

**Congratulations!** You have had your Gastric Bypass/Sleeve/ Duodenal Switch/ SADI-S surgery and are getting ready to go home. Here is a brief overview of the diet progression for the next 7 weeks:

- If you have difficulty advancing the diet, go back to the previous week's diet consistency.
- Call the surgeon's office if you have experienced difficulty swallowing, pain, fever, or vomiting.
- Do not use a straw with liquids.
- Do not consume any fluids with sugar or calories ever again
- Avoid caffeinated beverages for **2 weeks** after surgery, avoid all carbonated beverages
- When you start to add solid food, chew slowly and thoroughly
- Do not eat fried food, sweets, candy, etc ever again
- Consume protein at each meal
- Take your chewable multivitamins, calcium and iron supplements daily.
- Be sure to schedule a 3-week follow-up appointment with your dietitian once you have a surgery date

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**Week 1&2:** Clear liquids with protein shakes

**Protein Shake Guidelines:** 150 calories, 15-30g protein

- You will need 45-60g protein from shakes each day,
  - If your shake has 15-20g protein drink **3 per day**
  - If your shake has 30g protein drink **2 per day**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake
<b>Lunch</b>	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake
<b>Dinner</b>	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake

**Clear liquids (sugar-free, non-carbonated):** Water, herbal tea, Crystal Light, Fruit 20, sugar-free sports drinks (no more than 1), Diet Jell-O, broth (beef, chicken or vegetable), sugar-free popsicles (no more than 2), decaf coffee

Remember:

- Goal for liquids is 64oz daily
- Sip liquids throughout the day
- It may take up to 1 hour to consume 8oz, go slow!
- Do not use a straw!!

**Week 3:** Full liquids and Pureed foods

**You will need 30g of protein from shakes each day**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	½ cup low-fat Greek yogurt	½ cup scrambled eggs	½ cup low-fat cottage cheese	½ cup low-fat Greek yogurt	½ cup scrambled eggs	½ cup low-fat cottage cheese	½ cup low-fat Greek yogurt
<b>Lunch</b>	½ cup low-fat cottage cheese	½ cup low-fat Greek yogurt	½ cup pureed soup	½ cup silken tofu	½ cup pureed soup	½ cup low-fat Greek yogurt	½ cup low-fat cottage cheese
<b>Dinner</b>	½ cup refried beans	½ cup low-fat ricotta cheese with marinara	½ cup pureed egg salad	½ cup pureed soup	½ cup low-fat ricotta cheese with marinara	½ cup pureed tuna salad	½ cup refried beans

Additional liquids: same “clear liquids” as previous week

Remember:

- Scrambled eggs to be loosely cooked with a low-fat milk of choice
- Choose Greek yogurt vs. regular for more protein
- Greek yogurt should have NO “fruit on the bottom” or fruit pieces mixed in
- Pureed soups: blended low-fat chicken noodle, blended bean soup or other low-fat soups with protein
- Pureed tuna/egg/chicken salad prepared with low-fat mayo or low-fat Greek yogurt
- Add more flavor to foods like Greek yogurt and cottage cheese by using sugar-free flavorings like sugar-free syrups or sugar-free powders

**Weeks 4&5:** Pureed foods

**You will need 30g of protein from shakes each day**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	½ cup cream of wheat, ½ cup pureed peaches	½ cup scrambled eggs, ½ cup mashed sweet potatoes	½ cup low-fat Greek yogurt, ½ mashed banana	½ cup cottage cheese and ½ cup pureed pears	½ cup scrambled eggs, ½ cup pureed avocado	½ cup cream of wheat, ½ cup pureed mango	½ cup low-fat Greek yogurt, ½ cup applesauce
<b>Lunch</b>	½ cup blended egg salad, ½ cup pureed squash	½ cup pureed beans, ½ cup avocado	½ cup low-fat ricotta cheese, ½ cup tomato soup	½ cup pureed meat, ½ cup pureed potatoes	½ cup pureed bean soup, ½ cup applesauce	½ cup blended tuna, ½ cup pureed squash	½ cup silken tofu, ½ cup pureed fruit
<b>Dinner</b>	½ cup pureed soup, ½ cup pureed cauliflower	½ cup silken tofu, ½ cup pureed fruit	½ cup pureed tuna, ½ cup mashed sweet potatoes	½ cup pureed bean soup, ½ cup pureed cauliflower	½ cup pureed meat, ½ cup pureed squash	½ cup low-fat ricotta cheese with marinara, ½ cup pureed peas	½ cup pureed meat, ½ cup mashed potatoes

Additional liquids: same as previous weeks

Remember:

- Make cream of wheat with skim milk to add protein
- Make homemade pureed meat-blend with fat-free gravy, marinara sauce or both
- Do not use instant mashed potatoes

**Week 6:** Soft, ground and moist foods

**The goal is to get at least 60g protein from food (and protein shakes, if needed) each day**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	½ cup oatmeal with low-fat milk, ½ cup pears	½ cup dry cereal with 4 oz. skim milk	½ cup mashed beans, ½ cup softened avocado	½ cup scrambled eggs, 1 slice of toast	½ cup cottage cheese, ½ cup peaches	½ cup dry cereal, 4 oz. skim milk	½ cup Greek yogurt, ½ banana
<b>Lunch</b>	1 cup turkey and bean chili	½ cup tuna salad, ½ cup green beans	½ cup ground turkey with ½ cup sweet potato	½ cup tofu, ½ cup zucchini	½ cup chicken soup, ½ cup canned fruit	½ cup egg salad, ½ cup cauliflower	½ cup ground beef, ½ cup squash
<b>Dinner</b>	½ cup white fish and ½ cup squash	½ cup ground beef, ½ cup mashed sweet potatoes	1 veggie burger patty, ½ cup zucchini	½ cup ground chicken, ½ cup green beans	1 egg omelet with soft vegetables, 1 slice of toast	½ cup tuna and ½ cup mashed potatoes	½ ground turkey and ½ cup green beans

Additional liquids: same as previous weeks

Remember:

- Choose cereals with added protein: Protein fiber oatmeal, Kashi Go Lean
- Use fat-free butter (margarine) or no added sugar jelly for toast
- Moisten all ground meats with fat-free gravy or marinara
- Choose unsweetened, sugar-free and fat-free canned or frozen fruits and vegetables
- Make sure all fruits and vegetables are soft either cook well (roast, bake, boil, steam) or buy canned

**Week 7 (and from now on):** Solid, low-Fat, low-sugar foods

**Do not consume more than 1 cup at each meal, goal is 60g protein each day**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	1 egg, 1 slice of toast	½ cup Greek yogurt, ½ cup fruit	½ English muffin, 1tbsp nut butter	½ cup cereal, 4 oz. skim milk	½ cup oatmeal, 1tbsp nut butter	1 egg omelet with ½ cup pepper and onions	½ cup cottage cheese, ½ cup fruit
<b>Lunch</b>	2 turkey and cheese roll-ups, ½ cup carrots	½ cup tuna salad, 1 slice of toast, 2 slices of tomato	½ cup mixed salad, 3oz. grilled chicken breast	½ cup egg salad, 1 slice of toast, ½ cup green beans	1 cup chicken soup, ½ cup apple slices	½ cup ground beef, ½ cup whole wheat pasta	1 small tortilla, ½ cup beans, 1oz low-fat cheese
<b>Dinner</b>	3oz. white fish, ½ cup green beans	3oz. steak, ½ cup mixed vegetables	3oz. turkey, ¼ cup mashed potato, ¼ cup broccoli	½ cup ground beef, ½ cup whole wheat pasta, ¼ cup marinara	1 veggie burger patty, ½ cup mixed salad	3 oz. baked fish, ½ cup roasted squash medley	3oz. baked chicken, ½ cup baked sweet potato

Additional liquids: same as previous weeks

Remember:

- Consume protein foods first; eat salad and other vegetables at the end of the meal as tolerated
- Be aware: foods that may be difficult to digest at first are tough meat, fresh bread, stringy vegetables, membrane on orange and grapefruit, and skin on fruits and vegetables.
- Always choose low-fat, diet and sugar-free food products, forever!