

Post-operative Diet

Clear Liquids – Days 1-2 (in hospital)

Clear liquid foods include:

- broth (e.g. chicken, beef, seafood, bone broth)
- water (e.g. Crystal Light or Mio)
- coffee (no creamer, can add zero-calorie sweetener)
- herbal tea
- Gatorade Zero
- clear protein drinks (e.g. Protein 2O, Premier Protein, Bariatric Advantage)
- sugar-free popsicles
- ice

Clear Liquids Menu – Days 1-2 (in hospital)		
Time	Food	Notes
Morning	Coffee or tea	During this stage it is important to stay hydrated. You should be drinking at a rate of one to two ounces per hour.  = 1 oz.
Breakfast	Clear protein drink	
Mid-morning	Sugar-free Jello	
Lunch	Chicken broth	
Afternoon	Tea	
Dinner	Beef broth	
Evening	Water	

Full Liquids Menu – Days 3-14

Full liquid foods include:

- protein drinks with more than 20g protein (e.g. Premier, Ensure Max, Atkins, Bariatric Advantage)
- unsweetened applesauce
- strained soups
- thin yogurt (no added sugar)
- sugar-free Jell-O
- sugar-free pudding
- coffee (sugar free creamer)
- Fairlife milk
- thin cream of wheat

Full Liquids Menu – Days 3-14		
Time	Food	Notes
Morning	Coffee	Aim to drink 32-48 oz. daily. No carbonated beverages; that is a permanent change. Refined sugars and simple carbs should be avoided. Start taking vitamins on day 7.
Breakfast	Protein drink	
Mid-morning	Sugar-free Jello	
Lunch	Greek yogurt with apple sauce	
Afternoon	Tea	
Dinner	Protein drink	
Evening	Water	

Regular Foods: Days 15+

Start with soft, easy to chew foods. Do not drink with meals. Regular foods include:

- eggs
- ground meat
- chicken
- fish
- beans
- cheese
- tuna
- greek yogurt with fruit
- cottage cheese with fruit
- lamb
- chili
- lunch meat
- omelet with cheese
- turkey sausage
- vegetables (excluding potatoes and corn)
- fruit

Regular Food Menu – Days 15+		
Time	Food	Notes
Breakfast	Scrambled eggs and cheese	For the first two months after surgery, try to avoid spicy seasonings. Try keeping a food record. This will help you keep track of food intake and maintain success. www.bariastic.com is one app that is very useful. Maintain less than or equal to 1200-1500 calories per day and about 75-100 grams of protein.
Mid-morning	Cottage cheese	
Lunch	Tuna and vegetables	
Afternoon	Chicken and vegetables	
Dinner	Turkey and vegetables	