	0	0
Premier Protein®. (Milk protein concentrate)						
2 oz Premier Protein Shake Chocolate	5	0.5	0	0	0	0
2 oz Premier Protein Shake Vanilla	5	0.5	0	0	0	0
2 oz Premier Protein Shake Caramel	5	0.5	0	0	0	0
2 oz Premier Protein Shake Chocolate Peanut Butter	5	0.5	0	0	0	0
2 oz Premier Protein Shake Cake Batter Delight	5	0.5	0	0	0	0
2 oz Premier Protein Shake Strawberries & Cream	5	0.5	0	0	0	0
2 oz Premier Protein Shake Cookies & Cream	5	0.5	0	0	0	0
2 oz Premier Protein Shake Bananas & Cream	5	0.5	0	0	0	0
2 oz Premier Protein Shake Peaches & Cream	5	0.5	0	0	0	0
2 oz Premier Protein Shake Cinnamon Roll	5	0.5	0	0	0	0
2 oz Premier Protein Shake Winter Mint Chocolate	5	0.5	0	0	0	0
2 oz Premier Clear Protein Drink	2	0	0	0	0	0
Isopure® (Whey protein isolate)						
2 oz Isopure Protein Drink 32g Grape Frost	4	0	0	0	0	0
2 oz Isopure Protein Drink 32g Apple Melon	4	0	0	0	0	0
2 oz Isopure Protein Drink 32g Blue Raspberry	4	0	0	0	0	0
2 oz Isopure Protein Drink 32g Lemonade	4	0	0	0	0	0
Slimfast® (Milk protein concentrate)						
2 oz Slimfast Advanced Nutrition Shakes Creamy Chocolate	2	1	0	0	5	0
2 oz Slimfast Advanced Nutrition Shakes Vanilla Cream	2	1	0	0	5	0
2 oz Slimfast Advanced Nutrition Shakes Bananas & Cream	2	1	0	0	5	0
2 oz Slimfast Advanced Nutrition Shakes Strawberries & Cream	2	1	0	0	5	0

POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

BRANDS OF PROTEIN

Garden of Life® (Dairy and plant based protein)

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
2 oz Garden of Life Sport Protein Drink Chocolate	5	0	0	0	2	0
2 oz Garden of Life Sport Protein Drink Vanilla	5	0	0	0	2	0
2 oz Garden of Life Organic Protein Plant Based Drink Chocolate	4	1.5	0	0	2	0
2 oz Garden of Life Organic Protein Plant Based Drink Chocolate	4	1.5	0	0	2	0

Gatorade® (Whey protein concentrate)

2 oz Gatorade Zero with Protein Cool Blue	1	0	0	0	0	0
2 oz Gatorade Zero with Protein Grape	1	0	0	0	0	0
2 oz Gatorade Zero with Protein Glacier Freeze	1	0	0	0	0	0
2 oz Gatorade Zero with Protein Glacier Cherry	1	0	0	0	0	0
2 oz Gatorade Super Shake Chocolate	5	0	0	0	2	2
2 oz Gatorade Super Shake Vanilla	5	0	0	0	2	2
2 oz Gatorade Super Shake Chocolate Caramel	5	0	0	0	2	2
2 oz Gatorade Recover Protein Shake Chocolate	4	0	0	0	8	4
2 oz Gatorade Recover Protein Shake Vanilla	4	0	0	0	8	4





DIETARY SUPPLEMENTS

Vitamin and Mineral Supplements. You are required to take supplement for the first year after surgery. You can use any brand as long as they are either CHEWABLE, LIQUID OR MELTDOWN, at least for the first 6 weeks after surgery.

01

Multivitamin with Iron

We recommend any brand, as long as it's chewable, liquid or meltdown, this way you will have a stock for your post surgery requirements. *-Once a day-*

02

Calcium Citrate (1,200 - 1,500 mg)

Our body needs from 1200 - 1500 mg of Calcium per day. The maximum amount it can absorb in a period of 4 hours is 600 mg. Make sure to have your daily intake to avoid bone mass reduction. *- Twice a day-*

03

Biotin (10,000 mcg)

Biotin is the main source for healthy hair & nails. Even though the multivitamin already comes with biotin, some extra help with hair & nail treatments will give that extra kick and protection. *-Daily hair & nails treatments-*

04

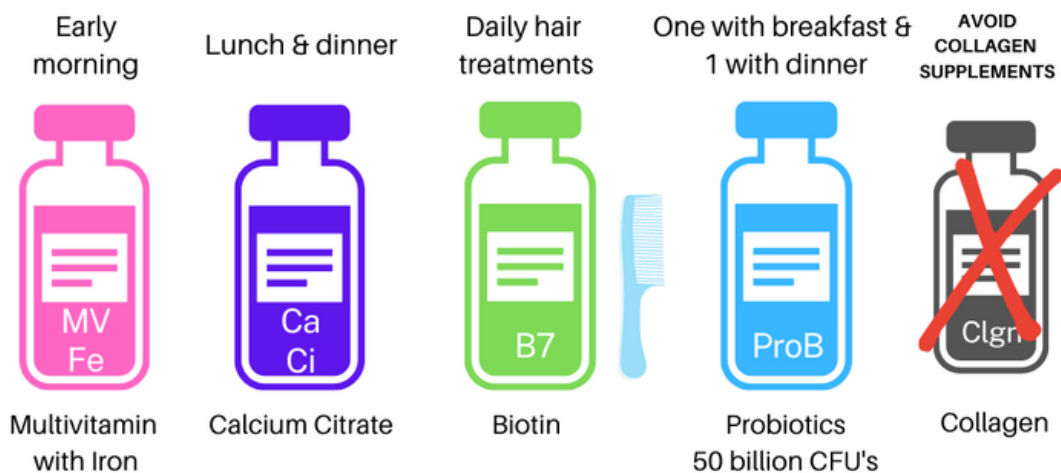
Probiotics (50 billion CFU'S)

Our gut microbiota (healthy bacteria) helps in major metabolic processes in our body, such as digestion and microbial protection. *-Daily-*

05

Collagen (avoid)

Collagen supplements are hard to digest and may increase the risk of internal bleeding. Avoid collagen supplements at least 2 weeks before surgery and 4 weeks after.





TEXTURE PROGRESSION SCALE

This progressive diet will retrain your stomach into the digestion process while it allows it to heal properly. It is divided in 4 stages in a period of 8 weeks with a specific goal per stage.

- **WEEKS 1 & 2: Liquid Diet**

Main Goal: Staying hydrated

- **WEEKS 3 & 4: Pureed Diet**

Main Goal: Identify food intolerances

- **WEEKS 5 & 6: Soft Food**

Main Goal: Adapt new eating behaviors

- **WEEKS 7 & 8: Solid Food**

Main Goal: Creating a new lifestyle

WEEK 1

THIN LIQUIDS



CALORIES
to tolerance



PROTEIN
up to 30 g



HYDRATION
more than 16 oz



SUGAR
up to 25 g



TOTAL CARBS
to tolerance



TOTAL FATS
up to 5 g



FOOD RESTRICTIONS DURING HEALING PROCESS

We suggest to avoid some items that will be very irritant while your staple line heals. The ingest of some a these may lead into: pain, severe vomiting or diarrhea, abscess (POST OP LEAK.)

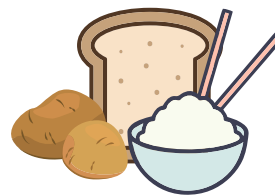
- **Irritants & Spicy Spices:** *ginger, cinnamon, turmeric, black pepper, etc.*
- **Acidic juices, fruits & veggies:** *pineapple, orange, tomato, pickles, etc.*
- **Any seeds & hulls or skins:** *strawberries, apple skin, coffee debris, etc.*
- **Starches:** *potatoes, rice, bread, oatmeal, etc.*
- **Fibrous foods:** *celery, broccoli, sweet potato, corn, peas, cacti, etc.*



Seeds



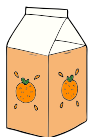
Fibrous foods



Starches



Irritants



Acidic juices



Tomato based foods



Pickled vegetables



Bubblegum



Alcoholic beverages



Straws and carbonated beverages



Baby food



Spicy spices

POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

WEEK 1: THIN LIQUIDS

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
Broth						
2 oz Knorr chicken broth	0	0	0	0	0	0
2 oz Knorr vegetable broth	0	0	0	0	0	0
2 oz Knorr beef broth	0	0	0	0	0	0
Electrolytes						
2 oz Electrolit hydration drink	0	0	0	0	3	3
2 oz Pedialyte	0	0	0	0	4	4
2 oz Gatorade	0	0	0	0	4	3
2 oz Gatorade Zero	0	0	0	0	0	0
2 oz Powerade	0	0	0	0	3	3
2oz Powerade Zero Sugar	0	0	0	0	0	0
Popsicle, Jell-O & Crystal Light						
2 oz Montser Sugar Free Cherry/Pineapple Popsicle	0	0	0	0	7	0
2 oz Jello-O	1	0	0	0	8	8
2 oz sugar free Jell-O	1	0	0	0	0	0
2 oz Sugar free Crystal Light (4g packet in 32 oz of water)	0	0	0	0	0	0
Plant Based Milks						
2 oz Silk unsweetened almond milk	0	1	0	0	0	0
2 oz Silk unsweetened coconut milk	0	1	1	0	0	0
2 oz Silk organic unsweetened soy milk	1	1	0	0	1	0
2 oz Silk organic unsweetened cashew milk	0	1	0	0	0	0
2 oz Milkadamia milk unsweetened	0	1	0	0	0	0
Juice						
2 oz Tree Top 100% Apple Juice	0	0	0	0	7	7
2 oz Welch's Purple Grape Juice	0	0	0	0	9	9
Skim Milk						
2 oz Lactose and fat free Fairlife Milk	3	1	0	0	2	2
Instant Decaf Coffee and Decaf Tea						
2 oz Nescafe Taster's Choice Decaf	3	0	0	0	0	0
2 oz Lipton Decaffeinated black tea	3	0	0	0	0	0
Isopure® & Syntrax® protein shakes						
2 oz Isopure (1/2 scoop with 8 oz of sugar free liquid)	3	0	0	0	0	0
2 oz Syntrax (1/2 scoop with 8 oz of sugar free liquid)	3	0	0	0	0	0



SAMPLE OF THIN LIQUID MEAL PLAN

- **8:00 AM** 4-6 oz whey protein isolate drink (taking at least 30-60 minutes to drink)
- **10:00 AM** 4-6 oz Crystal Light, water, or broth
- **12:00 PM** 4-6 oz whey protein isolate drink (taking at least 30-60 minutes to drink)
- **2:00 PM** 2-4 oz Sugar-free gelatin (e.g. Jell-o)
- **4:00 PM** 4-6 oz Crystal Light, water, or broth
- **6:00 PM** 4-6 oz whey protein isolate drink (taking at least 30-60 minutes to drink)
- **8:00 PM** 2-4 oz Sugar-free gelatin (e.g. Jell-o)



POST OP GUIDELINE

WEEK 2

THICK LIQUIDS



CALORIES
to tolerance



PROTEIN
30 g



HYDRATION
more than 24 oz



SUGAR
no more than 25 g



TOTAL CARBS
to tolerance



TOTAL FATS
no more than 5 g

SAMPLE OF THICK LIQUIDS MEAL PLAN

**Same liquids as Week 1, add two new textures:
Sugar Free Pudding & Plain Greek Yogurt**

- **8:00 AM** 2 Tablespoons fat-free plain Greek-style yogurt (high in protein)
- **9:00 AM** 6 oz Crystal light, water, or broth
- **12:00 PM** 6 oz whey protein isolate drink
- **2:00 PM** 2 -4 oz sugar-free pudding
- **3:00 PM** 6 -8 oz Crystal light, water, or broth
- **5:00 PM** 6 oz whey protein isolate drink
- **8:00 PM** 6 -8 oz Crystal Light, water, or broth



POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

WEEK 2: THICK LIQUIDS

Plain Greek Yogurt

2 oz Fage 0% Plain Greek Yogurt

2 oz Oikos Plain Greek Yogurt

2 oz Chobani Plain Greek Yogurt

Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
6	0	0	0	2	2
6	0	0	0	2	2
6	0	0	0	2	1

Sugar Free Pudding

2 oz Jell-O Sugar free pudding

1	1	0	0	6	0
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At this stage you can use
all the liquids allowed
during the first week Post
Op, make sure to keep
track of your daily intake
of macros.



POST OP GUIDELINE



WEEKS 3 & 4 PUREED DIET

For safe weight loss you need to eat a healthy, well-balanced diet. Everything needs to be blended to the consistency of applesauce for 2 weeks. This may be a challenge for you. Stick to it and be creative! Buy or borrow a blender or food processor if you do not own one.

Pureed Diet Instructions:

1. Limit food to, 2 to 4 ounces per meal (approximately 4 to 8 tablespoons). Do not forget to consume protein first at each meal, then vegetable and fruits, last "whole" grains.
2. Aim for 6 small meals per day at this point.
3. Drink at least 4-8 cups (32-64 ounces) of fluid per day. Liquids should be sipped in-between meals (remember not to drink 30 min prior to a meal or 30 min after a meal.)

Instructions for pureeing foods:

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth, water or skim milk) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices like garlic or onion powder (avoid spicy ones) to flavor food.
7. Blend and enjoy!



CALORIES
300 - 400 kcal



PROTEIN
30 - 50 g



HYDRATION
32 - 64 oz



SUGAR
15 g



TOTAL CARBS
35 g



TOTAL FATS
9 g



PUREED RECIPES IDEAS

Carrots*

1 cup of peeled and previously steamed carrots
1 cup of either water, chicken or beef broth

Pear*

1 cup of peeled and previously steamed pear
1 cup almonds milk

Banana

1/2 cup peeled & mashed banana
1/2 cup of plain greek yogurt

Lentils or Chickpeas

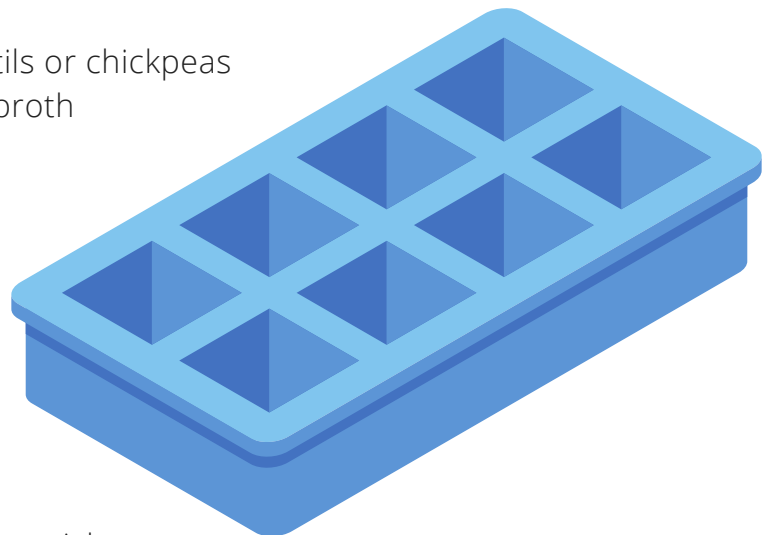
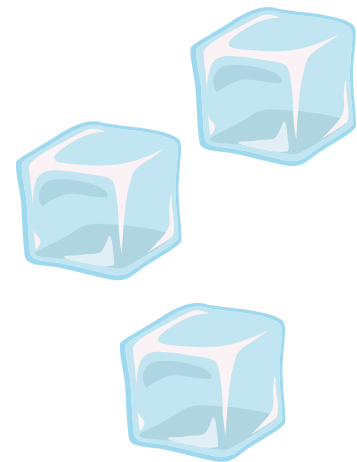
1 cup of previously boiled & drained lentils or chickpeas
1 cup of either water, chicken or veggie broth

Tuna & avocado

2 oz drained tuna (canned)
2 oz mashed avocado
Salt to taste

Scrambled eggs

1 scrambled egg
1 tsp 1% milk or plain greek yogurt
whisk thoroughly, cook low heat on a non- stick pan.



**For an extra kick of protein add 1/2 scoop of Isopure Unflavored*

Use ice cube trays. Each cube holds about 1 ounce. This will help you to control portion sizes. Try preparing reduced fat cream soups or pureed meats and vegetables and store them in the trays.



PUREED DIET SAMPLE MENU

8:00 AM 1/4 of a banana (use caution when first trying bananas they can be very heavy or pasty) Dip: Mix 2 tablespoons of fat free yogurt and 2 tablespoons of low fat cottage cheese

9:00 AM 8 oz Crystal light®

11:00 AM 8 ounces whey protein isolate drink (e.g. Isopure Zero Carb)

1:00 PM 2-3 tablespoons pureed chicken breast 2 tablespoons pureed veggies

2:00 PM 8 oz water

4:00 PM 2 oz low fat ricotta cheese, 2-3 tablespoons applesauce

4:30 PM 8 oz fat free milk

6:00 PM 2-3 tablespoons pureed chickpeas 2 tablespoons pureed veggies

7:00 PM 6 oz broth

8:00 PM 4-6 tablespoons sugar free pudding

Thin purees need to have the texture of an "apple sauce"



Peel



Boil/Steam



Blend

Thick purees need to have the texture of "sweet mashed potatoes"



Peel



Boil/Steam



Blend

POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

WEEKS 3 & 4: PUREED DIET

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
Vegetables						
2 oz cooked carrots (pureed)	0	0	0	0	5	0
2 oz cooked cauliflower (pureed)	0	0	0	0	7	0
2 oz carrots blended with 2 oz of S. F. liquid	0	0	0	0	2.5	0
2 oz cauliflower blended with 2 oz of S. F. liquid	0	0	0	0	3.5	0
2 oz asparagus	1	0	0	0	3	0
2 oz asparagus blended with 2 oz of S.F. liquid	0.5	0	0	0	1.5	0
2 oz mushrooms	1	0	0	0	2	0
2 oz mushrooms blended with 2 oz of S.F. liquid	0.5	0	0	0	1	0
Fruits						
2 oz Canned peach (pureed)	0	0	0	0	9	5
2 oz Apple (pureed)	0	0	0	0	8	0
2 oz Pear (pureed)	0	0	0	0	9	0
2 oz Banana (pureed)	0	0	0	0	14	0
2 oz Canned peach blended with 2 oz of S.F. liquid	0	0	0	0	4.5	2.5
2 oz Apple blended with 2 oz of S.F. liquid	0	0	0	0	4	0
2 oz Pear blended with 2 oz of S.F. liquid	0	0	0	0	4.5	0
2 oz Banana blended with 2 oz of S.F. liquid	0	0	0	0	7	0
2 oz Mott's no sugar added apple sauce	0	0	0	0	7	0
Legumes						
2 oz Soybeans (blended with 2 oz Fat free liquid)	11	6	1	0	9	0
2 oz Lentils (blended with 2 oz Fat free liquid)	2.5	0	0	0	6	0
2 oz Chickpeas (blended with 2 oz Fat free liquid)	2.5	1	0	0	8.5	0
2 oz Black beans (blended with 2 oz Fat free liquid)	2.5	0	0	0	7	0
2 oz Red kidney beans (blended with 2 oz Fat free liquid)	2.5	0	0	0	7	0
2 oz Lima beans (blended with 2 oz Fat free liquid)	2.5	0	0	0	6.5	0
2 oz Tofu (blended with 2 oz Fat free liquid)	2.5	1.5	0	0	0.5	0
2 oz Soybeans	22	12	2	0	18	0
2 oz Lentils	5	0	0	0	12	0
2 oz Chickpeas	5	2	0	0	17	0
2 oz Black beans	5	0	0	0	14	0
2 oz Red kidney beans	5	0	0	0	14	0
2 oz Lima beans	5	0	0	0	13	0
2 oz Tofu	5	3	0	0	1	0

POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

WEEKS 3 & 4: PUREED DIET

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
Animal based foods						
2 oz Tuna fish (cooked, pureed)	15	0	0	0	0	0
2 oz Salmon (cooked, pureed)	12	4	1	0	0	0
2 oz Chicken breast (cooked, pureed)	14	1	0	0	0	0
2 oz Chicken thigh (cooked, pureed)	15	6	2	0	0	0
2 oz Chicken drumsticks (cooked, pureed)	14	4	1	0	0	0
2 oz Ground chicken (cooked, pureed)	10	4	0	0	0	0
2 oz Ground turkey (cooked, pureed)	11	5	0	0	0	0
2 oz Burnbrae Farms Naturegg simple egg whites (whisked)	7	0	0	0	0	0
1 egg (whisked with 1 tsp of 1% milk)	8	6	0	0	0	0
2 oz Tuna fish (cooked, blended with 2 oz fat free liquid)	7.5	0	0	0	0	0
2 oz Salmon (cooked, blended with 2 oz fat free liquid)	6	2	0	0	0	0
2 oz Chicken breast (cooked, blended with 2 oz fat free liquid)	7	0.5	0	0	0	0
2 oz Chicken thigh (cooked, blended with 2 oz fat free liquid)						
2 oz Chicken drumsticks (cooked, blended with 2 oz fat free liquid)	7.5	3	1	0	0	0
2 oz Ground chicken (cooked, blended with 2 oz fat free liquid)	7	2	0.5	0	0	0
2 oz Ground turkey (cooked, blended with 2 oz fat free liquid)	5	6	0	0	0	0
	5.5	0	0	0	0	0
Fats						
2 oz Avocado (raw, mashed)	1	9		0	5	0
Dairy						
2 oz Cream cheese	2	21	12	0	2	0
2 oz Panela cheese	12	14	14	0	2	0
2 oz Cottage cheese	7	1	1	0	2	0
2 oz Ricotta cheese	5	6	6	0	4	0
2 oz reduced fat sour cream	2	6	6	0	6	0
Nuts						
1 Tbsp Almond butter	3	8	2	0	3	0
1 Tbsp Peanut butter	4	8	5	0	4	0
1 Tbsp Sunflower seed butter	4	8	3	0	4	0
1 Tbsp Cashew butter	3	8	0	0	4	0
1 Tbsp Tahini	3	8	0	0	3	0
Juice						
2 oz Carrot juice	1	0	0	0	6	6
2 oz Mango juice	0	0	0	0	8	8

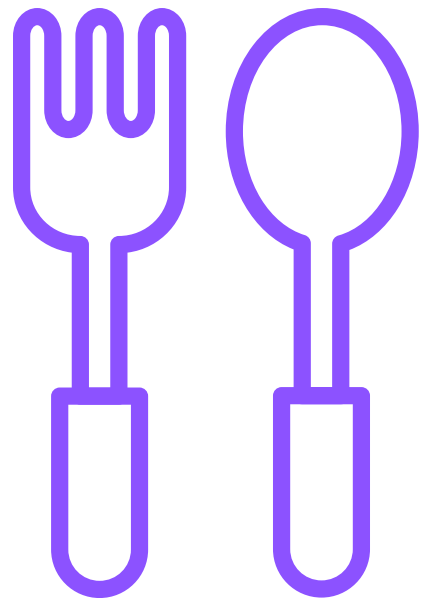
POST OP GUIDELINE

WEEKS 5 & 6 SOFT FOOD

After four weeks of following the liquid and pureed diet, you may begin to add food gradually to your diet. You may proceed to a soft foods diet.

During this stage we suggest to start practicing new eating behaviors:

- Small bites. -no larger than the size of a nickel-
- Use small silverware to reduce bite size.
- Chew thoroughly until liquid. -chewing is the first stage of digestion-
- Take your time eating. -eat slower-
- Avoid skipping meals to reduce the risk of binge eating.
- Controlled serving sizes, this way you will reduce the risk of the stretching of the stomach. -use a salad or saucer plate-
- Avoid carbonated beverages, this may increase the risk of stomach cramps.
- Follow the 30-30 rule.



CALORIES
400 - 600 kcal



PROTEIN
50 - 60 g



HYDRATION
64 oz



SUGAR
15 g



TOTAL CARBS
45 - 50 g



TOTAL FATS
9 - 15 g

POST OP GUIDELINE



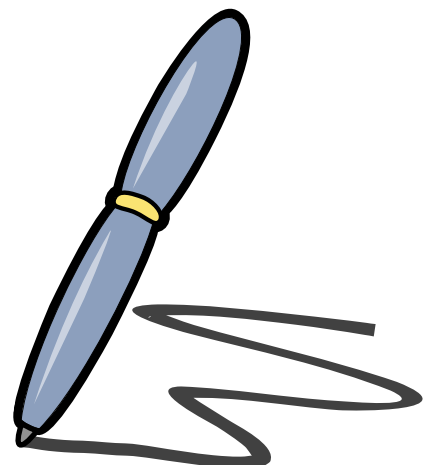
SOFT FOOD SAMPLE MENU

- **7:00 AM** 6 oz water
- **8:00 AM** 1 scrambled egg with 1 oz of low-fat cheese 1 soy sausage link
- **9:00 AM** 8 oz Crystal Light or other beverage without caffeine, carbonation or sugar
- **10:00 AM** 8 oz skim milk with one serving of a protein powder or 6 oz low-fat Greek yogurt
- **12:00 PM** 2-3 tablespoons tuna fish (made with low fat mayonnaise) 2 tablespoons unsweetened applesauce 2 tablespoons cooked green beans
- **2:00 PM** 2-4 oz sugar free yogurt or low fat cottage cheese with 2 oz pureed fruit or 2-4 oz low fat ricotta cheese with cinnamon
- **3:00 PM** 8 oz skim or 1% milk
- **6:00 PM** 4 tablespoons chicken (very tender and moist; try crock pot) 2 tablespoons soft cooked broccoli 1 peach half (canned in natural juices)
- **7:00-9:00 PM** 8 ounces decaffeinated coffee or decaffeinated tea (artificial sweetener okay)

After 2 weeks of the soft food diet you should gradually introduce new food choices. Keep food records of your tolerance and intake. Take your time at meals and chew very well to help increase your tolerance to these foods.

EVENTUALLY YOU SHOULD BE ABLE TO TOLERATE DICED MEATS AND A WIDER VARIETY OF BREADS, GRAINS, FRESH FRUITS, AND FRESH VEGETABLES.

KEEP IN MIND THAT YOUR DIET NEEDS TO BE LOW-FAT, LOW CALORIE, LOW CARBOHYDRATE, SUGAR- FREE, AND PORTION CONTROLLED FOR THE REST OF YOUR LIFE.



POST OP GUIDELINE



MACROS

WEEKS 5 & 6: SOFT FOOD

The following nutrition facts are in grams for every 2 oz of food item.

Juices

2 oz Prune juice

2 oz Beet juice

2 oz Peach juice

Fruits

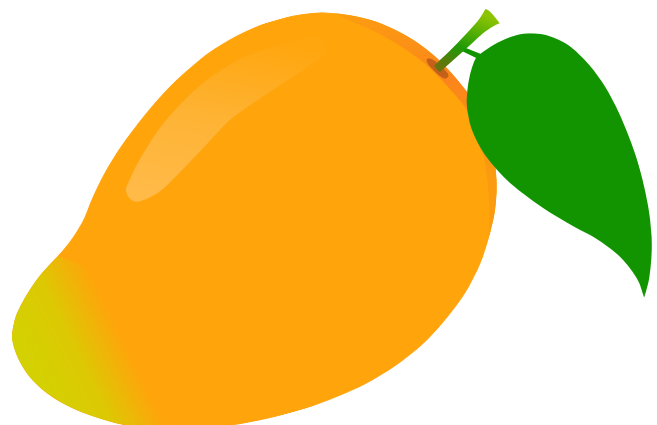
2 oz Mango

Veggies

2 oz Cooked cabbage

2 oz Cooked onions

Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
0	0	0	0	11	6
1	0	0	0	6	5
0	0	0	0	6	5
0	0	0	0	9	0
1	0	0	0	7	0
1	0	0	0	3	0



POST OP GUIDELINE

WEEKS 7 & 8

SOLID FOOD

Always try to add color and a variety of items to your daily diet. Make sure to reduce the size of your plates, this way you will reduce the risk of over filling your stomach.



CALORIES
800 - 1000 kcal



PROTEIN
80 - 90 g



HYDRATION
64 - 86 oz



SUGAR
15 g



TOTAL CARBS
60 - 80 g



TOTAL FATS
25 - 30 g

The Perfect Serving will contribute to the weightloss process the first months after surgery, make sure to keep a balance of your daily Macros intake.



The Perfect Serving

POST OP GUIDELINE



MACROS

The following nutrition facts are in grams for every 2 oz of food item.

WEEKS 7 & 8: SOLID FOOD

Fruits

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
2 oz Prunes	1	0	0	0	38	19.5
2 oz Papaya	0	0	0	0	7	0
2 oz Cantaloupe	1	0	0	0	5	0
2 oz Watermelon	0	0	0	0	5	0

Veggies

2 oz Spinach	2	0	0	0	2	0
2 oz Beets	0	0	0	0	2	0
2 oz Broccoli	2	0	0	0	4	0
2 oz Butternut Squash	0	0	0	0	7	0

Animal based foods

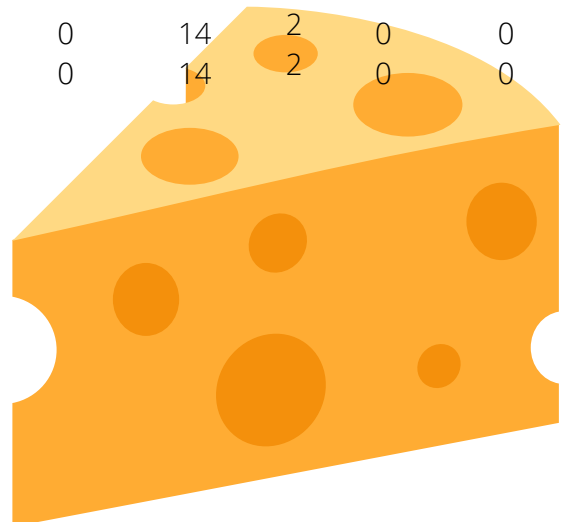
2 oz Shrimp	14	0	0	0	0	0
2 oz Lobster	11	1	0	0	0	0
2 oz Turkey Breast	12	1	0	0	0	0
2 oz Turkey Thigh	17	4	1	0	0	0
2 oz Turkey Drumstick	18	1	0	0	0	0
2 oz Pork loin	16	2	0	0	0	0

Dairy

2 oz Low fat cheddar cheese	18	0	0	0	4	0
2 oz Low fat mozzarella cheese	14	12	6	0	4	0
2 oz Reduced fat sour cream	2	6	4	0	6	0

Fats

1Tbsp Avocado oil	0	14	2	0	0	0
1 Tbsp Olive oil	0	14	2	0	0	0



POST OP GUIDELINE



MACROS

TRY THESE ITEMS TO
TOLERANCE AFTER WEEK 9



Fruits

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
2 oz Blackberries	1	0	0	0	6	0
2 oz Blueberries	0	0	0	0	5	0
2 oz Raspberries	1	0	0	0	7	0
2 oz Strawberries	0	0	0	0	4	0

Carbs & grains

2 oz Potato	2	0	0	0	13	0
2 oz Basmati rice	2	0	0	0	19	0
2 oz Oatmeal	1	0	0	0	4	0
2 oz Cream wheat	8	1	0	0	41	0
2 oz Whole wheat pasta	3	1	0	0	19	0
2 oz Quinoa (cooked, no oil)	3	1	0	0	13	0
1 slice Ezequiel bread	4	1	0	0	15	0

Animal based Food

2 oz Jack Link's Original Beef jerky	24	2	0	0	10	0
2 oz Jack Link's Turkey Jerky	24	3	0	0	8	0

Fats

1 tbsp Hellmans Mayonnaise	0	11	1	0	0	0
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Juice

2 oz Orange juice	0	0	0	0	6.5	5
2 oz Grapefruit juice	0	0	0	0	8	8
2 oz Pomegranate	0	0	0	0	10	8
2 oz Cranberry juice	0	1	0	0	7	6
2 oz Welch's white grape juice	0	0	0	0	9	9
2 oz Tomato juice	1	0	0	0	2.5	1.5

Flour

2 oz Almonds flour	16	30	0	0	15	4
2 oz Quinoa flour	8	4	0	0	42	0
2 oz Coconut flour	8	6	4	0	36	12
2 oz Oatmeal flour	8	3	0	0	44	0
2 oz Rice flour	4	1	0	0	48	0
2 oz Potato flour	4	0	0	0	51	0

POST OP GUIDELINE



MACROS

TRY THESE ITEMS TO
TOLERANCE AFTER WEEK 9

Sugar

	Protein	Fats	Sat Fats	Trans Fats	Total Carbs	Sugar
1 Tbsp Blue agave nectar	1	0	0	0	12	12
1 Tbsp Honey	0	0	0	0	13	13
1 Tbsp Maple syrup	1	0	0	0	13	13
1 Tbsp Coconut sugar	0	0	0	0	0	0
1 Tbsp Monk fruit	0	0	0	0	12	0
1 Tbsp Stevia	0	0	0	0	0	0
1 Tbsp Heinz no sugar added ketchup	0	0	0	0	1	0

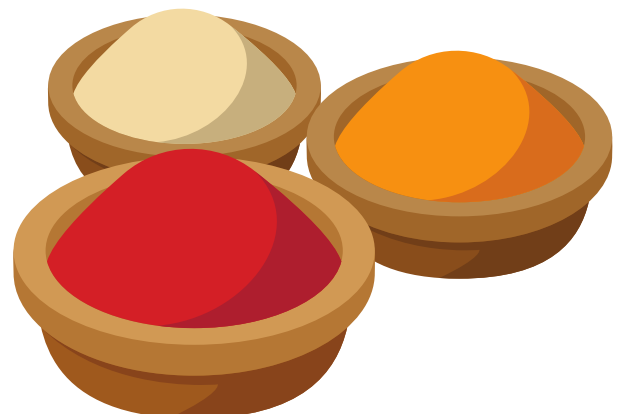
Vegetables

2 oz Bell pepper	0	0	0	0	2	0
2 oz Olives	0	6	1	0	8	0
2 oz Green beans	1	0	0	0	4	0
2 oz Peas	3	0	0	0	9	0
2 Tbsp Kelp	0	0	0	0	0	0

Spices

These do not add macros, only flavor

Cardamon	Cayenne pepper
Cinnamon	1 tbsp Heinz yellow mustard
Cloves	Basil
Cumin	Parsley
Ginger	Coriander
Nutmeg	Oregano
Black pepper	Thyme
Turmeric	Bay leaves
Crushed red pepper	Sage
Paprika	Dill weed





THE WEIGHT LOSS JOURNEY

It is important to note that lifestyle and behavioral changes are necessary to achieve your weight loss goals.

SIMPLE STEPS TO A HEALTHY LIFE

01

Eat three meals a day and limit unnecessary- snacking in-between meals. This weight loss surgery- is a restrictive procedure, which means that the success of weight loss depends on what you are eating. Unhealthy snacking in-between meals (e.g. pretzels, crackers, cookies, ere.) or eating frequently may prevent successful weight loss or cause weight gain due to excess calorie intake.

02

Eat slowly and chew your food until LIQUID. Failure to do so can cause pain, nausea, vomiting, heartburn and irritate your new pouch. It is very important to chew very thoroughly until it is Liquid. Also, remember to cut your food into small pieces before eating it. Try waiting one minute in-between bites. Allow at least 30 minutes for a meal.

03

Avoid concentrated sugar. Keep sugar out of the first 3 ingredients on the food label. The number of sugar grams on the label includes both added and natural sugars; therefore, it is important to read the ingredients to find out what type of sugar the food contains. Aim to keep the "sugars" down to 15 grams or less per serving to help limit "empty calories" in your diet. Avoid these simple sugars, especially if within the first 3 ingredients on food labels: sugar, dextrose, high fructose corn syrup, corn syrup, glucose, sucrose, molasses, and honey Note: Artificial sweeteners such as NutraSweet/Equal®, saccharin/Sweet'n Low®, and sucralose/Splenda® are acceptable to use.

04

Limit high fat foods. Low fat is 3 grams or less per serving on a food label. Examples of high fat foods: potato chips, fried foods, fast food, bacon, sausage, hot dogs, bologna, pepperoni, cream soups, Alfredo sauce, donuts, cakes, cookies, and pastries.

05

Stop eating when you feel comfortably satisfied. Overeating can cause nausea, vomiting, and the size of your stomach to stretch. It can take 6-9 months for your new stomach size to stabilize.

POST OP GUIDELINE



06

Drink adequate fluids to prevent dehydration. Aim for 64-86 fluids ounces (8 cups min) of fluid per day.

- Take small frequent sips of your beverage throughout the day, no gulping!
- Avoid beverages that are carbonated, containing sugar, caffeine and alcohol.
- Choose sugar-free, non-carbonated drinks such as: Crystal light®, Fruit 20®, Diet Snapple®, Propel Fitness Water, Light Minute Maid® drinks, Diet Ice Tea, etc.
- Limit fat free milk to less than 16 ounces per day, limit 100% real fruit juice to less than 8 ounces per day (try diluting with water).

TIPS:

- Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.
- Choose beverages with 10 calories or less per serving.
- If plain water sits heavy and you are having problems tolerating it add a sugar-free flavoring (e.g. True Lemon®, lemon or orange slice, etc.)
- Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, lethargy, a white coating on the tongue.

07

AVOID eating and drinking at the same time.

Avoid drinking with your meal, then wait at least 30 minutes after a meal to resume drinking.

08

Choose your food wisely, at each meal protein should be consumed first, then vegetables and fruits, then “whole” grains.

09

Exercise!

- Aim for at least 30 minutes every day.
- Exercise helps maintain long-term weight loss.
- Even 5 minutes at a time, as tolerated, is a start, and increase the time and frequency as tolerated.
- The first four weeks, the primary exercise used should be walking. After four weeks, try introducing strength exercises.
- Always speak with your doctor if you have never exercised.

10

Protein. You need to consume at least 60-80 grams of protein per day in the form of food and/or supplements.



POST OP CHECKLIST

- By week 8 you should be having a calorie intake between 800-1000 a day depending on your daily activities.
- Eat protein first at all meals.
- Do not mix solids with liquids.
- Eat slowly and chew well.
- Meals should take 30-45 minutes.
- Avoid snacking on high calorie foods in between meals.
- 64-86 oz. of fluid a day (more if your urine is dark or you're dizzy.)
- Beverages less than 10 calories per serving.
- Exercise Aim for at least 30 minutes on most days of the week: 5 minutes at a time, and gradually build up, as tolerated .
- Incorporate light weights (about 2 months after surgery, and/or as your surgeon recommends.)
- Consider stretching and the importance of a stress management program in your regimen.
- Keep track of your daily intake of liquids, dietary supplements, medication & macros.
- Remember that everybody is DIFFERENT, do not compare your journey with someone else.

TRUST THE PROCESS

SMALL CHANGES. BIG
RESULTS!

BABY SIPS & LET IT SIT

