High Protein Liquid Meal Plan

After bariatric surgery you will have a series of meal plans to follow. The High Protein Liquid Meal Plan is the first of the series and is designed specifically for your recovery period after surgery. It is important to follow the guidelines carefully to ensure adequate nutrition and to promote healing after bariatric surgery. Follow this meal plan until your post-operative appointment at the Bariatric Surgery Center.

The guidelines for the High Protein Liquid Meal Plan are:

- Six, small meals per day. All foods must be a smooth, liquid consistency.
- Eat or sip slowly. Each meal should last 30-60 minutes.
- Appropriate foods for this meal plan are listed below.
- At least 6-8 cups of fluid per day are required to maintain adequate hydration. Small, frequent sips of sugar-free, non-carbonated, caffeine free beverages are recommended.
- Avoid straws, gum, sugar free hard candies, and alcohol.

At home, you will follow steps 1-3 outlined below to make appropriate food choices for the High Protein Liquid Meal Plan:

Step 1

At 3 of your meals, select 1 item from the following Protein Food List (serving size ¼ - ½ cup):

Soup	98% fat-free condensed cream soups; prepare w/ fat-free or 1% milk; strain before eating
Broth	with 1 scoop unflavored protein powder
Milk	fat-free or 1%
Soymilk	plain or vanilla
Lactaid milk	fat-free or 1%
Blended Light Yogurt	low-fat, without fruit pieces, sweetened with artificial sweetener
Yogurt	plain (unflavored), low-fat
Greek yogurt	plain (unflavored), low-fat
Pudding	low-fat, sugar-free or no added sugar

Step 2

Drink a protein supplement at the other 3 meals each day. The serving size is 8 fluid ounces. You can purchase ready-made protein supplements or make your own supplements. Recipes and supplements list are attached for your reference.

Step 3

Sip *fluids* throughout the day for a total of at least 6-8 cups daily (48-64oz.).
(For example: 24oz. protein supplement daily + 3 or more cups of additional fluids)

Recommended fluids are sugar-free, non-carbonated and decaffeinated such as:

Water	Crystal Light
Broth	Sugar-free Kool Aid
Fruit Propel	Unsweetened decaf iced tea
Decaf coffee/tea	Sugar-free gelatin
Sugar-free popsicles	

Sample Daily Meal Plan

(start eating within 1 hour of waking)

Approximate Time	Food	Fluids
8:00 am	1 Protein Supplement (8oz.)	
10:30 am	1 item from Protein Food List	
1:00 pm	1 Protein Supplement (8oz.)	Drink an additional 3 cups(24oz) or more of fluid throughout the day .
3:00 pm	1 item from Protein Food List	
6:00 pm	1 Protein Supplement (8oz.)	
8:30 pm	1 item from Protein Food List	

High Protein Shake Recipes

YOGURT SHAKE

½ cup light yogurt
2 ounces low fat or soy milk
1 scoop protein powder (any flavor)
1 Tbsp sugar free jelly (any flavor)

Blend in a blender until smooth

DECAFFEINATED COFFEE PROTEIN SHAKE

Place 1 ½ scoops of unflavored protein powder into a clean dry mug.
Add about 2 tbsp of water and blend with a spoon into a smooth paste consistency.
Add 6-8 ounces of decaffeinated coffee

Stir until you have a liquid consistency (no clumps)

CRYSTAL LIGHT SHAKE

1 packet of Crystal Light (any flavor)
1 cup of ice cubes
2 ounces of water
1 ½ scoops of protein powder (plain or vanilla)

Blend in a blender until smooth

CHOCOLATE MOCHA DREAM SHAKE

6 ounces low fat milk or soy milk
1 scoop protein powder (plain or vanilla)
1 packet artificial sweetener
1 tsp unsweetened cocoa powder
1 tsp instant decaffeinated coffee

Blend in a blender until smooth

THE PERFECT STRAWBERRY PROTEIN SHAKE

1/2 cup of soy milk, low fat milk or light yogurt
A serving of protein powder (vanilla or plain)
1 tbsp sugar free strawberry jelly
¼ tsp vanilla extract
2-4 ice cubes

Blend in a blender until smooth

HAZELNUT- CINNAMON SMOOTHIE

1 scoop of protein powder (vanilla, plain or chocolate)
1 tbsp Sugar free hazelnut coffee creamer
¼ tsp ground cinnamon
¼ cup plain Greek yogurt
½ cup low fat milk or soy milk
2-4 ice cubes

Blend in a blender until smooth