

PHASE II (Sleeve & Gastric Bypass)

Pureed Food Phase

(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. It is recommended that you continue to consume 2-3 protein drinks daily. The amount you will be able to eat will be very little at first and your meal may need to be divided into multiple portions eaten throughout the day. **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 II, please call our office for assistance.

Daily Requirements:

- At least 60-80 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)
- **Vitamins:** chewable or liquid multivitamin twice daily, chewable calcium citrate with vitamin D twice daily, chewable or liquid iron daily, and sublingual vitamin B12 once daily

Breakfast

- ✓ 1 protein shake

Lunch

- ✓ 1 protein shake

Snack if needed

- ✓ 1 pureed fresh fruit with NO skin or
- ✓ 1 fat free yogurt (60-90 calories) or
- ✓ 3 oz of pureed 1% low fat cottage cheese

Dinner

- ✓ 3 oz pureed chicken, tofu, turkey, tuna or fish **and**
- ✓ 3 oz pureed vegetables (***applesauce or yogurt consistency***)



NO bread, rice, pasta, cookies, cakes, crackers, chips, potatoes, or pizza

NO peas, corn, or beans.

NO oatmeal, baby food, soup

NO beef, hamburger, hot dogs, pork, or fried foods

NO soda, juice, or sugar-sweetened beverages

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Allowable Food Categories

Protein (pureed)

Portion size for all protein is 3 oz. per meal.

Pureed Egg Beaters	Pureed Flounder	Pureed Tilapia
Pureed Egg Whites	Pureed Haddock	Pureed Lobster (no butter)
Pureed Chicken (no skin)	Pureed Halibut	Pureed Scallops
Pureed Cornish Hen (no skin)	Pureed Cod Fish	Pureed Cottage cheese – 1% low fat
Pureed Turkey (no skin)	Protein Shake	Yogurt –fat free & low carbohydrate
	Pureed Trout	Greek Yogurt - (PLAIN FAT FREE)
	Pureed Tuna	
	Pureed Salmon	

Vegetables (cooked & pureed)

Portion size for all cooked & pureed vegetables is 3 oz.

Pureed Asparagus Tips	Pureed Eggplant	Pureed Spinach
Pureed Beets	Pureed Green Beans	Pureed Summer Squash
Pureed Broccoli Florets	Pureed Bell Peppers	Pureed Tomatoes
Pureed Brussels Sprouts	Pureed Kale	Pureed Water chestnuts
Pureed Cabbage	Pureed Mushrooms	Pureed Yellow (wax) Beans
Pureed Carrots	Pureed Onions	Pureed Zucchini
Pureed Cauliflower	Pureed Red Peppers	
Pureed Collard Greens		

Fruits (pureed)

Portion size for all fruits is 1 small per day.

Pureed Banana (1/2 small)	Pureed Raspberries (1 cup)
Pureed Blueberries (3/4 cup)	Pureed Strawberries (1cup)
Pureed Cantaloupe (6 oz)	Pureed Watermelon (1 cup)
Pureed Honey Dew Melon (6 oz)	Unsweetened Applesauce (4 oz)