Weight Loss Surgery
Specializing in laparoscopic bariatric surgery

FULL FLUID MENU - For weeks 1 and 2 after surgery.

Start this menu after you leave the hospital.

My eating plan:

- Drink 1 protein shake per day (with 25-30 grams of protein).
- Eat 5-6 times per day. (See list of meal and snack ideas below.)
- Add unflavoured protein powder (ex. Beneprotein, Boost Just Protein, etc.) into your meals and snacks as needed to reach your protein goal.

My daily protein goal = _____
(Your dietitian will give you your protein goal.)

My hydration plan:

- Your goal is 1.5-2.0 L (6-8 cups) of water and low-calorie beverages per day.
- Recommended beverages: water, herbal teas, decaf coffee, zero/low calorie sports/electrolyte drinks, and zero calorie water enhancers (ex. Crystal Light or Mio).

Ideas for liquid meals and snacks:

Portion = ½ cup (125 mL)

Food	Protein per ½ cup	Notes
Pablum baby cereal, **instant oatmeal** or **cream of wheat**	protein varies	Plain or flavoured. Prepared with cow's milk or soy milk. Note that instant oatmeal might be too thick for the first week after surgery.
Regular cow's milk	4 grams	
High protein cow's milk	7 grams (Fairlife) 9 grams (Natrel Plus)	
Soy milk	3 grams	
Kefir	3.5 grams	
Thin yogurt	6 grams	0%, 1%, or 2% fat. Plain or flavoured. Remove all chunks of fruit.
Greek yogurt	12 grams	0%, 1%, or 2% fat. Plain or flavoured. Remove all chunks of fruit. Note that Greek yogurt might be too thick for the first week after surgery.
Drinkable yogurts	protein varies	
Homemade smoothie	protein varies	Blend yogurt + seedless fruit + milk.

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Canned or homemade milk-based soup	protein varies	Ex. Cream of chicken soup, cream of celery soup, etc. Prepare your soup with milk (not water) and blend the soup to remove any solid pieces.
Pureed canned or homemade legume soup	protein varies	Ex. Lentil, chickpea, or bean soup. Thin the soup with broth so it is a liquid and not a thick puree. Avoid spicy soups.
Canned or homemade blended vegetable soups	protein varies	Ex. Carrot soup, potato leek soup, squash soup, etc. Add unflavoured protein powder.
Meal replacement drink	protein varies	Ex. Boost, Ensure, etc.
Protein juice	protein varies	These can be purchased ready-to-drink (ex. Protein2o) or as a powder (ex. Clear Whey Isolate by MyProtein or Isolate Splash by Revolution Nutrition).
Decaf latté	protein varies	Made with high protein milk or a protein shake.
Frozen smoothie mix or **frozen protein supplement in popsicle molds**	protein varies	

Additional comments for the full fluid menu:

- ✓ **Half a cup (125 mL) is the *maximum* portion for your meals/snacks on this menu.** Listen to your new stomach. Stop eating before you feel nauseous. Do your best. Even 2 spoonfuls is better than skipping a meal or snack. Eat even if you are not hungry.
- ✓ **Remember to not drink and eat at the same time!** Stop drinking 15 minutes before your meals and snacks, and restart drinking again 30 minutes after you have finished eating. Set a timer to remind yourself.
- ✓ **Avoid caffeine for the first week after surgery.** After the first week and once you are drinking at least 1 L (4 cups) of water per day, you can introduce 1 cup (250 mL) of coffee per day. When you are able to drink 1.5-2.0 L (6-8 cups) of water per day, you can increase your coffee to maximum 2-3 cups per day.
- ✓ **Common reasons for nausea and vomiting:** Eating or drinking too quickly. Swallowing too much food or liquid at once. Drinking and eating at the same time. Eating when stressed or when multitasking. Skipping ahead a menu. Meals and snacks that are too thick in texture.

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Full fluid example menu (weeks 1 & 2):

Breakfast (7:30 am)	½ cup of cream of wheat made with high protein milk (10 g protein) topped with some apple sauce (0 g protein)	10 grams of protein
Snack (10:00 am)	½ cup of thin yogurt (6 g protein) + some unflavoured protein powder (6 g protein)	12 grams of protein
Lunch (12:30 pm)	½ cup of blended and thinned lentil soup (3 g protein) + some unflavoured protein powder (6 g protein)	9 grams of protein
Snack (3:00 pm)	½ protein shake	15 grams of protein
Supper (6:00 pm)	½ cup of blended butternut squash soup (0 g protein) + some unflavoured protein powder (6 g protein)	6 grams of protein
Snack (8:00 pm)	½ cup of homemade smoothie made with high protein milk	8 grams of protein
Beverages:	4 cups of water + 1 cup of green tea + 1 decaf coffee + the other ½ of the protein shake (15 g protein)	15 grams of protein

Total of 75 grams of protein and 1.5 L (6 cups) of hydrating beverages.

If you have food questions or if you are having issues with constipation, diarrhea, heartburn or vomiting, please contact your dietitian.

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PUREE FOOD MENU - For weeks 3 and 4 after surgery.

Start this menu only if you are tolerating the full fluid menu well.

My eating plan:

- Drink 1 protein shake per day (with 25-30 grams of protein).
- Eat 5-6 times per day. (See list of meal and snack ideas below.)
- Add unflavoured protein powder (ex. Beneprotein, Boost Just Protein, etc.) into your meals and snacks as needed to reach your protein goal.

My hydration plan:

- Your goal is 1.5-2.0 L (6-8 cups) of water and low-calorie beverages per day.
- Recommended beverages: water, herbal teas, decaf coffee, zero/low calorie sports/electrolyte drinks, and zero calorie water enhancers (ex. Crystal Light or Mio).

Ideas for pureed meals and snacks:

Portion = ½-3/4 cup (125-175 mL)

Food	Protein	Notes
Soft scrambled eggs	6 grams per egg	Ex. 1-2 eggs scrambled with milk.
Cottage cheese	15 grams per ½ cup	0-4% fat
½ cup of pureed protein food (ex. meat, fish, tofu, legumes, eggs) + ¼ cup of pureed vegetables, mashed potatoes or sweet potatoes	7 grams per 1 oz of cooked meat and fish 4 grams per 1 oz of extra firm tofu 7-9 grams per ½ cup of cooked legumes (ex. lentils, chickpeas, beans) 6 grams per egg	You can make homemade purees or buy ready-to-eat purees (ex. Mother Hen, Baby Gourmet, Gerber, Epikura, Campbell's Trépurées, etc.). For smooth purees, blend your cooked protein option with a liquid/sauce (ideas below). Use a blender or hand blender to achieve a smooth puree with no chunks. If your purees are too thick, add more liquid/sauce.
High protein Jello	protein varies	Prepare 1 packet of Jello powder with 1 cup of boiling water + 1 cup of Greek yogurt. Leave in the fridge overnight to set.
Search for pureed recipes online like a **bariatric ricotta bake.**	protein varies	

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Note: All of the meal and snack options from the full fluid menu as liquids or prepared thicker (ex. thicker soups, thicker smoothies, Greek yogurt, etc.) are all appropriate for this menu.

Pureed protein inspiration for meals:

Puree the options below until smooth. Serve ½ cup of these pureed protein options with ¼ cup of pureed vegetables, mashed potatoes or mashed sweet potatoes.

- Chili + tomato juice or broth
- Canned tuna + mayo + Dijon mustard or curry powder
- Cooked ground beef spaghetti sauce + tomato sauce
- Cooked ground beef + canned diced tomatoes + taco seasoning
- Cooked ground turkey + low fat gravy
- Cooked ground chicken + cream soup
- Canned pork and beans + canned diced tomatoes
- White beans + plain yogurt + guacamole
- Shepherd's pie (3/4 meat + 1/4 corn/potato) + broth
- Hydrated TVP + vegetable sauce
- Firm tofu + stir-fry sauce
- Cooked seasoned ground pork + Tzatziki + yogurt
- Cooked seasoned shrimp + avocado + mayo/yogurt + lime juice
- Canned lentils (drained) + canned diced tomatoes + spices (ex. curry, cumin, coriander)
- Cooked salmon + mayo/yogurt + fresh herbs (ex. basil, dill, parsley) + Dijon mustard
- Hard boiled eggs + mayo
- Thick legume soup (canned or homemade) + broth

Additional comments for the puree menu:

- ✓ Do your best with estimating your protein. If calculating your protein is too overwhelming, just focus on eating the options on these handouts and drinking a daily protein shake.
- ✓ Start your vitamins on this menu (i.e. week 3 after surgery).

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Puree example menu (weeks 3 & 4):

Breakfast (7:30 am)	2 scrambled eggs with milk	14 grams of protein
Snack (10:00 am)	Smoothie made with 1/3 cup Greek yogurt (8 g protein) + 1/3 cup high protein milk (6 g protein) + blueberries + spinach	14 grams of protein
Lunch (12:30 pm)	½ cup of pureed chili (10 g protein) + ¼ cup of mashed potatoes (0 g protein)	10 grams of protein
Snack (3:00 pm)	½ protein shake	15 grams of protein
Supper (6:00 pm)	¾ cup of pureed Shepherd's pie (pureed with broth)	15 grams of protein
Snack (8:00 pm)	1/3 cup of cottage cheese (10 g protein) + some jam for flavour (0 g protein)	10 grams of protein
Beverages:	5 cups of water + 1 cup of mint tea + 1 cup of coffee + the other ½ of the protein shake (15 g protein)	15 grams of protein

Total of 93 grams of protein and 1.5 L (6 cups) of hydrating beverages.

If you have food questions or if you are having issues with constipation, diarrhea, heartburn or vomiting, please contact your dietitian.

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