

STAGES	SOLIDS	LIQUIDS
<b>DAY OF SURGERY</b>	<b>NO FOOD</b>	<b>Ice chips Allowed (minimum)</b>
<b>HOSPITAL STAGE 1</b>	<b>POST-OP DAY ( 1&amp;2) - NO SOLID FOOD</b>  <b>*BAND Patients May Advance to Stage 3 (First Full Day at Home)</b>	Bariatric Clear Liquids, Water, Ice chips, Sugar Free Fluids, Broth, De-Caf. Coffee/Tea, Diet Jello,  <b>No Maximum-Drink As Tolerated</b>  <b>Minimum- 1 oz. Every 30 Min (While Awake)</b>
<b>HOME- STAGE 2 (Days 3-14)</b>	<b>NO SOLID FOOD</b>	<b>Bariatric Full liquids plus clear liquids. Protein Shakes, Milk 1% or less, Greek Yogurt (80 cal. or less)</b>
<b>STAGE 3 (Days 15-30)</b>  <b>*Begin Only if Stage 2 is Well Tolerated</b>	1-2 ounces of <b>Pureed (mushy) Soft, High Protein Meals</b> for Breakfast, Lunch, Dinner  <b>Examples:</b> Cottage Cheese, Ricotta Cheese, Greek Yogurt, Pureed/Ground Chicken, Turkey or Tuna  <b>NO RED MEAT</b>  <b>*START FOOD BOOT CAMP HERE*</b>	<b>64 ounces of fluids, sugar free liquids daily in between meals.</b>  <b>PROTEIN SUPPLEMENT DRINK</b>  <b>40 total grams per day by liquid protein. No caffeine for at least 6 weeks – Then you must be able to ingest 64 oz. of fluids consistently</b>
<b>STAGE 4 (1 Month)</b>  2 weeks long	2-3 ounces <b>Regular textured High Protein Meals</b> (may add beans) Breakfast, Lunch, Dinner  <b>Hi-Fiber Cereals Allowed</b>  <b>NO RED MEAT</b>	<b>64 oz. fluids, Sugar Free Liquids daily</b> <b>PROTEIN SUPPLEMENT DRINK</b>  <b>40 total grams per day by Liquid Protein.</b>  <b>Allowed Cereals in ½ cup portions-Kasha (buckwheat), Quaker Oats High Fiber Oatmeal, Quinoa, Kashi brand Hot Truly Vanilla or Go Lean (let milk soften) Plus 1 scoop 15g protein powder and 4oz skim or 1% milk</b>

<p><b>STAGE 5</b> <b>(6 Weeks)</b> 2 weeks or longer</p>	<p>3-4 ounces <b>Regular textured High Protein Meals</b> for Breakfast, Lunch, Dinner</p> <p><b>Red Meat Allowed, Chicken Breast, &amp; Eggs PLUS</b> Lettuce with Low Calorie dressing, Non- Starchy Vegetables Soft.</p>	<p>64 ounces of fluids, Sugar Free Liquids daily in between meals.</p> <p><b>PROTEIN SUPPLEMENT DRINK</b></p> <p>40 total grams per day by Liquid Protein.</p>
<p><b>STAGE 6</b></p>	<p><b>ALWAYS EAT PROTEIN FIRST</b></p> <p>3-4 ounces <b>Regular textured High Protein Meals</b> for Breakfast, Lunch, Dinner</p> <p><b>Then if still Hungry, ½ cup cooked or 1 cup raw Vegetables.</b> Then if you are still Hungry – <b>1 serving Fruit daily = Small Whole Fruit or ½ cup Soft Canned Fruit in own juice.</b></p> <p><b>ALWAYS PRIORTIZE PROTEN</b></p>	<p>64 ounces of fluids, Sugar Free Liquids daily in between meals.</p> <p><b>PROTEIN SUPPLEMENT DRINK</b></p> <p>30 total grams per day by Liquid Protein, IF you cannot get the Protein in any other way.</p> <p>Remember, <b>60-80 grams of Protein daily.</b></p>
<p><b>FINAL STAGE 7</b> <b>(At 1 year)</b>  *Or when 75% Excess Weight is Lost</p>	<p>3-4 ounces <b>High Protein meals Plus</b></p> <p><b>2 servings of Vegetables daily</b></p> <p><b>2 servings Fruit daily</b></p> <p>Complex, High Fiber Carbohydrates (3 servings or less)</p> <p>1 serving of Carbs = 15 grams of Carbs</p>	<p><b>64 OZ. FLUIDS DAILY</b></p> <p>At 1 year, Protein Supplement drinks can be replaced with Healthy Snacks. Snacks should be Protein, plus or minus Fruits, Vegetable or Hi-Fiber Carbs at about 150-200 Calories.</p>

**Remember:** Fluids should have **NO BUBBLES, NO SUGAR, NO JUICE, & NO STRAWS.**

**Goal is 60-80 grams of Protein daily. Only 50 grams of Carbs daily.**



# FOOD BOOT CAMP

Hot Beverage	When you wake up - Have a Hot Beverage like Decaf coffee, Decaf tea, Herbal Tea, Broth. After beverage, wait 20-30 min. then have breakfast.
Breakfast	Eat Breakfast within 90 minutes of waking up. Should always be protein based. See menu options. Should only take 30 minutes.
Protein shake	2 ½ - 3 hours after Breakfast Have a protein supplement. In the beginning it will be a protein shake. Drink as much as you can in 30 minutes.
Lunch	2 ½ - 3 hours after protein shake, have a protein lunch. Should only take 30 minutes
Protein Shake	2 ½ - 3 hours after lunch have a protein supplement. Drink as much as you can in 30 minutes.
Dinner	2 ½ - 3 hours after supplement, have a protein dinner. Should only take 30 minutes.

64 oz of fluid daily.

60-80 grams of protein daily.

Drinks: no bubbles, no sugar, no juice, no straws