

PHASE I

Liquid Phase (Duration is approximately 2 weeks)

During this phase of the program you will be using a dietary protein supplement. It is recommended that you adhere to the supplements suggested by our program. These include **protein shakes, protein soups, protein hot drinks, and clear liquid protein drinks**. Please drink the full amount outlined below. This supplement ensures a healthy healing process and a great start to assist you in your weight loss. During this phase you will allow your stomach and incisions to heal.

Drink all liquids slowly and wait to make sure all the fluid has gone down without any discomfort before drinking more fluids. Restrict intake to **ONE ounce over 5 minutes**. If you are hungry and / or not losing weight while following phase I, please call our office for assistance.

Daily Requirements:

- At least **40 - 60 grams of protein per day** (the exact amount of protein needed will be provided by our staff)
- You should be taking your **vitamins as recommended** based on the type of surgery you have chosen
 - Gastric Sleeve and Gastric Bypass: multivitamin twice daily, iron and B12 once daily, calcium citrate with vitamin D twice daily.
 - Lap-Band: multivitamin daily, calcium citrate with vitamin D twice daily.
- If you have the **gastric sleeve or gastric bypass surgery**, you will need to take your **omeprazole daily**.
- A minimum of **64 ounces of very low calorie beverage per day** (Water, Crystal-Light, sugar free Kool-Aid, Diet Snapple, and tea)

NO Juice, Gatorade, Milk, or Vitamin Water
NO Jell-O, Oatmeal, Pudding, Mashed Potatoes
NO Soups, Broth, or Bouillon

Breakfast

- ✓ 1 protein drink

Lunch

- ✓ 1 protein drink

Dinner

- ✓ 1 protein drink

