

# Liver Shrink Diet Before Bariatric Surgery

Level 1

**This diet is for:**

- Women less than 400 pounds

**This diet includes:**

- 1,000 calories
- 100 grams protein
- 70 grams carbohydrate

Please start this diet \_\_\_\_\_ weeks before to your surgery date.

**Warning!** This diet does not provide enough calories, protein, vitamins, or minerals. Only use this diet with the advice and supervision of your doctor. This diet is not recommended for general weight loss.

If you are taking a multivitamin and mineral supplement, please stop taking it now.

## Diet outline

### 4 high protein meal replacement shakes

**1 meal** You may choose either:

Frozen entrée (300 calories or less and 30 grams of carbohydrate or less)

OR

6 oz. lean meat (chicken, turkey, fish, pork) + 1 cup non-starchy vegetables

Starchy vegetables include: peas, potatoes, and corn

### Unlimited non-starchy vegetables

Salad (vegetables only) + 2 tablespoons of light or low-fat salad dressing

Avoid high calorie toppings such as cheese, egg, dried fruit, nuts and bacon

OR

Cooked or raw non-starchy vegetables (no peas, potatoes, or corn)

### 1 Fruit

 Small apple, small banana, small orange, 3/4 cup berries or melon

### 64 fl oz calorie-free beverages

 (water, unsweetened tea, Crystal Light)

## Sample meal plan

<b>Breakfast</b>	1 meal replacement shake
<b>Snack</b>	1 fruit
<b>Lunch</b>	Salad with 2 Tablespoons of light dressing + 1 meal replacement shake
<b>Snack</b>	1 meal replacement shake
<b>Dinner</b>	Frozen entrée
<b>Snack</b>	1 meal replacement shake



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## Meal replacement shake options

Product	Calories	Fat (grams)	Protein (grams)	Carb (grams)
Atkins Advantage Shake (Ready-To-Drink)	160	10	15	5
GNC Lean Shake (Ready-To-Drink)	170	6	25	6
Premier Protein Shake (Ready-To-Drink)	160	3	30	4
Slim Fast – Advanced Nutrition High Protein (Ready-To-Drink)	180	9	20	4
Ensure Max Protein Shake (Ready-To-Drink)	150	1.5	30	6
Slim Fast- Advanced Nutrition High Protein <b>powder</b> + 1 cup unsweetened almond milk	140	6	13	8
Body Fortress Super Advanced Whey Protein <b>powder</b> + 1 cup water	210	5	30	8
<b>Other shake options must provide:</b>	about 200	less than 10	more than 10	less than 10

## Sample cost per day (not including tax):

### Method 1 (most convenient): \$ 9.84

1. 4 Premier Protein Shakes (\$ 1.38 per shake)
2. Fruit (banana \$ 0.28)
3. Pre-packaged salad (about \$ 1.75) with 2 tablespoons low-fat salad dressing
4. 1 frozen entrée (\$ 2.29)

### Method 2 (Most cost effective): \$ 5.86

1. 4 scoops Body Fortress Super Advanced Whey Protein (\$ 0.99 per scoop), mixed with water for most cost effective shake
2. Fruit (banana \$ 0.28)
3. 2 cups frozen, steamable non-starchy vegetables ( \$0.50)
4. 1 “Lean and Green” option (\$ 1.12)
  - 6 ounces frozen chicken
  - 1 cup non-starchy vegetables, leftover from lunch

### Please note:

- Prices were found at grocery stores, such as Walmart and Kroger, and do not take into account any sale prices.
- Price for Premier Protein was found at Sam’s Club and Costco Wholesale.
- Body Fortress Super Advanced Whey Protein is often available at Walmart, Kroger or online retailers, such as Amazon.

**Frozen meal options (300 calories or less and 30 grams of carbohydrates or less)**

<b>Atkins</b>	<b>Michelina's</b>
Beef Teriyaki Stir Fry	Meatloaf with Mashed Potatoes
Chicken Marsala	Salisbury Steak
Ham and Cheese Omelet	<b>Smart Ones</b>
<b>Banquet</b>	Broccoli & Cheddar Roasted Potatoes
Turkey Meal with Gravy	Chicken Santa Fe
Salisbury Steak Meal	Chicken Strips and Sweet Potato Fries
<b>Boston Market</b>	Chipotle Lime Chicken
Turkey Breast Medallions	Creamy Basil Chicken with Broccoli
Oven Roasted Chicken	Crustless Chicken Pot Pie
<b>Eating Well</b>	Ham and Cheese Scramble
Chicken and Fingerling Potatoes	Homestyle Beef Pot Roast
Chicken and Wild Rice Stroganoff	Homestyle Chicken and Potatoes
<b>Healthy Choice</b>	Meatloaf
Beef Merlot	Pulled Pork and Black Beans
Chicken and Vegetable Stir Fry	Roasted Chicken and Herb Gravy
Chicken Linguini with Red Pepper Alfredo	Salisbury Steak
Grilled Chicken Marsala with Mushrooms	<b>Smart Made By Smart Ones</b>
Grilled Chicken Pesto and Vegetables	Asian Style Garlic Chicken
Honey Balsamic Chicken	Chicken with Spinach Fettuccini
<b>Lean Cuisine</b>	Mediterranean Style Chicken Bowl
Beef Pot Roast	Orange Sesame Chicken Bowl
Chicken Carbonara	Rosemary Grilled Beef & Vegetables
Chicken Marsala	Slow Roasted Turkey Breast
Herb Roasted Chicken	Tomato Basil Chicken with Spinach
Meatloaf with Mashed Potatoes	White Wine Chicken and Couscous
Pomegranate Chicken	<b>Marie Callender's Delights</b>
Roasted Turkey and Vegetables	Baked Country Chicken & Potatoes
Salisbury Steak with Macaroni & Cheese	Baked Turkey Meatloaf
Shrimp Alfredo	<b>Stouffer's</b>
Steak Portabella	Baked Chicken Breast & Potatoes
Stuffed Cabbage	Beef Pot Roast
Sweet Siracha Braised Beef	Oven Roasted Chicken

- You are not limited to these options only. Use them as a guide.
- It is okay if your frozen meal has starchy vegetables (peas, potatoes or corn) as long as long as it has 300 calories or less and 30 grams of carbs or less.

**Talk to your doctor or health care team if you have any questions about your care.**