

PHASE 2 (*Gastric Bypass & Sleeve*)

Pureed Food Phase ~ Everything must go into the blender

(Duration will be at least 2 weeks possibly up to 6 weeks)

During this phase you will introduce pureed foods. Pureed protein foods, fruits and vegetables should be smooth and runny with no lumps or chunks, like the **consistency of applesauce or yogurt**. These foods should be cooked with added moisture and **put into a blender to puree until smooth and liquid**. Added moisture can include sugar free, fat free condiments (fat free mayo, sugar free BBQ sauce, light dressings, etc.). **Drink all liquids slowly**. Restrict intake to **ONE ounce over 5 minutes**.

**Failure to comply to our program's dietary guidelines can lead to a multitude of problems, including, but not limited to, nausea, vomiting, weight gain, pain, gastric leak, or even death. Please call our office if you are experiencing any problems related to your surgery.

Daily Requirements:

- At least 60 grams of protein per day (the exact amount of protein for your body will be provided by our staff)
- A minimum of 64 ounces of very low calorie beverage per day
(**Water**, Crystal-Light, sugar free Kool-Aid, Diet Snapple, and tea)
- You should also be taking your vitamins based on the type of surgery you have chosen

Breakfast

- ✓ 1 protein drink

Lunch

- ✓ 1 protein drink



Snack if needed

- ✓ 1 pureed fresh fruit with NO skin **or**
- ✓ applesauce **or**
- ✓ 1 fat free yogurt (120 calories, less than 10g of sugar) **or**
- ✓ 3 oz of 1% low fat cottage cheese (small curd or whipped) **or**
- ✓ pureed vegetables

Dinner

- ✓ 3 oz pureed chicken, tofu, turkey, tuna, fish, eggs, Greek yogurt, Cottage cheese, **then if tolerated up to**
- ✓ 3 oz pureed vegetables (***applesauce or yogurt consistency***)