

PRE OPERATIVE DIET

The purpose of this pre-operative diet is to decrease the size of your liver, which can be markedly enlarged due to excess fat accumulation. This will help you begin the necessary lifestyle changes to ensure your success after surgery.

Today

- Start by cutting out all snacks
- Eating 3 healthy meals each day
- Cut your carbohydrate portions right away
- Continue to cut your carbohydrate portions until you are not eating any carbohydrates
- Substitute one meal with one protein shake per day and eat two smaller low carbohydrate, low fat meals, each with a serving of protein
- The diet listed below is your final step before surgery

Breakfast: 1 protein shake with plenty of water and other low calorie beverages

Snack: Water, Water, Water and low calorie beverages

Lunch: 1 protein shake with plenty of water and other low calorie beverages

Snack: 1 piece of fresh fruit and water, water, water....

Dinner: 1 3-4oz portion of lean meats (chicken, turkey, fish) & 1 cup of steamed vegetables and large bowl of salad with vinegar or a low calorie, low carbohydrate dressing (must be less than 30 calories per serving)

Snack: Water, Water, Water....

Exercise is a must to lose weight. Your goal is to establish a routine of exercise every day, seven days a week. Start out with 5 minutes a day, and then increase your exercise as tolerated. Just decreasing your caloric intake will not result in weight loss. After surgery you must continue exercise because the surgery itself is only a tool to assist you in weight loss.