

Full Liquid Diet

The next stage of your journey (which will last approximately 5 days) will be a combination of clear liquids and protein drinks to slowly acclimate your body to consuming less calories and accommodate the size of your stomach. Your body will need time to adjust to the changes and it will be very important to your weight loss that you become comfortable with a low calorie and protein rich diet. It is important that you follow this process as introducing pureed foods too quickly does not allow you to maximize your weight loss and it could potentially have a negative impact on the healing process.

DURATION: Days 3 - 7 Post-Procedure

DIET INSTRUCTIONS:

- Consume 5oz - 8oz servings of high protein, low sugar beverages over the course of 30 minutes or more.
 - Water
 - Propel™
 - Powerade™ Zero
 - Fat-Free Chicken Broth
 - Calorie-Free Tea
 - Calorie Free Sports Drink
- **DO NOT** exceed 8oz/hour!

PROTEIN GOAL: 60-80 grams

These protein drinks should have 15-20g of protein/serving, less than 15g/serving of carbohydrates, and -100-200 cal/serving

Examples of Protein Drinks

- AdvantEDGE™
- HMR 70+
- Glucerna™ Weight Loss Shake
- Ultra Slim Fast with Soy Protein
- Atkins™ Advantage Shake
- Ultra Pure Protein Shake
- Other protein drinks recommended by your doctor

Milk Based Protein

- Optisource
- Whey Protein
- Carb Conscious Carnation™ Instant Breakfast Blue Box (no sugar added)
- HMR 500, 800 (no ice)

Medications/Vitamins: Continue to take your medications and vitamins as prescribed.

** Your doctor may recommend following a different plan. Follow what your dietitian or doctor recommend. These are just guidelines.*

Important Considerations During This Time

When Drinking:

1

Sip all liquids slowly over a one-hour period

- **DO NOT** exceed 8 ounces per hour

2

Avoid gulping and straws, it introduces air into your system and may cause gas pains

- **DO NOT** force yourself to finish fluids if you feel full

3

To increase protein intake, you can add “Just Whites” by Deb El

- This is an egg white powder found in the baking section of the supermarket, in the cake decorating section of craft stores, or visit debelfoods.com.

4

It is **VERY** important that you stay hydrated

- Keep an eye on your urine, it should be **no darker** than a light yellow

5

If you are lactose intolerant, try dairy free options

Note - instant breakfast powder and dry skim milk powder contain lactose

- Unsweetened almond, soy, coconut milk, or other dairy free substitute

6

If you use a high protein soup, strain out any vegetables

- Recipe: broth (bring to boil) + 2 egg whites, stir well

This is a good time to start journaling and keeping track of what you are consuming.

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