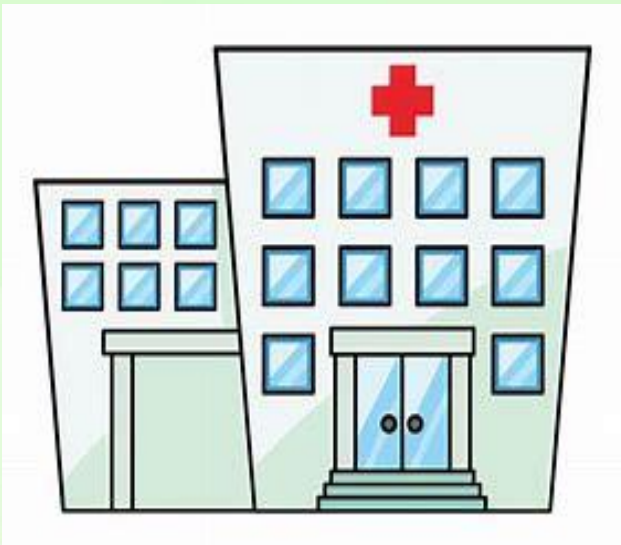


Full Liquid Meal Plan



A full liquid meal plan is made up only of fluids and foods that are normally liquid and foods that turn to liquid when they are at room temperature.

Patients who have had the gastric bypass or the sleeve gastrectomy will leave the hospital on a full liquid meal plan.



Duration of Full Liquids

- The patient who had the gastric bypass will be on full liquids from Day 2 to Day 10 after Surgery.



- The patient who had the sleeve gastrectomy will be on full liquids from Day 1 to Day 10 after surgery.

Goals After Weight Loss Surgery

Goal #1: Meet your daily fluid goal:

Drink 48-64 ounces of Sugar free, caffeine-free, non-carbonated beverages

– Meeting your daily fluid needs helps to:

Prevent dehydration

Prevent constipation

Get rid of your body's waste products

Keep you full between meals



GOAL #2: Meet your daily protein goal:

Your own individualized protein goal will be given to you when you meet with the surgeon for the second time.

Nutrition Goal: #1

Drink 48-64 ounces of fluids daily.

- ❖ It is extremely important to meet your fluid goals from the onset in order to prevent dehydration.
- ❖ To meet your fluid goals you will need to carry your sugar free, caffeine free, non-carbonated beverage around with you constantly.
- ❖ To meet your fluid goals with limited space, you will need to take very small sips throughout the day.



REMEMBER-NO STRAWS!



...To Meet Fluid Needs After Going Home from the Hospital...

You will be able to increase your sugar free, caffeine free, non-carbonated beverages to 4 ounces over 30 minutes or 8 ounces over an hour.



REMEMBER: STOP DRINKING 30 MINUTES PRIOR TO YOUR MEAL
Remember: STOP DRINKING IF YOU FEEL FULL

Ideas for Additional Sugar Free, Caffeine Free, Non-Carbonated Beverages that Count as Hydrating Fluids

- Water
- Sugar-free drinks
- Decaf tea
- Decaf coffee
- Sugar-free Jell-O
- Sugar-free popsicles
- Broth (Low Sodium)



Nutrition Goals: #2

2. Meet Your Protein Goal:

(Protein Goals will generally range between 60-90 grams per day.)




NOTE: Your own individualized protein goal will be given to you when you meet with the surgeon for the second time.

WEIGHT LOSS SURGERY





The following 3 slides provide examples of full liquids that may be eaten after weight loss surgery
(NOTE: Foods to choose to eat on the full liquid diet are listed in the center and highlighted in light blue)

Full Liquids: After Weight Loss Surgery



Full Liquid Diet – Phase II Food Choices

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>Milk/Dairy</p> <p>*Protein rich foods</p>	<ul style="list-style-type: none"> • Fat-free/1% milk, low-fat buttermilk • Lactaid fat-free milk or Fair life milk • Soy milk - plain or no added sugar (fortified with calcium & vitamin D) • Non-fat dry milk powder • Protein drinks/powders • Light or No Sugar Added yogurt with no solid pieces (fruit). Blend or strain chunks of fruit. • Light Greek yogurt thinned with milk (blend or strain chunks of fruit) • Fat-free plain yogurt (sweeten with a sugar substitute and flavor with vanilla extract) • 2% milk fat or less cottage cheese small curd (chewed until it becomes a pasty liquid) • Strained or blended low-fat cream soup made with fat-free/1% milk or broth based soups 	<ul style="list-style-type: none"> • 2% or whole milk • Chocolate milk • Ice cream/sherbet • Milkshakes • Whole milk in cream soups • Yogurt with added sugar <div data-bbox="1398 865 1624 993" style="text-align: center;">  </div>

Full Liquids: Cont'd

<p>Meat, Poultry, Fish & Eggs</p> <p>*Protein rich foods.</p>	<ul style="list-style-type: none"> Pureed meats/poultry or Stage 1 or 2 Baby Food meats/poultry. *Only if added to low-fat cream soup or broth. Be sure to keep soups liquefied 	<ul style="list-style-type: none"> Whole meats Raw Eggs <p></p>
<p>Cereals/Starches</p>	<ul style="list-style-type: none"> Cooked cereal: Cream of Wheat, Cream of Rice (such as Gerber brand), Grits, Malt-O-Meal <p>*Make with milk/soy milk & thinned with milk/soy milk for full liquid diet</p>	<ul style="list-style-type: none"> Oatmeal All Others <p></p>
<p>Vegetables</p>	<ul style="list-style-type: none"> Instant mashed potatoes, thinned with liquid of choice (milk or broth) Tomato juice, V-8 Vegetable juice 	<ul style="list-style-type: none"> V-8 Fusion or V-8 Splash & V-8 Hot & Spicy Tomato Juice <p></p>
<p>Fruits</p> <p>*Limit 100% fruit juice to 4 - 6 oz. daily & dilute juice with water: 50% juice & 50% water</p>	<ul style="list-style-type: none"> Unsweetened, 100% fruit juice (no pulp), diluted with 4 ozs water (Limit to 4 - 6 oz. per day), Unsweetened applesauce 	<ul style="list-style-type: none"> Juices with added sugar Orange or grapefruit juice Fruit beverage drinks such as Hawaiian Punch and Sunny Delight <p></p>

Full Liquids: Cont'd

<p>Sweets & Desserts</p>	<ul style="list-style-type: none"> • Sugar-free Jell-O or Sugar-free popsicles (fluid only; do not count as a meal/snack) • Sugar-free or No Sugar Added Hot Chocolate • Sugar-free pudding 	<ul style="list-style-type: none"> • Carbonated beverages • High-calorie/High sugar foods or beverages, such as ice cream, sherbet,  • Any form of sugar or honey • Jell-O or pudding which is not labeled sugar-free
<p>Fats & Oils (Limit to 3 selections daily)</p>	<ul style="list-style-type: none"> • 1 tsp. Margarine or butter • 1 tbsp. Reduced-fat margarine • 1 tsp. Vegetable Oil 	<ul style="list-style-type: none"> • Cream • Gravy 

Protein Shakes/Powder: Are needed for the first few diet stages to ensure that protein goals are met.

Please see the handout on Protein Shakes/Powders to use when one is on full liquids after weight loss surgery.

The Protein Shakes/Powders on the handout will meet the following criteria:

- ❖ To contain 15-30 grams of protein per serving
- ❖ To be made from a complete protein
- ❖ To contain less than 5 grams of sugar

Note:

- If one is lactose intolerant or develops a lactose intolerance after surgery, one will need protein shakes/powders made from a protein isolate or other lactose free protein product.
- One may want to purchase a smaller quantity of protein shakes/powders for use after surgery as one may have a change in taste.
- Please discuss any special dietary needs with the dietitian.



IMPORTANT!!!

Follow the diet phases per nutrition protocols as they are designed:

- ❖ To promote healing of the stomach after surgery
- ❖ To provide foods that will have nutrients while avoiding excessive calories
- ❖ To provide foods that will allow for satiety
- ❖ To provide foods that will help avoid dumping



Plan A 5 Day Full Liquid Diet Menu Prior to Going to the Hospital for Weight Loss Surgery

WEEKLY MENU PLANNER	BREAKFAST	LUNCH	DINNER	ISSASARZA.COM SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

Advantages are that planning ahead will:

1. Help alleviate the stress of last minute meal planning
2. Allow you to purchase the appropriate foods prior to the hospital stay
3. Allow for you to plan for meal and snack times that will fit into your schedule
4. Allow for you to plan to get your clear liquids in between meals

Start Planning Ahead

Plan for Full Liquids

- Identify foods you like from the full liquid list and protein powder/shakes handout
- Identify meal and snack times that fit into your schedule
- Plan times to drink clear liquids in between meals. One will need to stop drinking 30 minutes before and wait for 30 minutes after a meal to drink after weight loss surgery. (The daily goal for clear liquids is 48-64 ounces per day).
- Ask questions as they occur regarding planning for the full liquid diet phase



Note:

During the full liquid diet phase one should include 4 ounces of a protein shake or ½ cup of a protein containing food at meals and snacks.

ONE WILL NEED TO STOP EATING/DRINKING WHEN THE SIGNS OF FULLNESS ARE REACHED

ACTIVITY

Plan a 5 day full liquid menu to use when going home from the hospital after having weight loss surgery

Handouts To Use In Planning for 5 Days

- Protein Shakes
- Protein Powders
- Full Liquids: A Shopping List
- Full Liquids: Foods to Choose (see slides 9-11)
- A Generic Meal Planner for Full Liquids
- A Sample Meal Plan for Full Liquids
- A Blank Full Liquid Meal Planner

Free Printable

Weekly Meal Plan

Week of	Breakfast	Lunch	Dinner	Snacks
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

NittyMom.com

Protein Supplements: Ready To Drink Shakes	Serving Size	Protein (Grams)	Sugar (Grams)
*Optisource	8 oz.	24 grams	0 grams
*Unjury Protein Drink	8 oz.	20 grams	2 grams
*Slim Fast Advanced Nutrition 20 Gram High Protein Shake	11 oz.	20 grams	1 grams
*Ensure Max Protein Shake Chocolate flavor only	11 oz.	30 grams	1 grams
*Carnation Breakfast Essentials Light Start	8 oz.	13	3 grams
*GNC Total Lean Shake 25	14 oz.	25 grams	2 grams

Protein Supplements: Ready to Drink Shakes	Servin g Size	Protein (grams)	Sugar (grams)
*Premier Protein Shake	11 oz.	30 grams	1 gram
*Equate High Performance Protein Shake	11 oz.	30 grams	1 gram
*EAS Advant Edge High Protein Shake	11 oz.	30 grams	<1 gram
*Boost Calorie Smart	8 oz.	16 grams	4 grams
*OhYeah!	14 oz.	32 grams	3 grams
Orgain Clean Protein Grass-Fed Protein Shake	11 oz	20 grams	4 grams

Powder Protein Supplements	Serving Size	Protein (Grams)	Sugar (Grams)
*Unjury Protein Powder	1 scoop	20 – 21 grams	0 – 4 grams *Varies with flavor.
Carnation Breakfast Essentials Light Start	1 packet	13 grams *Mixed with 8 oz. milk/soy milk	7 – 8 grams *From lactose Does not include natural milk sugars from 8 oz. milk
*Syntrax Nectar	1 scoop	23 grams	0 grams
Syntrax Matrix	1 scoop	23 grams	2 - 3 grams
*Jay Rob Egg White Protein Powder	1 scoop	24 grams	0 grams
*Jay Rob Whey Protein Isolate	1 scoop	25 grams	0 grams
Chike! Nutrition Protein Powder	1 Packet OR 2 scoops	28 grams	2 - 4 grams
*biPro	1 packet OR 1 scoop	20 grams	0 grams
*Celebrate Protein 20	1 scoop	20 grams	1 – 3 grams

Full Liquid Diet Post-Op Bariatric Grocery List:

- The items listed below are appropriate for you to eat while on a full liquid diet. Take time before surgery to try different brands of the items listed below to find those you like best. It is recommended you be prepared and purchase these items before coming to the hospital for surgery.
- **Dairy**
- Fat-free/1% milk, Soy milk, plain, Lactose-free fat-free milk such as Fairlife Milk,
- low-fat buttermilk
- No Sugar Added or Light yogurt
- Plain, Fat-Free Yogurt or Greek Yogurt
- Nonfat dry milk
- 2% milkfat or less, small curd cottage cheese
- **Protein Supplements (Powders/Drink)**
- *15-30 grams protein and 5 grams or less of sugar per serving
- Protein powders
- Read-to-drink protein shakes
- **Soups**
- Broth based soups, bouillon, consommé (puréed/blended meats or stage 1 baby food can be added)
- Low-fat Cream soups, i.e., Campbell's Healthy Request, Healthy Choice, Progresso Light.
- Homemade low-fat cream soups made with low-fat/fat-free dairy foods.
- *Soups with meats, vegetables, rice or pasta blend or strain
- **Hot cereals**
- Hot Cereals: Malt-O-Meal, Grits, Cream of Wheat or Cream of Rice (See baby food section of grocery store for Cream of Rice) *Cereals should be purchased unflavored.
- **Meat/Poultry (Blended)**
- Lean meats or poultry (blended into a soup)
- Stage I or II Baby food meats
- **Vegetables**
- Instant mashed potatoes (thin mashed potatoes with broth or milk)
- Tomato Juice or V-8 Vegetable Juice (No V-8 Hot & Spicy, Fusion or Splash)
- **Dessert**
- Unsweetened applesauce
- Hot Cocoa Mix, No Sugar Added OR Sugar-free
- Sugar-free Jell-O, Sugar-free popsicles, Sugar-free pudding



GROCERY STORE
list

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Three smaller versions of the 'Grocery List' form, each with a decorative border and a small butterfly icon. Each form has the title 'Grocery List' and a vertical column of 20 small checkboxes on the left side, followed by 20 horizontal lines for writing.

Blank Meal Planner for Full Liquids

	Day #1	Day #2	Day #3	Day #4	Day #5
Breakfast: Time: _____					
Snack: Time: _____					
Lunch: Time: _____					
Snack: Time: _____					
Dinner: Time: _____					
Snack: Time: _____					

Generic Meal Planner for Full Liquids

	Day #1	Day #2	Day #3	Day #4	Day #5
Breakfast: Time: _____	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Starch/Cereal	Choose a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Starch/Cereal	Choose a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Starch/Cereal	Choose a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Starch/Cereal	Choose a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Starch/Cereal
Snack: Time: _____	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake
Lunch: Time: _____	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk
Snack: Time: _____	Choose: a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake	Choose a milk/dairy <u>Or</u> Protein Shake
Dinner: Time: _____	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk	Choose: a milk/dairy <u>Or</u> Protein Shake <u>Or</u> Blended low-fat soup made with fortified milk
Snack: Time: _____	Choose: a milk/dairy <u>Or</u> Protein Shake	Choose: a milk/dairy <u>Or</u> Protein Shake	Choose: a milk/dairy <u>Or</u> Protein Shake	Choose: a milk/dairy <u>Or</u> Protein Shake	Choose: a milk/dairy <u>Or</u> Protein Shake

Sample Menu for 5 Days of Full Liquids

Day #1

Day #2

Day #3

Day #4

Day #5

Breakfast: Time: 8 am	½ c Cream of Wheat made with milk and fortified with additional protein powder (thinned with milk)	4 oz. Unjury Protein Drink <u>Or</u> Protein Shake of Choice	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein pwd. <u>Or</u> Protein Shake of Choice	½ c Cream of Wheat made with milk and fortified with additional protein powder (thinned with milk)	4 oz. Premier Shake or Protein Shake of Choice
Snack: Time: 10:30 am	1/3 c. Sugar free pudding-made with low fat milk & unflavored protein powder	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	1/3 c. Sugar free pudding-made with low fat milk & unflavored protein powder
Lunch: Time: 12:30 pm	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk/add unflavored protein powder	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk/ add unflavored protein powder
Snack: Time: 3:30 pm	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	1/3 c. Sugar free pudding-made with low fat milk	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 c. Sugar free pudding-made with low fat milk	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)
Dinner: Time: 6 pm	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk /add unflavored protein powder	4 oz. mashed potatoes thinned with milk and fortified with unflavored protein powder	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice
Snack: Time: 9 pm	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	1/3 c. Sugar free pudding-made with low fat fortified milk	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)

Finished with Planning for Your First 5 Days of Full Liquids?

Don't throw the menu plan away as you may



1. Want to recycle the menu for the next 5 days.
 2. Want to revise a few meals on that same plan for the next 5 days.
- OR
3. Want to plan a new menu for last 5 days you are on full liquids, if you want more of a change.

Meals & Snacks Should Be to Last 30 Minutes

Example:	Day #1	Day #2	Day #3	Day #4	Day #5
Breakfast: 8 - 8:30 am	½ c Cream of Wheat made with milk and fortified with additional protein powder (thinned with milk)	4 oz. Unjury Protein Drink <u>Or</u> Protein Shake of Choice	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein pwd. <u>Or</u> Protein Shake of Choice	½ c Cream of Wheat made with milk and fortified with additional protein powder (thinned with milk)	4 oz. Premier Shake or Protein Shake of Choice
Snack: 10:30-11 am	1/3 c. Sugar free pudding-made with low fat milk & unflavored protein powder	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	1/3 c. Sugar free pudding-made with low fat milk & unflavored protein powder
Lunch: 1 -1:30 pm	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk/add unflavored protein powder	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk/ add unflavored protein powder
Snack: 3:30 -4 pm	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	1/3 c. Sugar free pudding-made with low fat milk	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 c. Sugar free pudding-made with low fat milk	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)
Dinner: 6-7 pm	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice	4 oz. Premier Shake <u>Or</u> Protein Shake of Choice	4 oz. blended low-fat cream soup made with fortified milk /add unflavored protein powder	4 oz. mashed potatoes thinned with milk and fortified with unflavored protein powder	4 oz. Carnation Breakfast Essential-Light Start w/unflavored protein powder added) <u>Or</u> Protein Shake of Choice
Snack: 9 -9:30 pm	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)	1/3 c. Sugar free pudding-made with low fat fortified milk	1/3 c. low fat cottage cheese mixed with 1T.applesauce	1/3 cup Light Greek Yogurt (thinned with milk/blended or strained)

Consuming 48-64 ozs. of Fluids a Day After Weight Loss Surgery

A Sample Meal and Drinking Schedule After Bariatric Surgery

Beverage: 6:30 to 7:30

Breakfast Time: 8 to 8:30 am

Beverage: 9 to 10:00 am

Snack Time: 10:30 to 11 am

Beverage: 11:30 to 12:30 pm

Lunch Time: 1 to 1:30 pm

Beverage: 2 to 3:00 pm

Snack Time: 3:30 to 4 pm

Beverage: 4:30 to 5:30 pm

Dinner Time: 6-7 pm

Beverage: 7:30 to 8:30 pm

Snack Time: 9-9:30 pm



- Have established meal and snack times
- Carry your sugar free/caffeine free/non-carbonated beverage with you during the day and take baby sips throughout the day
- *Make sure that your meal and beverage schedule is based on your own daily habits*

*Following the **Full Liquid Phase** Helps **Promote Healing** and
**Begin the Process of Moving One Towards A Healthier Way of
Living***

Healthy
Living

HEALTH IS NOT
ABOUT THE
WEIGHT YOU
LOSE. IT'S
ABOUT THE
LIFE YOU GAIN.

HEALTH IS NOT
ABOUT THE
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