

Penrose-St. Francis Health Learning Center



10 Days prior to surgery meal plan for gastric bypass and LSG patients. (This eating plan is intended for weight loss prior to surgery to ensure a smaller liver. This plan should not be used longer than 10 days.)

Drink plenty of calorie free, non-caffeinated, non-carbonated beverages (minimum of 64 ounces/day).

This may include: (Water is always best ☺)

- Decaffeinated beverages
- Crystal Light
- Herbal teas
- Sugar-free Tang, Sugar-free Kool-Aid
- Diet V-8 Splash or Diet Snapple
- Propel fitness water
- Sugar-free Jell-O or popsicles
- Low sodium broth

For lunch and dinner, consume 1 item from each of the three categories and small amount of added fat. *(Breakfast is option 1 or 2).

(1)	(2)	(3)
3-4 oz of poultry (white meat)	½ - 1 cup fresh fruit (i.e. berries, melon, pineapple) or	1-2 cups of cooked vegetables or
3-4 oz of any fish	small piece of fruit 5 oz (i.e. apple, orange)	2-3 cups of leafy greens (i.e. spinach, kale, romaine)
3-4 oz of pork loin		
¾ cup of egg whites		
¾ cup of legumes or		
4 oz low fat tofu		

***(add no more than 1-2 tsp liquid oil, or 1-2 TBSP low fat salad dressing, mayo or avocado)**

Example of eating plan:

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<u>Option 1</u> = 1 egg and 1 cup fruit or	Spinach salad with light balsamic vinaigrette, 4 oz chicken, ½ cup sliced strawberries	4 oz cod, 1-2 cups zucchini noodles (2 tsp olive oil), baked apple with cinnamon
<u>Option 2</u> = ½ oz of nuts and ½ cup steel cut oats.		