

Sleeve Gastrectomy Weight Loss Surgery (WLS)

Preparing for Surgery - Sample Liquids Only Diet

(1200 -1250 calories with 61- 65 grams protein)

A liquid diet consisting of **full nutritious fluids** is to be followed for **2 weeks** when you are being considered for WLS Surgery and then **again for the 1 week prior to your surgery**. Review your binder for protein goals (60-80 grams/day) and fluid goals (minimum of 8 cups total fluids). See *Pre-Surgery Diet* handout for more information. Please note this is only a sample menu, refer to your binder for more options.

Breakfast - ¾ cup hot cereal (oatmeal)

1 cup skim milk

½ cup unsweetened orange juice

Or...a meal replacement (Boost, Ensure, CIB, Kelogs to Go...Or ..a smoothie (see recipes)

Snack - ½ cup applesauce or a small yogurt *80 cal 8g protein

Lunch - 1 cup tomato soup made with milk (or another type of soup-no pasta, rice)

1 can *Boost hi-Pro, Ensure hi-Pro, or Breakfast Anytime* (made with skim milk) or smoothie

Snack - ¾ cup low fat yogurt or cottage cheese or pudding or applesauce

Supper - 1 cup fish chowder (or another blended soup with chicken, fish, meat and veggies)

“Smoothie” (1 cup skim milk, 1 small banana or 1 cup whole berries, and 1/2 scoop of protein powder)

Snack – 1 cup skim milk or a yogurt

- **Drink at least 8 cups (64 oz) fluid every day - includes meal replacements, water, soup, etc**
- **Keep daily food, fluid & activity log (track grams of protein, cups of fluid and minutes of exercise)**
- **Weigh yourself once a week and record**
- **Must take adult complete multivitamin-mineral supplement**

Medical Disclaimer: The information provided on this handout is intended for patients enrolled in the NSHA Bariatric Surgery Program. The information should ONLY be used in consultation with the NSHA Bariatric Surgery team.