



THE PRE-SURGERY / LIVER REDUCTION DIET

Begin this plan 2-4 weeks before surgery

***Protein goals: 80-120g per day and Fluid goals: 64oz. per day
2-4 weeks before surgery***

- Aim for 80-120g of protein daily
- 2-3 protein shakes daily
- Suggested brands include Bruce Bariatrics protein shakes, Premiere Protein, and Fairlife
- Shakes should have less than 200 kcal, more than 20g of protein, and less than 10g of carbohydrate

Choose 2 approved snacks daily

- 2 cheese sticks
- 1/3 cup nuts
- 2 boiled eggs
- Two Good Greek yogurt
- 1 lean and green meal daily
- 3-4 oz. lean protein and 1-2 cups of non-starchy vegetables.
See the lean and green handout for more information

Recommended Daily Schedule for the Above Diet

- 8:00 AM- Protein Shake
- 10:00 AM- Snack
- Noon- Lean and Green
- 3:00 PM- Snack
- 5:00 PM- Protein Shake
- 7:00 PM- Protein Shake- if needed

- * Please note this is a sample schedule; times may be adjusted to suit your needs. Remember to try to keep intake spaced two hours apart.
- * Please remember to supplement the above with 64 ounces of clear fluid. See the clear fluid handout for more information



THE PRE-SURGERY / LIVER REDUCTION DIET (CONTINUED)

The Pre-Surgery / Liver Reduction Diet:

Begin this plan 1 week before surgery

- Aim for 80-120g of protein daily
- 5 protein shakes daily
- Suggested brands include Bruce Bariatrics protein shakes, Premiere Protein, and Fairlife
- If using protein powder, mix with unsweetened almond or soy milk
- Be sure to include at least 64 oz. of approved hydration fluid daily in addition to the 5 shakes
- Water
- Crystal light, True Lemon, sugar-free beverages like Gatorade Zero, PowerAde Zero, or flavored water Low-sodium broth
- Decaf coffee, decaf hot tea, decaf unsweetened tea Do not add sugar or honey to your beverages. Artificial sweeteners like stevia, Splenda, monkfruit, and Equal are approved.
- Sugar-free jello and sugar-free popsicles count towards your liquid goal
- **Avoid carbonation, sugar, caffeine, alcohol, straws, and gum**



THE PRE-SURGERY / LIVER REDUCTION DIET (CONTINUED)

Lean Protein Sources

Bison	Lamb	Scallops
Beef	Lobster	Shrimp
Chicken	Mussels	Turkey
Crab	Oysters	Veal
Duck	Pork (including low-fat cured meat)	Venison
Eggs		Tofu/ Tempeh
Fish	Prawns	

Non-Starchy Vegetables

Alfalfa sprouts	Carrots	Onions
Artichokes	Celery	Peppers (all types)
Asian greens	Cucumber	Radishes
Asparagus	Eggplant	Radicchio
Baby spinach	Endive	Snow peas
Bamboo shoots	Fennel	Spinach
Bean sprouts	Green beans	Sprouts
Beets	Kale	Swiss chard
Bok choy	Kohlrabi	Tomato
Broccoli	Leeks	Turnip
Broccolini	Lettuce (all types)	Water chestnuts
Brussels sprouts	Mushrooms	Yellow squash
Cabbage	Okra	Zucchini
Cauliflower	Olives	