

Pre-WLS 1200cal Limited Choice Diet

Medical Disclaimer: The information provided on this website is intended for patients enrolled in the Nova Scotia Health Weight Loss Surgery Program. The information should **ONLY** be used in consultation with the Nova Scotia Health Weight Loss Surgery Team.

This is a balanced low-calorie diet with minimal choice or variety. It is **not** a low carbohydrate or a high protein diet. It will be effective in helping you to achieve weight loss by divorcing old habits/routines. You **must** be monitored by a Dietitian, Nurse Practitioner or Doctor while on this diet. It is recommended that you also consult with a Dietitian to guide you in transitioning off this diet.

Example Day of 1200cal Limited Choice Diet

Breakfast	1 liquid Meal Replacement Premier Protein (325ml) or ¼ cup low-fat Greek yogurt with 1/3 cup All Bran Buds	160cal + 30g pro 148cal + 12g pro
Snack	1 banana with 1 tbsp peanut butter	145cal + 4g pro
Lunch	Smoothie Protein Power Orange Frosty (see <i>High Protein Recipes</i> for more examples)	148cal + 24g pro
Snack	3Tbsp hummus with carrots, cucumbers, cauliflower	150cal + 4g pro
Supper	4 oz chicken, fish, lean pork, or beef (no skin, oil, or coating) 1 cup salad greens with 1 cup chopped raw vegetables 1 tbsp low fat salad dressing 1 cup cooked vegetables (no potato, peas, or corn) with ½ tsp margarine	435cal + 28g pro
Snack	1/2c cooked oatmeal with ½ cup applesauce and cinnamon	127cal + 0g pro

- Drink at least 8 cups (64 oz) fluid every day - includes meal replacements.
- Take one adult complete multivitamin-mineral and 1000 IU Vitamin D supplement every day. Men and postmenopausal women should generally look for a supplement without iron.
- Certain medications may need to be adjusted by your doctor as you lose weight.

Note – A “Meal Replacement” refers to products such as Ensure, Ensure Hi-Pro, Glucerna, Boost, Boost Hi-Pro, Diabetic Boost, Carnation Breakfast Essentials, Premier Protein, Breakfast Anytime, or Slimfast drinks. You can also use no-name brands or drugstore brands such as Shopper’s Life brand meal replacement. Check the label; it **must** say “meal replacement”. In the above plan, these replace your entire meal & evening snack.