

DIET PROGRESSION AFTER WEIGHT-LOSS SURGERY

Phase 1: Bariatric Sugar-Free Clear Liquids (Day 1 and Day 2 after surgery)

Phase 2: Bariatric High-Protein Full Liquids (Days 3-13 after surgery)

Phase 3 A: Bariatric Puréed Foods (Days 14-20 after surgery)

Phase 3 B: Bariatric Moist, Soft Foods (Days 21-29 after surgery)

Phase 4: Bariatric Soft-to-Regular Solid Foods (start 4-5 weeks after surgery)

Phase 1: Bariatric Sugar-Free Clear Liquids (Day 1 and Day 2 after surgery)

- **Sip slowly, but remember to sip throughout the day, at least 1-2 ounces of liquid every 15 minutes with a goal of 8 ounces (1 cup) an hour. At least 48-64 ounces of fluids per day.**
- Choose **sugar-free, caffeine-free, and non-carbonated beverages:** water, clear broth, sugar-free beverages, sugar-free ice popsicles, sugar-free gelatin and decaffeinated coffee/tea.
- Do not use straws. Using straws may cause you to swallow air which can result in abdominal gas pain and discomfort.
- The purpose is to stay hydrated. **MEASURE ALL FLUID INTAKE.** You will be given a checklist at the hospital to keep track of fluid intake.
- Clear liquids may be extended for a few more days if you are not tolerating the diet well and/or as prescribed at the hospital by the surgeon. If you do not feel ready to progress to the next phase, it is okay to continue to sip clear liquids for a few more days and use clear-liquid protein supplements.
- **optional:** clear-Liquid protein supplements (Isopure[®] Clear RTD Zero Carb, Proteinex[®], Protein20[®], Gelatein[®] 20)

Phase 2: Bariatric High-Protein Full Liquids (Days 3-13 after surgery)

- **Plan for 3-4 meals a day** that include a high-protein full liquid with **~15-30 grams of protein at each meal.** (See sample menus.)
- Continue to **sip fluids slowly, at least 48-64 ounces of liquids per day.**
 - Sip at least 2 ounces of liquids every 15 minutes for a goal of 8 ounces (1 cup) per hour.
 - Some of your daily fluid intake will include high-protein full liquids and the rest will include water and sugar-free clear liquids.
 - Continue to choose sugar-free, caffeine-free, and non-carbonated clear liquids: water, clear broth, sugar-free beverages, sugar-free ice popsicles, sugar-free gelatin and decaffeinated coffee/tea.
- **Keep a food log to track daily intake of protein and fluids.**
- **If you are not able to meet minimal the minimal intake of at least 48 ounces per day, CONTACT YOUR SURGEON IMMEDIATELY.**
- Chewable vitamin and mineral supplements may be added back to your regimen around post-surgery day 5.
- Introduce one new thing at a time, monitoring for tolerance.
- Gradually aim for **protein goal of at least 60-80 grams per day.**
- If you do not feel ready to progress to the next phase, it is okay to continue with full liquids until you feel ready to progress. Discuss any changes in diet progression with your surgeon or dietitian on post-operative follow-up visits.

Full Liquid Choices

High-Protein Full Liquids	Low-Protein Full Liquids
<ul style="list-style-type: none"> • powder protein supplement or ready-to-drink protein shake (150-160 calories or less, at least 20-30 grams of protein, no more than 5-8 g carbohydrate) • skim/1% milk, Lactaid® milk • Fairlife® milk • non-fat plain or light/flavored Greek yogurt • unsweetened soy milk • UNJURY® chicken soup flavor, high-protein powder • BariWise™ Protein Cream of Chicken 	<ul style="list-style-type: none"> • tomato or V8® vegetable juice, original (low sodium) • strained soups <ul style="list-style-type: none"> ▪ low-fat/low-sodium cream of chicken ▪ lentil, tomato, or butternut squash soup ▪ add unflavored protein powder to optimize protein content • unsweetened almond, cashew, or coconut milk

High-Protein Full Liquid: 3-Day Rotation Sample Meal Plan

	DAY 1	DAY 2	DAY 3
Meal 1	1 scoop protein powder (20 g protein, no more than 8 g carbohydrate) with 8 ounces unsweetened vanilla almond milk (1 g protein, 1 g carbohydrate)	8 ounces High Protein Hot Mocha [See recipe.] (21 g protein, 6 g carbohydrate)	8 ounces Fairlife® milk (13 g protein, 8 g carbohydrate)
Meal 2	5 ounces egg custard [See recipe.] (11g protein, 8.5 g carbohydrate)	8 ounces Campbell's® Butternut Squash Bisque (2 g protein, 18 g carbohydrate) mixed with 1 scoop of unflavored protein powder (at least 20 g protein, no more than 8 g carbohydrate) and 1-2 ounces of warm water	1 packet High-Protein BariWise™ Cream of Chicken (15 g protein, 5 g carbohydrate) made with 8 ounces of Fairlife® milk (13 g protein, 8 g carbohydrate)
Meal 3	11 ounces Premier Protein® Shake (30 g protein, 5 g carbohydrate)	UNJURY® Chicken Soup Flavor, 1 packet (21 g protein, < 1 g carbohydrate) with 8 ounces of water	1 scoop of protein powder (20 g protein, no more than 8 g carbohydrate) made with 8 ounces of unsweetened soy milk (7 g protein, 4 g carbohydrate)
Meal 4	None	5 ounces of Chobani® Smooth low-fat Greek Yogurt (11 g protein, 15 g carbohydrate)	8 ounces of Pacific® Creamy Tomato Basil Soup (4 g protein, 11 g carbohydrate)
Clear Fluids	additional 29- 45 ounces or more of water/sugar-free, clear liquids between meals	additional 24- 40 ounces or more of water/sugar-free, clear liquids between meals	additional 16-32 ounces or more of water/sugar-free, clear liquids between meals
Total	62 g protein, 22.5 g carbohydrate, 48-64 oz. fluids	75 g protein, 47 g carbohydrate, 48-64 oz. fluids	72 g protein, 44 g carbohydrate, 48-64 oz. fluids

Phase 3A: Bariatric Puréed Foods (Days 14-20 after surgery)

- Eat 3-4 meals a day. Each meal should consist of at least ¼ cup-½ cup of protein-rich puréed foods.
- You can include one protein supplement a day (with at least 20 grams of protein per 8 ounces) in addition to your 3-4 meals to aid in meeting protein goals.
- Limit the volume of foods eaten to no more than ½ cup at each meal.
- Continue to **sip fluids slowly, at least 48-64 ounces of liquids per day.**
Sip fluids between meals, **separating fluids from puréed foods by 30 minutes, before and after each meal.**
- Focus on introducing only protein-rich foods first to help meet your **protein goal of at least 60-80 grams per day.**
- **Keep a food log (written log, website, phone app, etc.) to track protein and fluid intake daily.**
- It is possible that you won't tolerate certain food textures and/or certain foods the first time you try them after surgery. This is normal. If you are having trouble with a food for whatever reason, avoid it for 2-3 weeks and then try it again.
- Once you are eating a variety of protein-rich puréed foods and meeting protein goals, you may introduce cooked, puréed, non-starchy vegetables and then puréed fruit.
- **Always eat your protein first**, then non-starchy vegetables, then fruit.
- You may advance to the next phase when you are able to tolerate the food consistency and meeting your protein goals. **DO NOT skip phases.** The duration of a phase may vary and can last longer than specified. Discuss any challenges with your dietitian.

Puréed, Textured Protein-Food Choices

cottage cheese, nonfat/low fat or low-fat ricotta cheese:

- Friendship® 1% cottage cheese, 2 oz. (1/4 cup) = 8 g protein, 2 g carbohydrate
- Breakstone® fat-free cottage cheese, 2 oz.(1/4 cup) = 5.5 g protein, 4 g carbohydrate
- Sorrento® part skim ricotta, 2 oz. (1/4 cup)= 5 g protein, 5 g carbohydrate

refried beans, fat free: 2 tbsp. = 1.5 g protein

hummus: 2 tbsp. = 2 g protein

eggs: scrambled/soft cooked: 1 large egg = 7 g protein; 2 egg whites or ¼ cup = 7 g protein; egg salad: 1/4 cup (2 oz.) = 5 g protein

tofu, soft : ½ cup = 8 g protein

meats: (Use food processor or blender to obtain a purée consistency.)

- Tuna salad, shrimp salad, chicken salad
 - 1/4 cup (2 oz.) Starkist® chunk light tuna = 10 g protein
 - 1/4 cup (2 oz.) cooked, chopped shrimp = 4.5 g protein
- Turkey, chicken, beef, pork: 2 oz., 1/4 cup = ~14 g protein

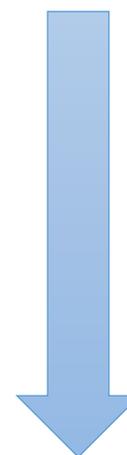
✓ **Add light mayonnaise, mustard, non-fat, plain Greek yogurt (2 tbsp. = 3 g protein) or tzatziki to moisten and flavor meats.**

✓ **Use seasonings to enhance flavors:**

sweet: vanilla extract, cinnamon, sugar-free jelly, nutmeg, and ginger

savory: salt, pepper, garlic powder, onion powder, chili powder, lime/lemon

Easier to Digest



Harder to Digest

Phase 3A: Bariatric Puréed Foods (Days 14-20 after surgery) - Additional Foods

Start these foods only if you are meeting your daily protein goals.

If you are unable to reach your protein goals, DO NOT start puréed vegetables or fruits listed below.

Always eat protein-rich foods first, then non-starchy vegetables, and then fruit.

Use a food processor or blender to obtain a purée consistency.

Non-starchy vegetables:

- soft-cooked, peeled, mashed, and puréed
- Strain out lumps, seeds, or stringy pieces.
- AVOID stringy vegetables like celery, broccoli/cauliflower stalks, skins, and peels.
- **Choose** pumpkin, squash, carrots, cauliflower florets, baby foods (Stage 1, vegetables only)

Fruit:

- soft, peeled, mashed, and puréed
- Strain out lumps, seeds, or stringy pieces.
- **Choose** peaches, pears, bananas, baby foods (Stage 1, fruit only).

Purée Consistency: 3-Day Rotation Sample Meal Plan			
	DAY 1	DAY 2	DAY 3
Meal 1	2 ounces of Friendship® 1% cottage cheese with Stevia and cinnamon to taste (8 g protein, 2 g carbohydrate)	11 ounces Premier Protein® Shake (30 g protein, 5 g carbohydrate)	Herbed Egg Salad [See recipe.] (7 g protein, 1/2 g carbohydrate)
Meal 2	1 scoop protein powder (20 g protein, no more than 8 g carbohydrate) made with 8 ounces unsweetened soy milk (7 g protein, 4 g carbohydrate)	1 soft scrambled egg (7 g protein, 0 carbohydrate) with 2 oz. (1/4 cup) Breakstone® fat-free cottage cheese (5.5 g protein, 4 g carbohydrate)	2 ounces of finely chopped chicken (14 g protein) with 2 tbsp. hummus (2 g protein, 4 g carbohydrate)
Meal 3	Puréed Lentil and Ham Soup [See recipe.] (11 g protein, 10 g carbohydrate)	2.5 ounces Simple Tuna Salad [See recipe.] (16 g protein, 2 g carbohydrate)	2 ounces chicken blended with tomato sauce and feta cheese [See recipe.] (16 g protein, 2 g carbohydrate)
Meal 4	5 ounces Oikos® Triple Zero Greek Yogurt (15 g protein, 14 g carbohydrate)	5 ounces Egg Custard (11g protein, 8.5 g carbohydrate) [See recipe.]	1 scoop protein powder (20 g protein, no more than 8 g carbohydrate) with 8 ounces Fairlife® milk (13 g protein, 8 g carbohydrate)
Clear Fluids	additional 37-53 ounces or more of water/sugar free clear liquids between meals	additional 40-56 ounces or more of water/sugar free clear liquids between meals	additional 40-56 ounces or more of water/sugar free clear liquids between meals
Total	61 g protein, 38 g carbohydrate, 48-64 ounces fluids	69.5 g protein, 19.5 g carbohydrate, 48- 64 ounces fluids	72 g protein , 22.5 g carbohydrate, 48-64 ounces of fluids

Phase 3B: Bariatric Moist, Soft Foods (Days 21-29 after surgery)

- Eat 3-4 meals a day. Each meal should consist of at least ¼ cup- ½ cup of protein-rich, soft/moist foods.
- You will start to be able to tolerate more volume at each meal, but continue to limit volume to no more than ½ cup per meal.
- Continue to **sip fluids slowly, at least 48-64 ounces of liquids per day.**
Sip fluids between meals, **separating fluids from solid foods by 30 minutes before and after each meal.**
- Focus on introducing only protein-rich, soft foods first to help meet your **protein goal of at least 60-80 grams per day.**
- **Keep a food journal (written log, website, phone app, etc.) to track protein and fluid intake daily.**
- No snacking. Plan meals that help you reach daily protein goals.
- Continue to use protein supplement as needed to help meet daily protein goals.
- Continue vitamin and mineral supplements every day.

Helpful Tips:

- Simmered, poached and stewed protein foods are better tolerated.
- **Cook meats until fork tender.** You should be able to cut/pull apart meat with a fork.
- **Cut foods into thumbnail-size pieces.**
- Chew food thoroughly, 25-30 times or to a paste consistency.
- Allow a minimum of 20-30 minutes to finish your meals.
- Stop eating at the first sign of fullness.
- 1/4 cup of chopped, soft meat = ~2 ounces = ~14 grams of protein.
- **AVOID** chicken breast, steak, pork chops, or any food that is too dry. These foods may be hard to tolerate.

Soft-Textured Protein Food Choices

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| <ul style="list-style-type: none"> • soft or firm tofu • black bean or vegetable burger • soft-cooked beans and lentils • low-fat, shredded cheese and soft cheese • deli meat (low fat, low sodium) • eggs, boiled or poached | <ul style="list-style-type: none"> • flaky fish: tilapia, cod, salmon • shrimp • meatballs, moist and cooked in sauce • ground meats, moist and cooked in sauce • soft-cooked beef, pork, or poultry |
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Soft Consistency: 3-Day Rotation Sample Meal Plan

	DAY 1	DAY 2	DAY 3
Meal 1	2 scrambled eggs (14 g protein) with 2 tbsp. reduced fat, mild, shredded Cheddar cheese (4 protein, 0.5 g carbohydrate)	8 ounces High Protein Hot Mocha (21 g protein, 6 g carbohydrate) [See recipe.]	1 scoop protein powder(20 g protein, no more than 8 g carbohydrate) with 8 ounces unsweetened almond milk and ¼ cup frozen berries (10 g carbohydrate)
Meal 2	2 ounces oven-roasted, low-sodium deli chicken (12 g protein) with 1 wedge Laughing Cow® creamy Swiss original (2 g protein, 1 g carbohydrate)	2.5 ounces Simple Tuna Salad [See recipe.] (16 g protein, 2 g carbohydrate) with 1 boiled egg (7 g protein)	Morning Star Farms® Garden Veggie Burger, 1 patty (16 g protein, 15 g carbohydrate) with 2 tbsp. hummus (2 g protein, 4 g carbohydrate)

Meal 3	5 ounces Oikos® Triple Zero Greek Yogurt (15 g protein, 14 g carbohydrate)	2-ounce meatball (14 g protein) with 2 tbsp. marinara sauce (4 g carbohydrate) and ¼ cup ricotta cheese (5 g protein, 5 g carbohydrate)	3 ounces Easy Baked Tilapia Filet [See recipe.] (23 g protein) with ¼ cup cooked spinach
Meal 4	2 ounces poached salmon (14 g protein) with ¼ cup soft-cooked black beans (4 g protein, 10 g carbohydrate)	mozzarella string cheese- 1 piece (8 g protein, 1 g carbohydrate)	5 ounces Egg Custard (11g protein, 8.5 g carbohydrate) [See recipe.]
Clear Fluids	additional 48-64 ounces or more of water/sugar free clear liquids between meals	additional 48-64 ounces or more of water/sugar free clear liquids between meals	additional 48-64 ounces or more of water/sugar free clear liquids between meals
Total	65 g protein, 25.5 g carbohydrate, 48-64 ounces of fluids	71 g protein, 18 g carbohydrate, 48- 64 ounces of fluids	72 g protein , 45.5 g carbohydrate, 48-64 ounces of fluids

Phase 4: Bariatric Soft-to-Regular Solid Foods (Day 30 after surgery and beyond)

- Continue to include soft, moist meats for the next 2-3 months with a goal of 2-3 ounces (~14-21 g protein) per meal, 3-4 times a day for a total of at least **60-80 grams of protein per day**.
- Continue to sip fluids between meals, separating fluids from solids by 30 minutes before and after meals to meet daily goals of 48 ounces per day, but start to increase fluid intake to **at least 64 ounces per day**.
- **Continue to eat slowly, chew thoroughly, and monitor for signs of fullness.**
- **Continue to keep a food log (written log, website, phone app, etc.) to track protein and fluid intake daily.**
- Continue vitamin and mineral supplements as recommended.
You may be able to switch to regular pills 2 months after surgery. Check with your surgeon and/or dietitian.
- As time progresses you will be able to tolerate more volume of food and more regular consistency foods.
 - For the first 3 months, continue to limit volume of food to no more than ½ cup (4 ounces) per meal.
 - After 3 months, increase volume of protein-rich foods gradually, but do not consume more than 1 cup (8 ounces) of food at each meal.
- Focus on introducing more non-starchy vegetables, at least ¼- ½ cup at each meal.
Five to six weeks after surgery you can start incorporating finely chopped salad and thinly sliced raw vegetables with meals.
- Continue to consume protein-rich foods first, then non-starchy vegetables, then fruit. You will start to be able to tolerate more volume with time, and combining foods may be possible as long as the main food is a protein-rich food and you are able to meet daily protein goals.
- Add fruit, ¼ - ½ cup servings, 1-2 times a day.
 - Consume fruit with protein-rich foods.
 - Limit fruit to 1 cup per day.
- Include healthy fats in food preparation and as additives to meals:
 - olive, sunflower, and sesame oil
 - avocados, olives, nuts, and seeds
- Add fiber-rich foods like ground flaxseed, chia seeds, chopped nuts, and other seeds.
Start with 1 tsp. portion and increase gradually to 1 tbsp. per day for added fiber and healthy fats.
- Start weaning off protein supplements once you are able to meet protein goals with foods.

- However, you can use one protein shake a day as a meal replacement to help with meeting protein goals or for convenience.
- Always follow recommended guidelines for protein shakes or refer to the list provided by your dietitian. One serving of protein supplement should provide ~150-160 calories per serving, at least 20-30 grams of protein per serving, and no more than 8 grams of carbohydrate per serving.
- Daily intake within the first few months after surgery may provide approximately:
 - 600-800 calories
 - 60-80 grams of protein
 - 50 grams or less of carbohydrate
 - 20-30 grams of fat

Regular Consistency: 3-Day Rotation Sample Meal Plan

	DAY 1	DAY 2	DAY 3
Meal 1	5 ounces Dannon® Light and Fit® Greek Yogurt (12 g protein, 9 g carbohydrate) with 1 tsp. of flaxseed (1 g carbohydrate) and ¼ cup blueberries (5 g carbohydrate)	2-egg omelet (14 g protein) with 2 tbsp. reduced-fat, mild, shredded Cheddar cheese (4 protein, 0.5 g carbohydrate) and ¼ cup spinach	2 ounces of deli turkey, low sodium (14 g protein) rolled in 1 slice of reduced-fat Swiss cheese (7 g protein, 1 g carbohydrate) and ¼ cup watermelon, diced (3 g carbohydrate)
Meal 2	Herbed Egg Salad [See recipe.] (7 g protein, 0.5 g carbohydrate) with ¼-½ cup thinly sliced English cucumber and 4 oz. peaches or fruit cup (17 g carbohydrate)	3 ounces teriyaki style deli chicken breast (18 g protein, 3 g carbohydrate), ¼ cup of edamame, shelled/cooked (5 g protein, 5 g carbohydrate) and ¼ cup pineapple chunks (5.5 g carbohydrate)	½ cup Curried Chicken Salad [See recipe.] (29 g protein, 1 g carbohydrate), ¼ - ½ cup chopped dark green leafy salad (1-2 g carbohydrate) and ¼ cup sliced grapes (4 g carbohydrate)
Meal 3	Slow-Cooker Chicken Thighs [See recipe.] 1 thigh (18 g protein, 4 g carbohydrate) with ¼- ½ cup mashed cauliflower (2-5 g carbohydrate)	Mini-Meatloaf [See recipe.] 1 serving (18 g protein, 10 g carbohydrate) topped with 2 tbsp. plain Greek yogurt (3 g protein, 1 g carbohydrate), 2 tbsp. salsa (2 g carbohydrate) and 2 tbsp. avocado	3 ounces baked salmon (21 g protein), ¼ cup black-eyed peas (1 g protein, 7 g carbohydrate) with ¼ - ½ cup roasted yellow squash, zucchini and red bell peppers (1-2 g carbohydrate)
Meal 4	11 ounces Premier Protein® Shake (30 g protein, 5 g carbohydrate)	1 Mini-Babybel® Light cheese (6 g protein) with ¼ cup strawberries (3 g carbohydrate)	none
Clear Fluids	additional 48-64 ounces or more of water/sugar free clear liquids between meals	additional 48-64 ounces or more of water/sugar free clear liquids between meals	additional 48-64 ounces or more of water/sugar free clear liquids between meals
Total	67 g protein, 43.5-46.5 g carbohydrate, 48- 64 ounces fluids	68 g protein, 30 g carbohydrate, 48- 64 ounces fluids	72 g protein , 18-20 g carbohydrate, 48-64 ounces of fluids