

Blessing Bariatric

1 WEEK PRE OP DIET

ONLY THESE ITEMS ARE ALLOWED - IF IT IS NOT ON THE LIST, DO NOT CONSUME IT

DAYS 1-3

- Drink 3 protein shakes per day
 - examples include Fairlife Core Power, Premier Protein, Pure Protein
 - if doing protein powder, use only 8 oz of skim or 1% milk (or unsweetened almond, soy, or oat milk) to mix with the powder
- Eat unlimited non-starchy veggies
 - See next page of accepted options
- Eat 1 fruit per day
 - See next page of accepted options
- Eat up to 2 tbsp of fat per day
 - Olive oil, avocado oil, vegetable oil, lite salad dressing, or ½ avocado are acceptable
- Condiments - the following are acceptable
 - low sodium soy sauce, mustard, lemon juice, lime juice, vinegar, herbs, spices
- Consume the following bariatric fluids
 - Low sodium broths, water, unsweetened decaf tea, decaf coffee, caffeine-free herbal teas, gatorade zero, protein water, SF popsicles, SF jello; can use SF flavor packets (Mio, Crystal Light, etc)

DAYS 4-7

Only consume the following:

- Drink 3 protein shakes per day
- Consume bariatric fluids (listed above)

Blessing Bariatric

PRE OP DIET

LIST OF NONSTARCHY VEGETABLES AND FRUITS OPTIONS

NONSTARCHY VEGGIES - UNLIMITED



Lettuces



Tomato



Spinach



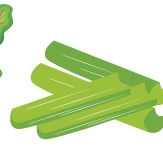
Peppers



Broccoli



Beets



Celery



Mushroom



Carrots



Green Beans



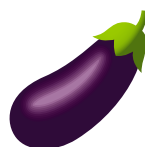
Asparagus



Artichoke



Radish



Eggplant



Onion



Okra



Zucchini



Cucumber



Cabbage



Kale



Turnip



Cauliflower



Yellow
Squash



Spaghetti
Squash



Brussel
Sprouts



Greens - Collard,
Turnip, Mustard

FRUITS - 1 PER DAY (SEE MANUAL FOR SERVING SIZES)



Apple



Apricot



Pear



Banana



Blackberries



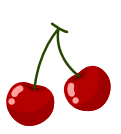
Blueberries



Clementine



Dates



Cherries



Cantaloupe



Grapefruit



Grapes



Honeydew



Kiwi



Mango



Orange



Papaya



Peach



Plum



Pineapple



Raspberries



Strawberries



Watermelon



Unsweetened
Applesauce



Fruit
Cocktail
(light, SF)



Dried
Fruit

Blessing Bariatric

2 WEEK PRE OP DIET

ONLY THESE ITEMS ARE ALLOWED - IF IT IS NOT ON THE LIST, DO NOT CONSUME IT

DAYS 1-10

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- Eat unlimited non-starchy veggies
 - See next page of accepted options
- Eat 1 fruit per day
 - See next page of accepted options
- Eat up to 2 tbsp of fat per day
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DAYS 11-14

Only consume the following:

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Tomato



Spinach



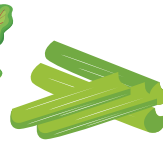
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Broccoli



Beets



Celery



Mushroom



Carrots



Green Beans



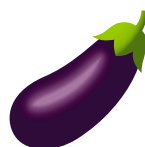
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Artichoke



Radish



Eggplant



Onion



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Zucchini



Cucumber



Cabbage



Kale



Turnip



Cauliflower



Yellow
Squash



Spaghetti
Squash



Brussel
Sprouts



Greens - Collard,
Turnip, Mustard

FRUITS - 1 PER DAY (SEE MANUAL FOR SERVING SIZES)



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Apricot



Pear



Banana



Blackberries



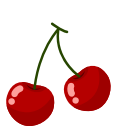
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