



Congratulations! You've had your surgery and are getting ready to go home.
Here's a brief overview of the diet progression for the next 6 weeks:

- If you have difficulty advancing the diet, go back to the previous week's diet consistency
- Call the surgeon's office if you experience difficulty swallowing, pain, fever, vomiting
- Do not use a straw with liquids
- Avoid sweetened, carbonated and caffeinated beverages
- When you start to add solid food, chew slowly and thoroughly
- When you start to eat solid food at week 6, do not consume liquids with food—separate by 30 minutes to 1 hour prior to and after meals
- Avoid fried food, sweets, candy, etc.
- Consume protein at each meal
- Take your chewable multivitamins and calcium supplements daily
- Call your Dietitian the first week home from the hospital to set your 3-week follow-up appointment!

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Meal Options: Week 1 Post Op Bypass/ Lap Band Surgery

Full Liquids Nonfat

Remember to sip liquids throughout the day

It may take 1 hour to consume 8 oz.

Do not use a straw

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake
Lunch:	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake
Supper:	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake	Protein shake

Approximate protein: 45-60 grams/day

Additional Fluids: Water, Herbal Tea, Decaf coffee, 1 cup regular coffee, Crystal Light, Fruit 2O, Diet Jell-O, chicken broth, beef broth, sugar free popsicles (not more than 2)

Meal Options: Week 2 Post Op Bypass/ Lap Band Surgery
Full Liquid-Puree Consistency

*****Sip on 2 Protein shakes throughout the day*****

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	½ cup yogurt	½ cup scrambled egg	½ cup cottage cheese	½ cup yogurt	½ cup scrambled eggs	½ cup cottage cheese	½ cup yogurt
Lunch:	½ cup cottage cheese	½ cup yogurt	1 cup pureed soup	½ cup cottage cheese	1 cup pureed soup	½ cup yogurt	½ cup cottage cheese
Supper:	1 cup pureed soup	½ cup no added sugar pudding	½ cup yogurt	1 cup pureed soup	½ cup no added sugar pudding	½ cup scrambled egg	1 cup pureed soup

Note: Pureed soup- pureed bean soup or strained cream soup
Scramble egg in milk- soft consistency

Approximate protein: 60 grams/day (Includes 2 Protein shakes)

Additional Liquids: Water, Herbal Tea, Decaf coffee, 1 cup regular coffee, Crystal Light. Fruit 2 O, Diet Jell-O, Sugar free popsicles, Chicken broth, Beef broth

Meal Options: Week 3 Post Op Bypass/ Lap Band Surgery
Puree Consistency

*****2 Protein Shakes daily- Sip throughout the day*****

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	½ cup cream of wheat	½ cup scrambled egg	½ cup cream of rice with protein	½ cup cottage cheese ½ cup pureed fruit	½ cup scrambled egg	½ cup cream of wheat	½ cup scrambled egg
Lunch:	¼ cup pureed meat ¼ cup mashed potato	1 cup pureed soup	¼ cup cottage cheese ¼ cup pureed fruit	¼ cup pureed meat ¼ cup pureed vegetables	1 cup pureed soup	½ cup mashed tuna ¼ cup No added sugar pudding	½ cup yogurt
Supper:	1 cup pureed soup	¼ cup pureed meat ¼ cup pureed vegetables	¼ cup scrambled egg ¼ cup pureed vegetables	½ cup puree soup ½ cup No added sugar pudding	¼ cup pureed meat ¼ cup mashed potato	½ cup pureed soup ½ cup No added sugar pudding	¼ cup pureed meat ¼ cup pureed vegetables

Note: Make Cream of Wheat with milk- Suggest Cream of Wheat with added Protein, Greek Yogurt is higher in protein
Do not use instant mashed potatoes
Pureed soup- puree bean soup or strained cream soup
Homemade pureed meat- blend with fat-free gravy, marinara sauce or broth

Approximate protein: 60 grams/day (Includes 2 Protein shakes)
Additional Liquids: Same as previous week

Meal Options: Week 4-5 Post Op Bypass/ Lap Band Surgery
Soft, Ground, Moist

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	½ cup scrambled egg 1 slice toast	½ cup Dry Cereal 4 oz milk	½ cup oatmeal	½ cup Dry Cereal 4 oz milk	½ cup scrambled egg 1 slice toast	½ cup Dry Cereal 4 oz milk	poached egg 1 slice toast
Lunch:	½ cup tuna salad 1 slice toast	½ cup bean soup 6 crackers Banana	½ cup ham salad 1 slice toast	½ cup cottage cheese ½ cup lite canned fruit	½ cup chicken soup ½ cup lite canned fruit	½ cup egg salad ½ cup lite canned fruit	½ cup cup bean soup ½ cup No added sugar pudding
Supper:	3 oz fish ½ cup carrots	3 oz ground beef ¼ cup mashed potato fat free gravy	garden burger ¼ cup zucchini	3 oz ground chicken fat free gravy ¼ cup green beans	3 oz salmon ¼ cup mashed potatoes	2 egg omelet 1 slice toast	3 oz ground turkey fat free gravy ¼ cup butternut squash

Note: Use low fat mayonnaise for meat salads

Cereals with added protein: Quaker Weight Control Oatmeal with protein, Special K with protein, Kashi Go Lean, Cream of wheat with protein

Use fat free butter spray or No Added Sugar Jelly for toast

Add protein drink if not getting 60 grams of protein

Approximate protein: 60 grams/day

Additional Liquids: same as previous week

***Total amount of food should not exceed 1 cup at each meal**

Meal Options: Week 6 Post Op Bypass/ Lap Band Surgery
Solid Low-Fat

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	½ cup scrambled egg 1 slice toast	½ cup Dry Cereal 4 oz milk	½ cup oatmeal	½ cup Dry Cereal 4 oz milk	½ cup scrambled egg 1 slice toast	½ cup Dry Cereal 4 oz milk	poached egg 1 slice toast
Lunch:	½ cup tuna salad 1 slice toast Lettuce	3 oz turkey 1 slice toast Tomato	½ cup ham salad 1 slice toast Lettuce	½ cup cottage cheese ½ cup lite canned fruit	3 oz meatloaf ¼ c vegetables	½ cup hummus 6 crispy crackers	3 oz turkey 1 slice toast Lettuce
Supper:	3 oz chicken ¼ cup Beans 1/3 cup red sauce	3 oz fish ¼ cup mashed potato ¼ cup Green Beans	3 oz hamburger ¼ cup mashed potato ¼ cup broccoli	garden burger ¼ cup mixed vegetables	3 oz turkey fat free gravy ¼ cup mashed potato ¼ cup carrots	3 oz baked salmon ¼ cup peas	3 oz loose hamburger in 1/3 cup red sauce ¼ cup whole wheat pasta

Note: Use low fat margarine, low fat mayonnaise, low fat salad dressing

Total amount of food should not exceed 1 cup at each meal

Salad at the end of the meal as tolerated

Foods that may be difficult to digest: tough meat, fresh bread, stringy vegetables, membrane on orange and grapefruit, skin on fruits and vegetables

Remember: **Protein first**

Approximate Protein: 60 grams/day