

Pre Op Liquid Diet

Low Fat, Low Carb, High protein

- **When:** Start this diet two weeks before your surgery date
- **Why:** To shrink your liver for a safer surgery and to mobilize fat stores for optimal weight loss after surgery
- **Protein Goal:** 80 grams per day
- **Fluid Goal:** 64 ounces per day (8 cups)

Permitted Liquids:

- Water, ice
- Nonfat skim milk, unsweetened almond milk, unsweetened soy milk
- Protein shake
- Decaf coffee, Decaf tea
- Broth (chicken, beef, shrimp, vegetable)
- Sugar-free Jello
- Sugar-free Popsicles
- Sugar-free water ices

Permitted Extras:

- Low Fat/Fat-free Yogurt
- Low Fat/Fat-free Cottage cheese
- Fresh Fruit
- Soft Vegetables
- Vegetable soup

Sample Pre Op Liquid Diet Menu

Breakfast:

- 8oz whey protein shake
- Decaf coffee w/ skim milk
+ sugar substitute

AM Snack:

- Sugar-free Jello
- 1 small piece of fruit

Lunch:

- 1 x cup vegetable soup
- ½ cup fat-free/low-fat cottage cheese

PM Snack:

- 8oz whey protein shake

Dinner:

- 1 cup beef broth
- Soft vegetables

Bedtime Snack:

- Sugar-free popsicle
- 6oz low-fat Greek yogurt

