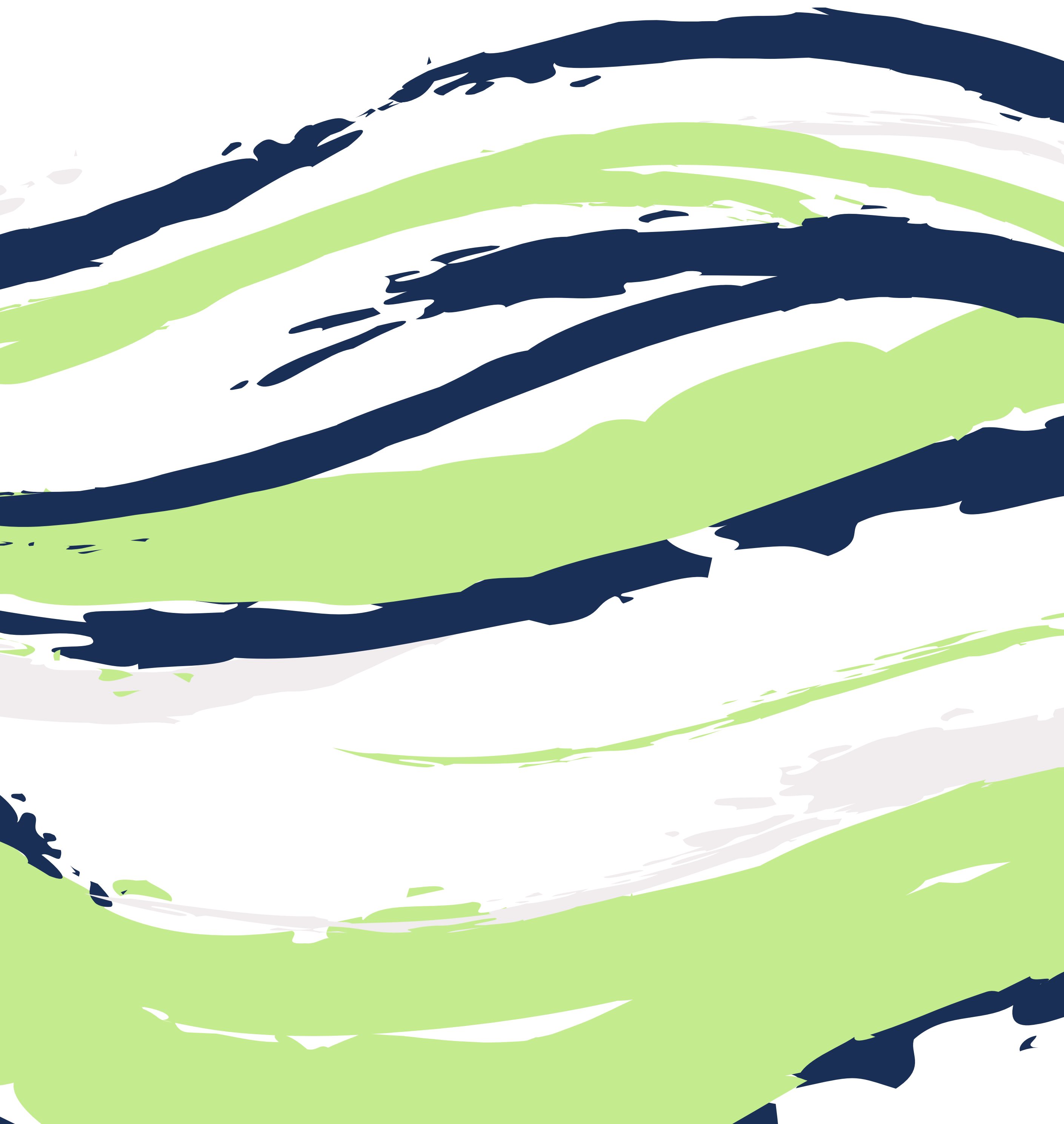




Memorial
Weight-Loss Surgery Program

MY JOURNEY

TO BETTER HEALTH





**THIS JOURNAL
BELONGS TO**

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PURPOSE



Memorial
Weight-Loss Surgery Program

The purpose of this journal is to empower and motivate you towards your new lifestyle.



**Reminder: it is never too late
to start living well**

MEET YOUR GUIDE

This Nutrition & Lifestyle Guide will be reviewed with your Dietitian to maximize your success both before and after surgery.

The objectives of this guide are to help you:



Learn healthy eating habits



Optimize protein and fluid intake



Understand diets pre and post op



Implement a physical activity routine



Feel confident in achieving your goals

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MEET YOUR TEAM

Name **Weight Loss Program Office**

Website <https://www.mhs.net/services/bariatric-surgery>

Hours **8:30-5PM**

Phone **954-276-1400**



Name **Ashley Pelaez, RD, LDN.**

Title **Registered Dietitian**

Email apelaez@mhs.net

Phone **954-276-1400**



Name **Rebeca Stevenson, MS, RDN**

Title **Registered Dietitian**

Email rstevenson@mhs.net

Phone **954-276-1400**

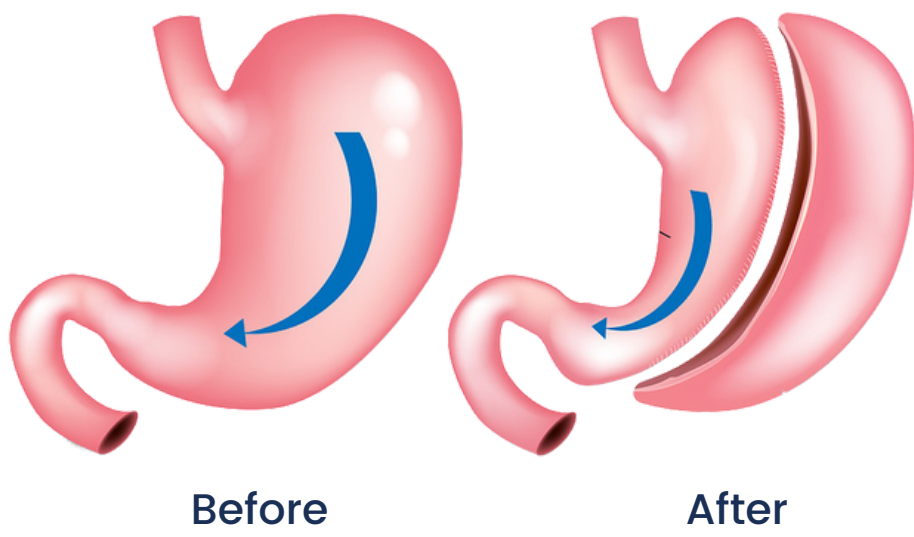


If you need to get in contact with your surgeon, you could message them directly on MyChart or contact the office.

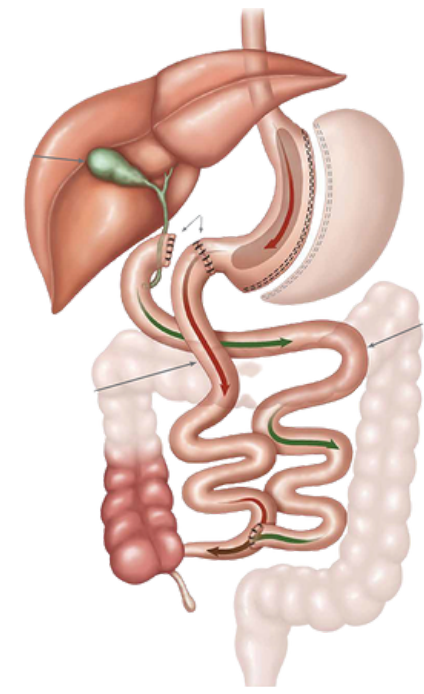
**FOR MEDICAL AND URGENT EMERGENCIES PLEASE CALL
911!**

TYPES OF BARIATRIC PROCEDURES

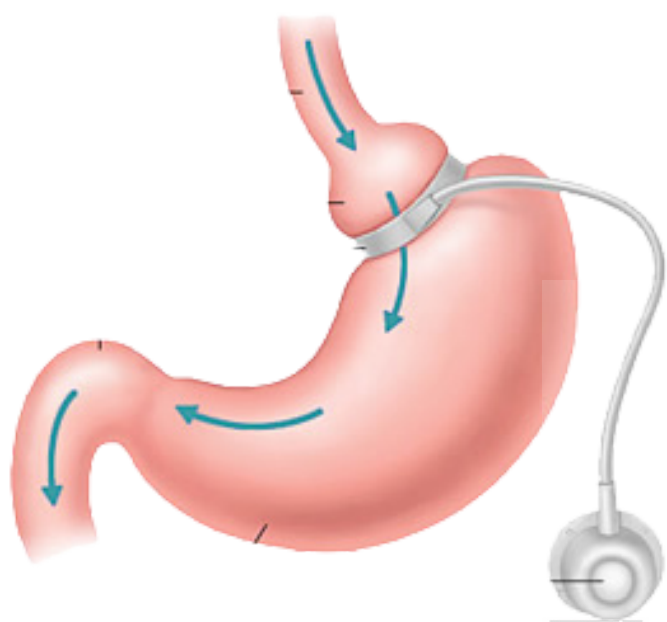
Sleeve Gastrectomy



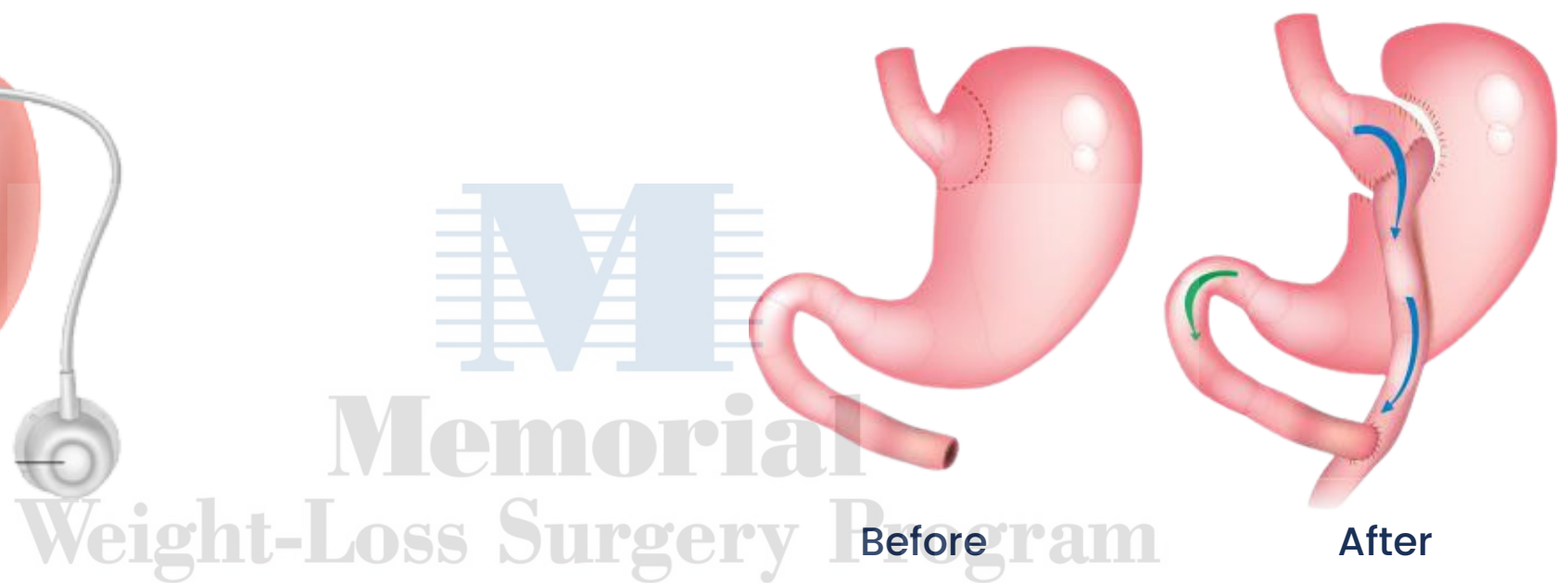
Duodenal Switch



Gastric Banding



Gastric Bypass



Single-Anastomosis Duodenoileal Bypass with Sleeve Gastrectomy (SADI-S)



TO DO BEFORE FIRST NUTRITION VISIT

Please keep a food log for 3 days and bring to your first visit with the dietitian. Be as detailed as possible!

DAY 1	DRINKS	VITAMINS
Morning:		
Mid-Day:		
Evening:		
Snacks:		



Reminder: Your bariatric team can only help you if you are honest with yourself and us!

Please keep a food log for 3 days and bring to your first visit with the dietitian. Be as detailed as possible!

DAY 2

DRINKS

VITAMINS

Morning:

Mid-Day:

Evening:

Snacks:

[Empty area for recording drinks]

[Empty area for recording vitamins]



Reminder: Your bariatric team can only help you if you are honest with yourself and us!

Please keep a food log for 3 days and bring to your first visit with the dietitian. Be as detailed as possible!

DAY 3

DRINKS

VITAMINS

Morning:

Mid-Day:

Evening:

Snacks:

[Empty area for recording drinks]

[Empty area for recording vitamins]



Reminder: Your bariatric team can only help you if you are honest with yourself and us!



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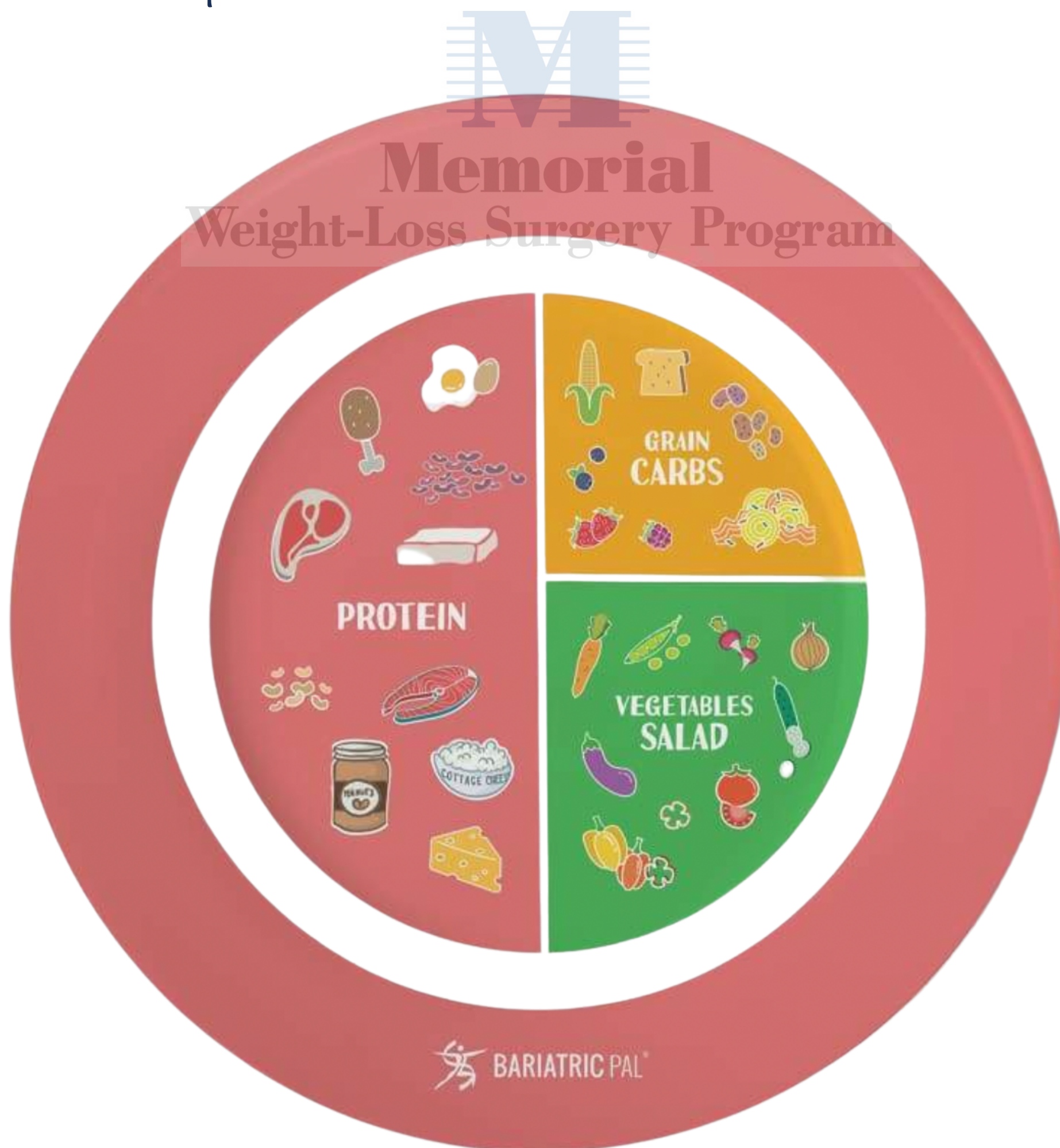
CHAPTER

One

Your Ideal Plate

WHAT YOUR PLATE SHOULD LOOK LIKE

This is what your plate will look like after surgery. We encouraged you to begin practicing this method as soon as possible to ensure maximum results!



DISCLAIMER:

All third party trade marks referenced in this guide are not intended for promotional purposes. Memorial Healthcare System is in no way endorsed by the products listed and are for personal use only.

Eat in this order: **1** Protein **2** Vegetables **3** Starch

CARBOHYDRATES



Reminder: There are NO BAD carbs.
Only better carbs..

CEREALS/GRAINS/PASTA



Cereal
1/2 cup



Oatmeal/Grits/Cream of Wheat
1/2 cup



Pasta
1/2 cup



Rice
1/3 cup



Breads
1 slice



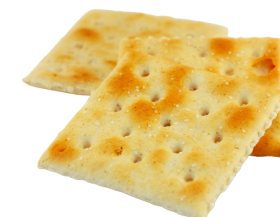
Bagel/Muffin
1/2 serving



Tortillas
1 serving



Pita Bread
1/2 slice



Saltine Crackers 6
pieces



PopCorn
3 cups

STARCHY VEGGIES



Beans
1/2 cup



Corn
1/2 cup



Plantains
1/2 cup



Hummus
1/2 cup



Potatoes
1 small



Mashed Potatoes
1/2 cup



Sweet Potatoes
1/2 cup



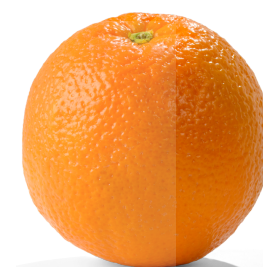
Peas
1/2 cup



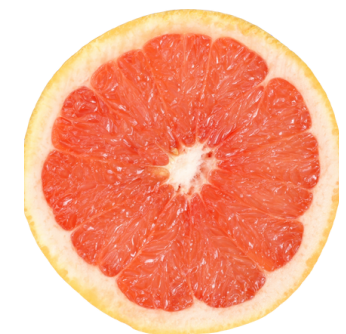
Squash
1 cup



1 Apple



1 Orange



1/2 Grapefruit



1/2 Banana



1/2 Mango



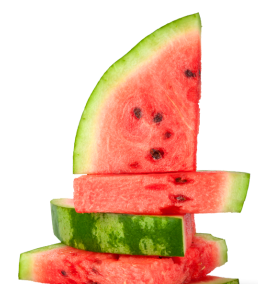
3/4 cup



15 Grapes



1/2 cup Fruit
Cocktail



1 1/4 cup
Watermelon

DAIRY/DAIRY PRODUCTS



Milk (fat-free, 1%)
1 cup



Yogurt (low-fat,
light, Greek light)
1 cup



Soy Milk
1 cup



Almond Milk
1 cup
(low protein)



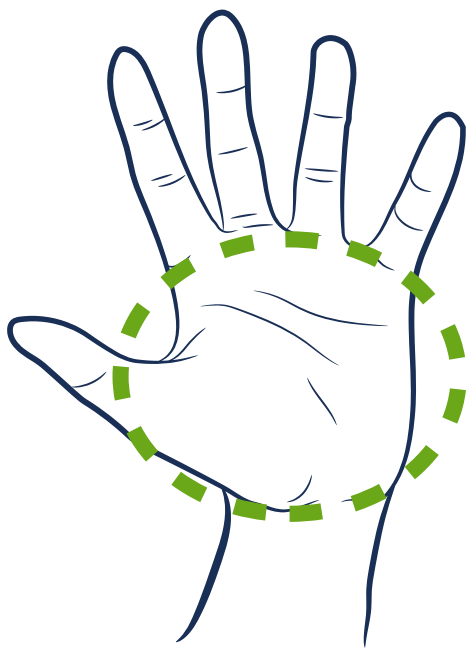
Rice Milk
1 cup
(low protein)

A Handy Guide to Serving Sizes

Your Goal = 4 servings maximum per day
1 serving = 15 grams of starchy carbohydrates



1 Slice of bread (wheat or white) = 15 grams/ 1 serving



Roughly the size of your PALM = 1 serving of carbohydrates



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Roughly the size of your FIST = 1 serving of carbohydrates



A deck of cards = 1 serving of carbohydrates

How to Count Your Carbs

ON A NUTRITION LABEL

$$\text{Net Carbs} = \text{Total Carbohydrates} - \text{Dietary Fiber}$$

Net carbohydrates are the actual amount your body will use for energy. This equation does NOT include dietary fiber since our bodies are typically not able to digest fiber!

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	52%
Dietary Fiber 2g	4%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Total Carbohydrates
26 grams

Dietary Fiber

2 grams

Net Carbs
24 grams

LOW CARB FOOD OPTIONS



Here are some dietitian approved foodie options that taste delicious and will satisfy any craving without all the carbs!

BREAD/WRAPSPASTA



SOLA®
Loaves of Bread
Serving size: 1 Slice
PROTEIN: 5 grams
CARBS: 2 grams
find in: Amazon, walmart,
Costco.



Joseph's®
Pita Bread/Wraps
Serving size: 1 piece
PROTEIN: 6 grams
CARBS: 6 grams
Find in: Publix, Amazon



Palmini®
Pasta
Serving size: 3.5 oz (~1/2 cup)
PROTEIN: 6 grams
CARBS: 6 grams
Find in: Amazon, Publix,
Walmart



Mission Foods Carb Balance
Serving size: 1 tortilla
PROTEIN: 5 grams
CARBS: 4 grams
find in: Amazon, Walmart,
Costco, Publix



Wonder Noodles
Serving size: 2 servings
PROTEIN: 0 grams
CARBS: 2 grams
FIBER: 2 grams
Find in: Amazon, Thrive Market



**Simply Nature Organic
Edamame Spaghetti**
Serving size: 2oz
PROTEIN: 24 grams
CARBS: 7 grams
FIBER: 13 grams
Find in: Amazon, Aldis, Publix

BETTER CARBOHYDRATES

1 serving = 5 grams of carbohydrates; 1/2 cup cooked or 1 cup raw

NON-STARCHY VEGGIES



Artichokes



Asparagus



Bean Sprouts



Bok Choy



Broccoli



Brussel Sprouts



Cabbage



Carrots



Cauliflower



Cucumber



Dark Leafy Greens



Eggplant



Green Beans



Leeks



Mushrooms



Okra



Onions



Bell Peppers



Pumpkin



Sauerkraut



Spinach



Squash



Tomato



Turnips



Zucchini



100% Vegetable Juice

All About Nutrition Labels



Reminder: Just because the packaging LOOKS healthy.. does not mean it IS healthy!!

What is a nutrition label?

Similar to a book, nutrition labels are like a table of contents for the food we eat! A nutrition label can be found on every packaged food item and some non-packaged foods, like fruits and vegetables.

How do I use it?

- 1 Size up Servings:** The information listed on the nutrition label is usually based on 1 serving of food. Pay attention to the serving size and the number of servings you eat or drink.
- 2 Count your Carbs:** Remember that 15g = 1 serving of carbohydrates and you should be having up to 4 servings/day. Stay away from sugars as much as possible.
- 3 Pick your Protein:** Your new bariatric lifestyle will require a lot of protein! Make sure to eat about 21-28 gm per meal 3 times/day. That will help you reach your goal of 60-80 gm of protein per day!

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Take-Away

The best way to keep yourself on track is to get in the habit of comparing food labels and choosing the items that will give you the **most protein with the least amount of carbs/sugar!**

FOCUS ON FLUIDS



Reminder: Undergoing bariatric surgery requires you to make a few new habits to optimize your success!



FLUIDS TO AVOID



Carbonated/bubbly drinks (soda, sparkling water)



Sugar-containing drinks (juices, smoothies, tea)



Discontinue use of straws



Separate fluids from meals by 30 minutes



No caffeine for two weeks after surgery



FLUIDS YOU CAN HAVE



Water is your new best friend!



Sugar-FREE fluids (≤ 4 gm of sugar/serving)



SoBe® Lifewater, Vitamin Water Zero® Crystal Light®



Powerade Zero™, Propel®, Gatorade Zero®



Herbal teas with no sugar



Your Goal = 48 to 64 oz (6 to 8 cups) per day



DRINKS TO AVOID

- Glucerna Shakes
- Special K Shakes
- Slim Fast Original
- Boost or Boost Glucose Control
- Ensure Original or Ensure Plus
- Odwalla juices
- Naked Juice Drinks
- ALL honey, brown sugar, agave sweeteners
- ALL Sodas
- ALL sparkling/bubbly water
- Orange Juice or Pineapple Juice
- Gatorade and/or Powerade
- Any juice with ≥ 4 gm sugar
- Coffee creamers with ≥ 4 gm sugar
- Sweet tea of any kind



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PICK YOUR PROTEIN

Reminder: After surgery, you will need to consume 60-80 grams of protein per day.

✓ Maintain & Repair muscle

✓ Optimize Healing

✓ Minimize Hair Loss

✓ Help with Satiety

MEATS



Beef/Veal
1 oz



Fish (salmon, tilapia, cod, tuna)
1 oz



Shellfish (shrimp, crab, lobster)
1 oz



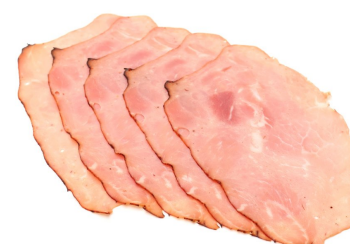
Oysters
6 pieces



Pork (tenderloin, rip, loin)
1 oz



Poultry (chicken, duck, goose)
1/3 cup



Luncheon Meats
1 oz



Turkey Bacon
3 slices



Pork Bacon
2 slices



Canned meat: tuna, sardines, chicken
1 oz



Sausage, kielbasa, Canadian bacon
1 oz



Beef Jerky
1 oz

VEGETARIAN OPTIONS



Eggs
1



Egg Whites
2



Egg Substitute
1/4 cup



Cheese, low-fat
1 oz



Cottage cheese
1/4 cup



Ricotta cheese
1/4 cup



Greek Yogurt 3-4
oz



Feta Cheese
1 oz



Nuts
1 oz



Nut Butter
2 Tablespoons



Tofu
3 oz



Tempeh
1/4 cup

Protein Rich Snack Ideas!

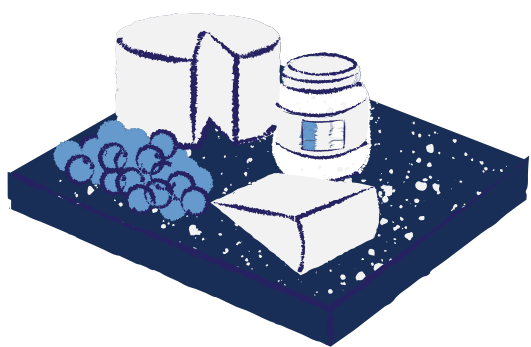
All snacks should have a serving of protein!



Greek yogurt and berries!



Hard boiled eggs!



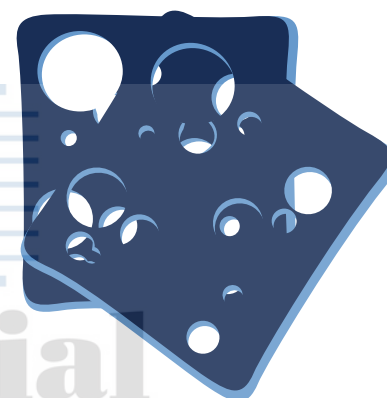
Turkey and cheese roll ups



Peanut butter and celery sticks



Veggies and yogurt dip or light ranch



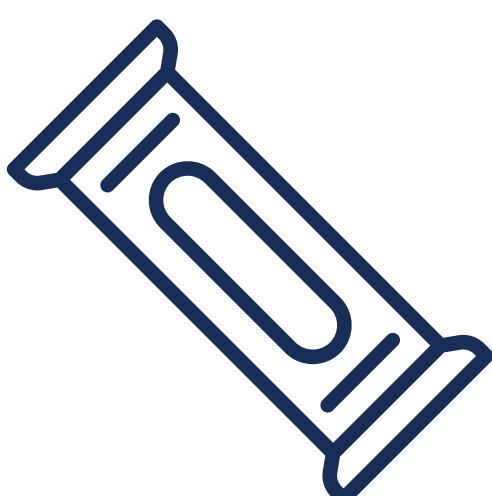
Low fat Cheese slices



Tuna or chicken salad with light mayo



Handful of low sodium nuts



Low Carb protein bars



Cottage cheese

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PROTEIN SUPPLEMENTS



Reminder: Try a couple of different protein supplements prior to surgery to get a feel for which one you prefer!



PROTEIN SUPPLEMENT CHECKLIST



Does it have 20–30 grams protein?

Is it between 150 – 160 calories or less?

Is it 5–8 grams or LESS of carbohydrates?

Types of Protein Supplements



Whey Protein Powders

- Bariatric Advantage® High Protein
- Champion Performance™ Pure Whey
- Cytosport™ 100% Whey
- GENEPRO Next Generation Protein
- GNC Pro Performance® AMP Pure Isolate
- Nature's Best Isopure®
- Syntrax® Nectar Medical Protein Powder
- UNJURY®



Ready to Drink Shakes

- Atkins® Plus Protein Shake
- Core Power® High Protein Milk Shake
- Ensure® MAX Protein or Boost® MAX
- Equate™ High Performance Shake
- Muscle Milk® Lite or 100 calories
- Premier Protein® Shake
- Slim Fast® Advanced Nutrition
- ZonePerfect® CARB WISE Shake
- FairLife® Nutrition Plan/High Quality Protein



Clear Liquid Protein

- Isopure® Clear RTD Zero Carb
- LiguaCel® Concentrated Liquid Protein
- Medtrition® PROSource
- New-Whey 42 Liquid Protein
- Nutricia Pro-Stat® Renal Care, sugar-free
- Premier Protein® Clear Protein Drink
- Protein2O® Protein Infused Water
- Proteinex® or Proteinex® P2Go
- Gatorade Zero with Protein

Jello Option:

- BariWise™ Sugar-Free Protein Gelatin
- Gelatin® 20 High Protein, sugar-free



Plant Based Powder

- ALOHA Organic Protein Drink
- Garden of Life® Organic Protein Unflavored Powder
- OWYN Plant-Based Shakes
- Sunwarrior® Protein Classic
- Vega® Protein & Greens or Protein & Energy
- Vega® Sports Performance Protein

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CHAPTER



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VITAL VITAMINS



Reminder: NO GUMMY VITAMINS!
Chewable, tablet, and liquid vitamins ONLY!



THINGS TO NOTE WHEN CHOOSING YOUR VITAMINS



NO GUMMY VITAMINS



NEED: MULTIVITAMIN, VIT B12, CALCIUM, & VIT D3



DISCUSS MEDICATION PLAN WITH DOCTOR

1

OPTION 1 CELEBRATEVITAMINS.COM

- Celebrate ONE 45- Single dose multivitamin with iron (chewable or capsule options)
 - Celebrate Calcium Citrate Soft Chews (Multiple Flavors)
- OR
- Celebrate Calcium PLUS500 Chewable tablet

2

OPTION 2: WALMART.COM

- Nature's Way Alive! Adult Ultra Potency Complete Multivitamin
- Spring Valley Sublingual Vitamin B-12 500 mcg
- Caltrate Soft Chews 600 + D3 (calcium carbonate)

3

OPTION 3 LIQUID OPTIONS VITAMINSHOPPE.COM

- Nature's Way Alive! Multi-Vitamin Max Potency Liquid
(contains sugar alcohols, can be added to water)
- Bluebonnet Calcium Magnesium Citrate Plus Vitamin D3-
- Carlson Liquid Vitamin D Super Daily D3- 2,000 IU (50 mcg) PerDrop
- Vitamin Liquid B12 Methylcobalamin 100 mcg-raspberry

VITAL VITAMINS

for the Sleeve Gastrectomy (VSG)

MULTIVITAMIN (MVI)

Thiamin	At least 12 mg/day *
Folic Acid	400-800 mcg/day from MVI 800 - 1,000 mcg/day (female child bearing age)
Vitamin B12	Oral: 350 - 1,000 mcg/day
Vitamin D	3,000 IU (75 mcg)/ day
Vitamin A	5,000 - 10,000 IU (1,500 - 3,000 mcg)
Vitamin E	15 mg/day
Vitamin K	90 - 120 mcg/day
Copper	1 mg/day from MVI
Zinc	8 - 11 mg/day from MVI
Zinc to Copper ratio: 8 - 15 mg of zinc for every 1 mg of copper	

Iron (from all supplements)

At least 18 - 60 mg/day **

CANNOT take with Calcium

Calcium (from food and supplements)

1,200 - 1,500 mg/day

Take in **divided doses**; Calcium citrate can be taken with or without meals

*At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 - 100 mg of thiamin daily.

** Low risk patients (males and patients without history of anemia) need 18 mg of iron from their MVI. Higher risk patients (menstruating females who have had VSG, RNY, or BPD/DS or those with anemia) need at least 45 - 60 mg of iron daily.

VITAL VITAMINS

for the Roux-en-Y Gastric Bypass (RNY)

MULTIVITAMIN (MVI)

Thiamin	At least 12 mg/day *
Folic Acid	400-800 mcg/day from MVI 800 - 1,000 mcg/day (female child bearing age)
Vitamin B12	Oral: 350 - 1,000 mcg/day
Vitamin D	3,000 IU (75 mcg)/ day
Vitamin A	5,000 - 10,000 IU (1,500 - 3,000 mcg)
Vitamin E	15 mg/day
Vitamin K	90 - 120 mcg/day
Copper	2 mg/day from MVI
Zinc	8 - 22 mg/day from MVI
Zinc to Copper ratio: 8 - 15 mg of zinc for every 1 mg of copper	

Iron (from all supplements)

At least 18 - 60 mg/day **

CANNOT take with Calcium

Calcium (from food and supplements)

1,200 - 1,500 mg/day

Calcium citrate can be taken with or without meals

*At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 - 100 mg of thiamin daily.

** Low risk patients (males and patients without history of anemia) need 18 mg of iron from their MVI. Higher risk patients (menstruating females who have had VSG, RNY, or BPD/DS or those with anemia) need at least 45 - 60 mg of iron daily.

VITAL VITAMINS

for the Duodenal Switch

MULTIVITAMIN (MVI)

Thiamin	At least 12 mg/day *
Folic Acid	400-800 mcg/day from MVI
	800 - 1,000 mcg/day (female child bearing age)
Vitamin B12	Oral: 350 - 1,000 mcg/day
Vitamin D	3,000 IU (75 mcg)/ day
Vitamin A	10,000 IU (3,000 mcg)
Vitamin E	15 mg/day
Vitamin K	300 mcg/day
Copper	2 mg/day from MVI
Zinc	16 - 22 mg/day from MVI
Zinc to Copper ratio: 8 - 15 mg of zinc for every 1 mg of copper	

Iron (from all supplements)

At least 18 - 60 mg/day **

CANNOT take with Calcium

Calcium (from food and supplements)

1,800 - 2,400 mg/day

Take in divided doses; Calcium citrate can be taken with or without meals

*At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 - 100 mg of thiamin daily.

** Low risk patients (males and patients without history of anemia) need 18 mg of iron from their MVI. Higher risk patients (menstruating females who have had VSG, RNY, or BPD/DS or those with anemia) need at least 45 - 60 mg of iron daily.

MINDFUL EATING

a healthy relationship with food

01

PRACTICE:

CHEWING foods thoroughly to liquid or paste consistency (20-25 times)

02

PRACTICE:

SEPARATING liquids and solids by 30 minutes. (Wait 30 minutes before and after a meal to drink fluids)

03

PRACTICE:

SIPPING liquids with **NO STRAWS**

04

PRACTICE:

SLOWING down and take at least 20-30 minutes to eat your entire meal

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PRE-OPERATIVE DIET

STARTS 7 DAYS BEFORE SURGERY



Reminder: There is NO LIMIT on the amount of protein or fluid you can have this week



YOUR GOALS WHEN PRACTICING THIS DIET:



Starts 1 week before surgery date

At least 60–80 grams of protein per day

At least 48–64 oz of fluids per day

Limit sugar and carbohydrate intake

STOP TAKING VITAMINS AND MINERALS

LIQUIDS INCLUDE:



Protein Supplements

- Ready to drink protein shakes
- Protein powders mixed in water or soup
 - Unflavored powder for soups
 - UNJURY® GENEPRO®
- Protein waters
- Protein shots
 - Proteinex®



Clear Liquids

- Any sugar-free clear liquids
- Crystal Light®, SoBE Vitamin Water Zero®, Gatorade ZERO, Powerade ZERO
- Low-sodium broth
- Sugar-free Jell-O
- Sugar-free Icepops



Creamy or Blended Soups

- **NO** potatoes, noodles, or rice
- Low-fat canned or homemade soups
- Blended Beef/ Chicken / vegetable stew
- Cream of chicken or mushroom
- Tomato soup



Greek Yogurt/ Sugar free Puddings

- **NO** flavored yogurt or with fruit at the bottom
- Only sugar-free puddings
- Only Greek yogurt with low sugar (<5gm) and high protein (>10gm)

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PRE-OPERATIVE DIET

START THE MORNING BEFORE SURGERY



Reminder: Clear liquids are TRANSPARENT!

Which means any liquid that you can physically see through.



DAY BEFORE SURGERY WILL BE CLEAR LIQUIDS



Sugar-free liquids ONLY



No carbonation, no caffeine, no alcohol



AVOID RED DRINKS AND GREEN TEA



NO DAIRY OR MILK PRODUCTS

1-Day Clear Liquids ONLY

What can I eat and/or drink?

YOUR TASK OF THE DAY IS TO STAY HYDRATED

DAILY GOAL: 48-64 OZ of FLUID



CLEAR LIQUIDS

- Water
- Sugar-free beverages: Crystal Light®, Hint® Water, SoBe® Lifewater (zero calories)
- Sugar-free gelatin (Jell-O)
- Sugar-free ice popsicles
- Clear broth (low sodium)
- Decaffeinated black coffee or tea (no milk or cream)
- Sugar-free (zero calorie) beverages with electrolytes: Propel®, Powerade Zero™
- Clear-liquid protein supplement (Isopure® Clear RTD Zero Carb, Gatorade® Zero with protein, Proteinex®, Protein2O®, Gelatin® 20 high protein sugar-free gelatin)

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GROCERY LIST

7-Day Full Liquid Diet the Week Before Surgery

FULL LIQUIDS

- Milk: 1%, Skim, Lactaid®, FairLife® milk (fat-free)
- Non-fat, plain Greek yogurt: Okios®, Fage®, Chobani®
- Non-fat, light/flavored Greek yogurt: Yoplait® Greek, Dannon Light & Fit
- Light/plain yogurt: Yoplait® Light, Dannon Light , OIKOS triple zero
- Low fat, Sugar-Free pudding
- Cream soup: Campbells® 98% fat free cream of chicken, asparagus, broccoli/cheese
- Strained/Liquified soups: Pacific® Lentil, chicken, beef stews (Make sure to strain or liquify)
- Unsweetened soy milk, almond milk, coconut milk
- V8®, original vegetable juice or tomato juice

CLEAR LIQUIDS

- Water or Alkaline Water
- Decaffeinated coffee, tea or herbal tea
- Sugar Free Jell-O®
- Sugar Free Ice Pops
- Low fat, Sugar-Free pudding
- Reduced Sodium Vegetable/Beef/Chicken Broth
- Crystal Light® Pure, SoBE Lifewater® zero calories
- Propel®, Powerade/Gatorade Zero®
- Flavored waters, any kind, with no carbonation, no calories, no caffeine
- Clear protein drinks: Premier Clear Protein, Isopure Clear RTD Zero, Protein2O, Proteinex, Gatorade Zero with protein



SAMPLE MEAL PLAN

3-DAY MEAL PLAN FOR PRE-SURGERY DIET HIGH-PROTEIN, FULL LIQUID

	DAY 1	DAY 2	DAY 3
MEAL 1	1 scoop protein powder with 8 ounces Fairlife® milk	8 ounces High Protein Hot Mocha	11 ounces Premier Protein® Shake
MEAL 2	5 ounces egg custard	8 ounces Campbell's® Butternut Squash Bisque mixed with 1 scoop unflavored protein powder and 1-2 ounces of warm water	UNJURY® Chicken Soup Flavor, 1 packet with 8 ounces 1% milk
MEAL 3	BariWise™ Protein Cream of Chicken made with 8 ounces of water	8 ounces Fairlife® milk	1 scoop protein powder made with 8 ounces unsweetened almond milk
MEAL 4	5 ounces Oikos® Triple Zero Greek Yogurt	4.5 ounces (1 container) Power Pak Protein® Fit & Lean Pudding	8 ounces Pacific® Curried Red Lentil Soup
CLEAR FLUIDS	Additional 4 - 6 cups or more of water/sugar free clear liquids between meals	Additional 3 - 5 cups or more of water/sugar-free clear liquids between meals	Additional 2 - 4 cups or more of water/sugar-free clear liquids between meals
TOTAL	PROTEIN: 74 g CARBOHYDRATE: 43.5 g FLUIDS: 48 - 64 oz	PROTEIN: 71 g CARBOHYDRATE: 45 g FLUIDS: 48 - 64 oz	PROTEIN: 85 g CARBOHYDRATE: 46 g FLUIDS: 48 - 64 oz

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CHAPTER

Three

Progression of diet After Surgery

01

Clear Liquids

Sugar-Free Clear Liquids (in the hospital)

Day 1 and Day 2 after surgery

02

Full Liquids

High-Protein Full Liquids

Day 3 - 13 after surgery

03

Puree/Soft

Puréed Foods Day 14 - 20 after surgery

Soft/Moist Foods Day 21-29 after surgery

04

Soft/Regular

Soft-to-Regular Solid Foods

Start 4-5 weeks after surgery



**REMINDER: DO NOT SKIP ANY
OF THESE PHASES**

POST-OP CLEAR LIQUIDS



Reminder: Clear liquids are TRANSPARENT!
liquids that you can physically see
through.



DAY 1 AND DAY 2 AFTER SURGERY



Sip **SLOWLY** & Sip throughout the day

1-2 oz every 15 minutes | 8 oz every hour 

No caffeine, bubbly, or sugary drinks

NO straws, **NO** gulping to prevent pain/gas

Hospital will provide clear liquid diet
during your stay



CLEAR LIQUIDS

- Water
- Sugar-free beverages: Crystal Light®, Hint® Water, SoBe® Lifewater (zero calories)
- Sugar-free gelatin (Jell-O)
- Sugar-free ice popsicles
- Clear broth (low sodium)
- Decaffeinated black coffee or tea (no milk or cream)
- Sugar-free (zero calorie) beverages with electrolytes: Propel®, Powerade Zero™
- Clear-liquid protein supplement (Isopure® Clear RTD Zero Carb, Proteinex®, Protein2O®, Gelatin® 20 high protein sugar-free gelatin)



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POST-OP FULL LIQUIDS

Starts at home and continues for 2 weeks!



STARTS DAY 3 AFTER SURGERY:



Continue sipping fluids slowly throughout the day

Start Vitamins on Day 5 after surgery (NO GUMMIES)

At least 60-80 grams of protein per day

At least 48-64 oz of fluids per day

Introduce one new thing at a time & monitor your tolerance

If you cannot tolerate full liquids, contact your surgeon

14 Days on Full Liquid Diet

What can I eat and/or drink?



Protein Supplements

- Ready to drink protein shakes
- Protein powders mixed in water or soup
 - Unflavored powder for soups:
 - UNJURY® GENEPRO ®
- Protein waters
- Protein shots
 - Proteinex®



Clear Liquids

- Any sugar-free clear liquids
- Crystal Light®, SoBE Vitamin Water Zero®
- Low-sodium broth
- Sugar-free Jell-O
- Sugar-free Icepops



Creamy or Blended Soups

- NO potatoes, noodles, or rice
- Low-fat canned or homemade soups
- Blended Beef/Chicken with vegetables
- Cream of chicken or mushroom
- Tomato soup

Lifestyle Tips

01

Gas?

Walk slowly and often to relieve gas & discomfort.

02

Remember:

To sip slowly 1-2 oz every 15 minutes

03

Start: **Memorial** Weight-Loss Surgery Program

To take your vitamins 5 days after surgery

04

Check:

You will have a follow up with your dietitian two weeks after surgery. DO NOT advance to puree diet until you speak to dietitian



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CHAPTER

Four

POST-OP PUREE DIET



PUREED FOODS START DAYS 14 - 20



Continue sipping fluids slowly throughout the day

Slowly introduce puree/mushy foods one at a time

Start with 1-2 Tbsp. Keep within $\frac{1}{4}$ c to $\frac{1}{2}$ c (2-4 oz) per meal

At least 60-80 grams of protein & 48-64 oz of fluids per day

Introduce one new thing at a time & monitor your tolerance

Focus on introducing protein foods FIRST!

POST-OP SOFT-MOIST DIET

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SOFTENED FOODS START DAYS 21- 29



Remember to separate fluids from solids by 30 minutes

Meals should equal up to $\frac{1}{4}$ cup (2-3 oz) Protein Goal: 60-80g

Start introducing soft, moistened, and cooked protein

Use cooking methods: simmering, poaching, boiling, & stewing

Avoid any nuts, raw vegetables, and raw fruits

Cooked protein first then cooked vegetables

1 WEEK PUREE DIET

14-20 DAYS AFTER SURGERY

After you have completed 2 weeks of LIQUIDS ONLY!

Do **NOT** advance to puree diet before 14 days post-op

WHAT I CAN HAVE



Friendship®
1% low-fat Cottage Cheese
Serving size: 2 oz (1/4 cup)
PROTEIN: 8 grams
CARBS: 2 grams



Oikos Triple Zero
Greek Yogurt
Serving size: 1.00 cup
PROTEIN: 15g
CARBS: 7 grams



Galbani®
Part Skim Ricotta Cheese
Serving size: 2 oz (1/4 cup)
PROTEIN: 5 grams
CARBS: 6 grams



Gerber®
Pureed Meats
Serving size: 1 jar
PROTEIN: 8 grams
CARBS: 2 grams



Homemade Puree
meats (Chicken/Beef
with broth)



StarKist®
Low-Sodium Tuna
Serving size: 1 can
PROTEIN: 26 grams
CARBS: 0 grams



Fat-Free Refried Beans
lentils or chickpeas
Serving size: 1 can
PROTEIN: 5 grams
CARBS: 16 grams



Publix®
Egg Salad
Serving size: 1/2 cup
PROTEIN: 10 grams
CARBS: 3 grams



Nasoya®
TofuBaked
Serving size: 1 piece
PROTEIN: 17 grams
CARBS: 6 grams

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ALERT

1 WEEK PUREE DIET

WHAT I SHOULD **NOT** HAVE



**MASHED
POTATOES**



**APPLE
SAUCE**



**FRUIT
SMOOTHIES**



**CREAM OF
WHEAT OR
GRITS**



BANANA



NOODLES



**RICE or RICE
PUDDING**



**HEARTBURN
PROMOTING SPICES**

(pepper, cayenne pepper, chili powder, hot sauce)



**PEANUT
BUTTER**

M
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SAMPLE MEAL PLAN

3-DAY MEAL PLAN FOR PUREE DIET

	DAY 1	DAY 2	DAY 3
MEAL 1	2 ounces of Friendship® 1% cottage cheese with Stevia and cinnamon to taste	11 ounces Premier Protein® Shake	Herbed Egg Salad
MEAL 2	1 scoop protein powder made with 8 ounces unsweetened soy milk	1 soft scrambled egg with 2 oz. (1/4 cup) Breakstone® fat-free cottage cheese	2 ounces of finely chopped chicken with 2 tbsp. hummus
MEAL 3	Puréed Lentil and Ham Soup	2.5 ounces Simple Tuna Salad	2 ounces chicken blended with tomato sauce and feta cheese
MEAL 4	5 ounces Oikos® Triple Zero Greek Yogurt	5 ounces Egg Custard	1 scoop protein powder with 8 ounces Fairlife® milk
CLEAR FLUIDS	Additional 3 - 5 cups or more of water/sugar free clear liquids between meals	Additional 3 - 5 cups or more of water/sugar-free clear liquids between meals	Additional 3 - 5 cups or more of water/sugar-free clear liquids between meals
TOTAL	PROTEIN: 61 g CARBOHYDRATE: 38 g FLUIDS: 48 - 64 oz	PROTEIN: 69.5 g CARBOHYDRATE: 19.5 g FLUIDS: 48 - 64 oz	PROTEIN: 72 g CARBOHYDRATE: 22.5 g FLUIDS: 48 - 64 oz

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1 WEEK SOFT DIET

21-29 DAYS AFTER SURGERY



Reminder: Moist Cooked Fork-Tender foods.

¼ cup (2-3 oz) per meal

SOME MEAT/FISH OPTIONS



Ground Turkey/Beef
(98% lean) 2oz
PROTEIN: 15 grams
CARBS: 0 grams



Oscar Meyer®
Natural Turkey Breast Slices
Serving size: 2 oz (1/4 cup)
PROTEIN: 10 grams
CARBS: 1 grams



Salmon or Fish
Serving size: 3 oz
PROTEIN: 20 grams
CARBS: 0 grams

SOFT CHEESES TO CONSUME



BabyBel®
Light Cheese Serving size:
1 piece
PROTEIN: 6 grams
CARBS: 0 grams



Sargento®
Low-Fat String Cheese
Serving size: 1 piece
PROTEIN: 5 grams
CARBS: 0 grams



Polly-O®
Low-Fat String Cheese
Serving size: 1 piece
PROTEIN: 6 grams
CARBS: 0 grams

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MEAT ALTERNATIVES TO TRY



Reduced-Sodium Black
Beans, Lentils, chickpeas
(Cooked)
Serving size: 1 can
PROTEIN: 5 grams
CARBS: 16 grams



Soft Boiled Eggs
Serving size: 1 egg
PROTEIN: 6 grams
CARBS: 1 grams



Scrambled Eggs
Serving size: 2 eggs
PROTEIN: 12 grams
CARBS: 2 grams

SAMPLE MEAL PLAN

3-DAY MEAL PLAN FOR SOFT DIET

	DAY 1	DAY 2	DAY 3
MEAL 1	2 scrambled eggs, with 2 tbsp. reduced fat, mild, shredded Cheddar cheese	8 ounces High Protein Hot Mocha	1 scoop protein powder with 8 ounces unsweetened almond milk and ¼ cup frozen berries
MEAL 2	2 ounces oven-roasted, low- sodium deli chicken with 1 wedge Laughing Cow® creamy Swiss original	2.5 ounces Simple Tuna Salad with 1 boiled egg	Morning Star Farms® Garden Veggie Burger, 1 patty with 2 tbsp. hummus
MEAL 3	2 ounces poached salmon with ¼ cup soft-cooked black beans	2-ounce meatball with 2 tbsp. marinara sauce and ¼ cup ricotta cheese	3 ounces Easy Baked Tilapia Filet with ¼ cup cooked spinach
MEAL 4	5 ounces Oikos® Triple Zero Greek Yogurt	Mozzarella string cheese- 1 piece	5 ounces Egg Custard
CLEAR FLUIDS	Additional 6 - 8 cups or more of water/sugar free clear liquids between meals	Additional 6 - 8 cups or more of water/sugar-free clear liquids between meals	Additional 6 - 8 cups or more of water/sugar-free clear liquids between meals
TOTAL	PROTEIN: 65 g CARBOHYDRATE: 25.5 g FLUIDS: 48 - 64 oz	PROTEIN: 71 g CARBOHYDRATE: 18 g FLUIDS: 48 - 64 oz	PROTEIN: 67 g CARBOHYDRATE: 40 g FLUIDS: 48 - 64 oz

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POST-OP SOFT TO REGULAR DIET

30 DAYS AND BEYOND



STARTS DAY 30 AFTER SURGERY:



Continue soft/moist meats for the next 3 months

Continue separating fluids from meals by 30 minutes

Continue to eat slowly & chew thoroughly

Continue food log to track protein intake and fluids intake

Continue vitamin/mineral supplements

Meal size should be 1/2 cup; with 3-4 small meals per day

After 3 months, increase protein to 1 cup per meal

No raw fruits or vegetables until 3 months post op

Soft to Regular Diet

What can I eat?



Always Eat Your Protein First!



Beef/Veal



Fish (salmon, tilapia, cod, tuna)



Cheese, low-fat



Cottage cheese



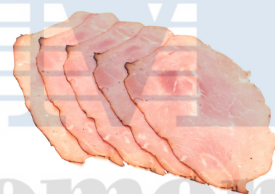
Greek Yogurt



Eggs



Poultry (chicken, duck, goose)



Luncheon Meats



Mozzarella cheese



Milk (1%, 2%, Soy, Almond)



Begin Eating Soft-Cooked Non-Starchy Vegetables



Spinach



Squash



Carrots



Mushrooms



Broccoli



Cabbage

⊗ No Skin

⊗ No Seeds

⊗ No Raw Fruits/Veggies

⊗ No Fibrous Veggies

SAMPLE MEAL PLAN

3-DAY MEAL PLAN FOR SOFT TO REGULAR DIET

	DAY 1	DAY 2	DAY 3
MEAL 1	5 ounces Dannon® Light and Fit® Greek Yogurt with 1 tsp. of flaxseed and ¼ cup blueberries	2-egg omelet with 2 tbsp. reduced-fat, mild, shredded Cheddar cheese and ¼ cup spinach	2 ounces of deli turkey, low sodium rolled in 1 slice of reduced-fat Swiss cheese and ¼ cup watermelon, diced
MEAL 2	Herbed Egg Salad with ¼-½ cup thinly sliced English cucumber and 4 oz. peaches or fruit cup	3 ounces teriyaki style deli chicken breast ¼ cup of edamame, shelled/cooked and ¼ cup pineapple chunks	½ cup Curried Chicken Salad ¼ - ½ cup chopped dark green leafy salad and ¼ cup sliced grapes
MEAL 3	Slow-Cooker Chicken Thighs with ¼- ½ cup mashed cauliflower	Mini-Meatloaf (1 serving) topped with 2 tbsp. plain Greek yogurt, 2 tbsp. salsa, & 2 tbsp. avocado	3 ounces baked salmon ¼ cup black-eyed peas with ¼ - ½ cup roasted yellow squash, zucchini and red bell peppers
MEAL 4	11 ounces Premier Protein® Shake	1 Mini-Babybel® Light cheese with ¼ cup strawberries	None (already met nutrition needs for the day)
CLEAR FLUIDS	Additional 6 - 8 cups or more of water/sugar free clear liquids between meals	Additional 6 - 8 cups or more of water/sugar-free clear liquids between meals	Additional 6 - 8 cups or more of water/sugar-free clear liquids between meals
TOTAL	PROTEIN: 67 g CARBOHYDRATE: 43 - 45 g FLUIDS: 48 - 64 oz	PROTEIN: 68 g CARBOHYDRATE: 30 g FLUIDS: 48 - 64 oz	PROTEIN: 72 g CARBOHYDRATE: 18 - 20 g FLUIDS: 48 - 64 oz

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FOODS & BEVERAGES TO AVOID FOR 3 MONTHS AFTER SURGERY

What foods do I need to stay away from?

Dry/Tough Foods



Grilled Meat/Poultry



Steak



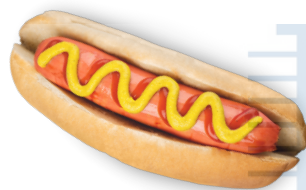
Overcooked Meat



Pork Chops



Ham



Hot Dogs

Melted/Sticky Foods



Pizza



Mozzarella Sticks



Grilled Cheese



Nut Butter



Candy/Gummies



Beef Jerky

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Crunchy & Fibrous/Stringy Foods



Raw Vegetables



Skin from fruits & veggies



Nuts & Seeds



Popcorn



Chips



Crackers

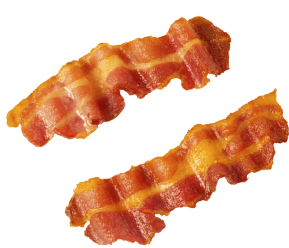


Coconut Shreds



Iceberg Lettuce

High-Fat Foods



Fatback/Bacon



Sausage



Whole Milk



Swiss, Bleu, American cheeses



Fried Foods



Fatty Processed Meats (Salami, Bologna)



French Fries/Chips



Desserts

Beverages

Alcohol should be avoided for at least **3 months** after surgery. Fruit smoothies, fruit juice, soda, sugary beverages should **ALWAYS** be avoided.



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CHAPTER

Five

Possible Complications AFTER SURGERY



HUNGER

After surgery

Hunger feelings and intensity will vary from patient to patient. Learn to recognize between physical hunger and head hunger. Indications of physical hunger is having your pouch make loud gurgling noises even though you may not feel hungry. Hunger is largely controlled by hormones in the body that communicate with the brain. Our hunger levels will eventually begin to fall in line with our new food consumption patterns.

Difficulties involving hunger usually occur shortly after bariatric surgery when lifestyle changes feel the most drastic, however they often subside over the course of several months as our bodies and minds come to terms with the major changes that we've made.

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FULLNESS

After surgery

Fullness will feel very different from before surgery. Learn to recognize when you are full. Indications of fullness may be a pressure tightness or heaviness in the center of your abdomen just below the breastbone or feelings of nausea, or heartburn. Stop eating when you feel full. Nausea and vomiting are most often the result of advancing too quickly or eating inappropriately. It is rarely a complication of surgery.

Common Signs of Fullness: Watery eyes, Runny nose, Hiccups
Having the need to burp, Pressure in the esophagus area

Possible Complications AFTER SURGERY



Nausea & Vomiting

Common Causes:

- Eating too fast
- Drinking liquids with meals
- Drinking with a straw
- Not chewing foods well
- Eating foods that are too dry
- Eating solid foods too soon
- Eating too much at one time
- Lying down after eating



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What to do

If vomiting occurs:

- Sip sugar-free, clear liquids
- Stop any solid food intake
- If 24hr symptom free, resume your diet
- If you are not able to keep anything down for more than 24hrs, contact your surgeon immediately.

Possible Complications AFTER SURGERY



Dehydration

Common Causes:

- Inadequate fluid intake
- Persistent nausea, vomiting and/or diarrhea
- Increased urination due to medications, like diuretics and some blood pressure medication

Common Signs & Symptoms:

- Thirst, dry mouth and/or swollen tongue
- Dark yellow, concentrated urine
- Fatigue, sluggishness and/or headache
- Muscle cramps
- Nausea that may lead to vomiting
- Severe dehydration which can cause increased heart rate, rapid breathing, and confusion

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What to do

If dehydration occurs:

- Replace fluids with frequent small amounts of clear liquids (e.g. water, broth, sugar-free popsicles, sugar-free gelatin, and beverages with electrolytes).
- Keep fluids with you and track your intake
- Use an App that alerts you to drink your fluids
- Goal: 2 oz every 15 minutes (48 - 64 oz/day)
- If severe symptoms occur call 911 or go to hospital

Possible Complications AFTER SURGERY



Constipation

Common Causes:

- Inadequate fiber intake
- Insufficient fluid intake
- Not enough physical activity
- A side effect of calcium and iron supplements,
- A side effect of narcotic or opioid pain medications

Common Signs & Symptoms:

- You have not had a bowel movement in more than three (3) to four (4) days,
- Stool is hard, formed, and you are straining
- Your abdomen is distended and bloated

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What to do

If constipation occurs:

- Drink more fluids, especially water!
- Smooth Move Tea
- Try flaxseed oil or BeneFiber® in your liquids
- Avoid any other fiber supplements
- Try 30 mins of exercise that gets your heart pumping for 3-5 times per week
- Choose Calcium Citrate instead of Calcium Carbonate supplements
- Talk to your surgeon about non-opioid options or weaning ASAP



Possible Complications AFTER SURGERY



Dumping Syndrome

Common Causes:

- When food (especially **sugar**) moves too quickly from the stomach into the small intestines
- Early Dumping (within 30 mins)
 - eating foods high in fat and carbs/sugars
 - drinking liquids with meals
- Late Dumping (overtime)
 - low blood sugar (hypoglycemia)

Common Signs & Symptoms:

- Early Dumping
 - Bloating, diarrhea, dizziness, heart palpitations
 - Nausea, rapid heart rate, sweating, & vomiting
- Late Dumping
 - Anxiety, diarrhea, dizziness, fainting, fatigue
 - Heart palpitations, mental changes, rapid heart rate

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What to do

If dumping syndrome occurs:

- Avoid sugars and refined/starchy carbohydrates
- Avoid high-fat foods and limit fats in food preparation
- Eat smaller portions at meals and increase frequency of meals
- Do not drink liquids with meals
- Lie down or recline after a meal

Possible Complications AFTER SURGERY



Diarrhea

Common Causes:

- Eating too much and too quickly;
- Eating high-fat and/or sugary foods;
- Not following diet progression/advancing diet too quickly
- An intolerance to dairy or lactose, especially milk
- Consuming too many sugar-alcohols in sugar-free foods
- It may be a symptom of dumping syndrome.



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What to do

If diarrhea occurs:

- Stay hydrated with at least 48-64 ounces of fluids per day
- Incorporate sugar-free beverages with electrolytes
- Switch to dairy-alternatives if dairy is a possible issue
- Reduce sugar-free liquid intake if it is a possible issue
- Reduce foods high in fat and sugar
- Eat mindfully and slowly
- If diarrhea continues for ≥ 24 hrs and/or you are unable to keep fluids down, contact your surgeon

Possible Complications AFTER SURGERY



Reflux/Heartburn

Common Causes:

- May occur after sleeve gastrectomy due to decreased capacity of your new stomach
- Laying down after eating/drinking
- Eating spicy or heavily seasoned foods



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What to do

If reflux/heartburn occurs:

- Sip fluids slowly, chew foods thoroughly, and avoid large portions
- Always follow diet progression guidelines
- Avoid carbonated fluids.
- Discuss symptoms with your surgeon. Some may require anti-reflux medication.
- With a gastric band, the band may be too tight.

Possible Complications AFTER SURGERY



Weight Gain/Plateau

Common Causes:

- Eating large portions several times a day
- Eating high-fat and/or sugary foods
- Not exercising or doing the same exercise/not advancing
- Mindlessly eating or distracted eating



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What to do

If weight gain/plateau occurs:

- Avoid high-calorie foods and beverages
- Avoid/limit carbohydrates as previously taught
- Measure food portions (use Bariatric Plate)
- Keep a journal and record intake of all foods and liquids (Use Baritasttic)
- Make an appointment with your dietitian! We are here to help you get back on track!

Other Complications

AFTER SURGERY



Pain in Shoulder or Upper-Chest area

- May occur after any laparoscopic operation from gas formation.
- Use pain medication as directed
- Moving around, doing arm circles and gently massaging the area will help move the gas



Hair Loss

- May occur with any rapid weight loss and/or poor protein intake.
- Intake of adequate protein and proper vitamin/mineral supplementation may help minimize hair loss.



Vitamin and Mineral Deficiency

- May occur if one does not follow vitamin/mineral supplement recommendations
- Please reference vitamin/mineral needs for after surgery on page
- Discuss details with your dietitian



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CHAPTER

ix

SMART GOALS

S
SPECIFIC

What do I want to happen?

M
MEASUREABLE

How will I know when I have achieved my goal?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

R
RELEVANT

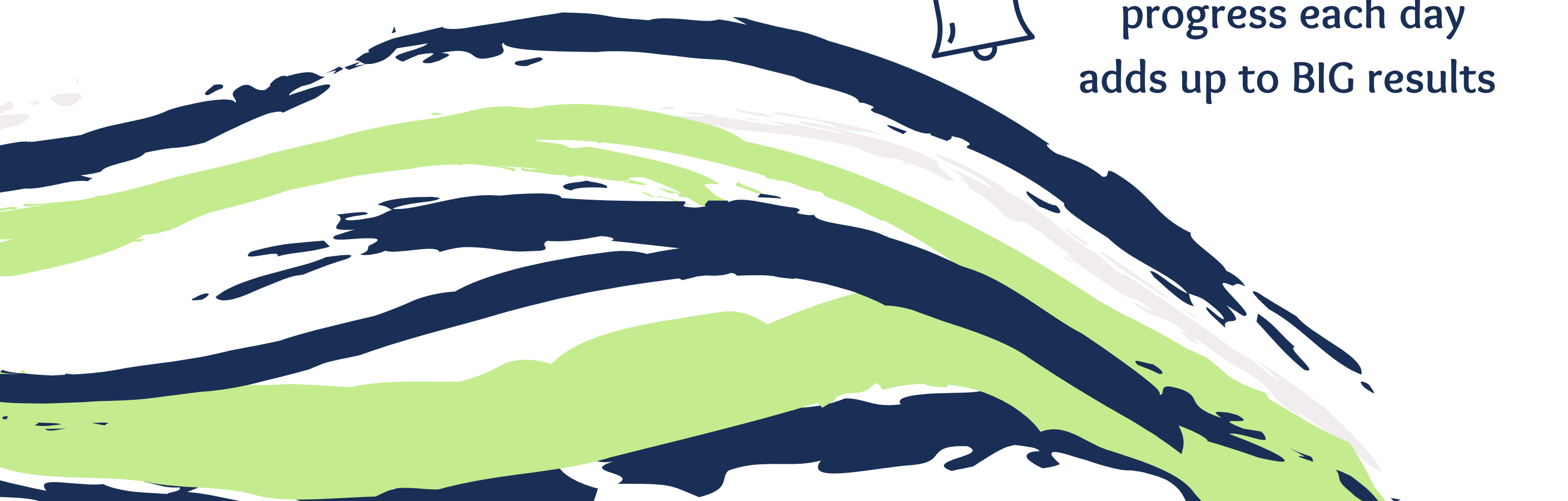
Why is my goal important to me?

T
TIMELY

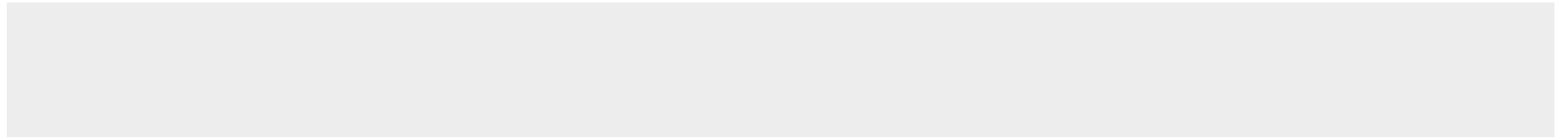
What is my deadline for this goal?



Reminder: a little progress each day adds up to BIG results



HABIT TRACKER



<i>HABIT</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
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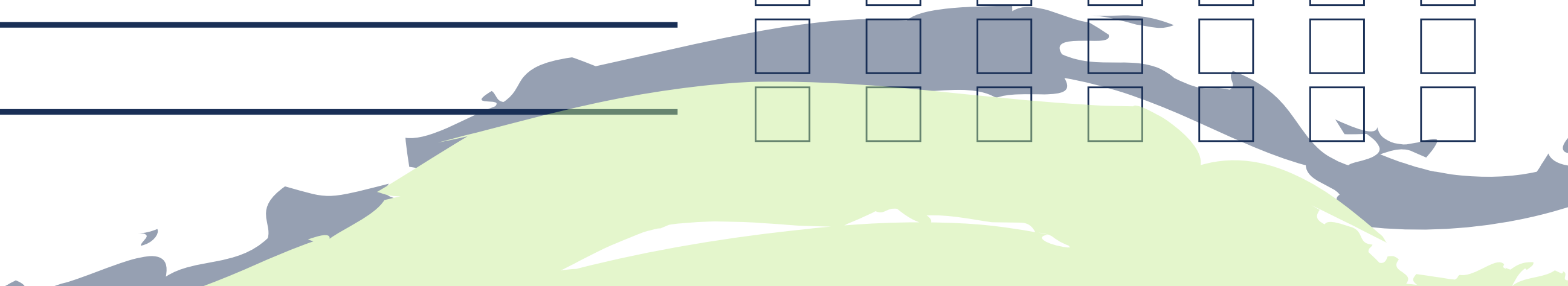


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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Weekly Meal Plan

Monday

Breakfast /
Lunch /
Dinner /

Saturday

Breakfast /
Lunch /
Dinner /

Tuesday

Breakfast /
Lunch /
Dinner /

Sunday

Breakfast /
Lunch /
Dinner /

Wednesday

Breakfast /
Lunch /
Dinner /

Shopping List

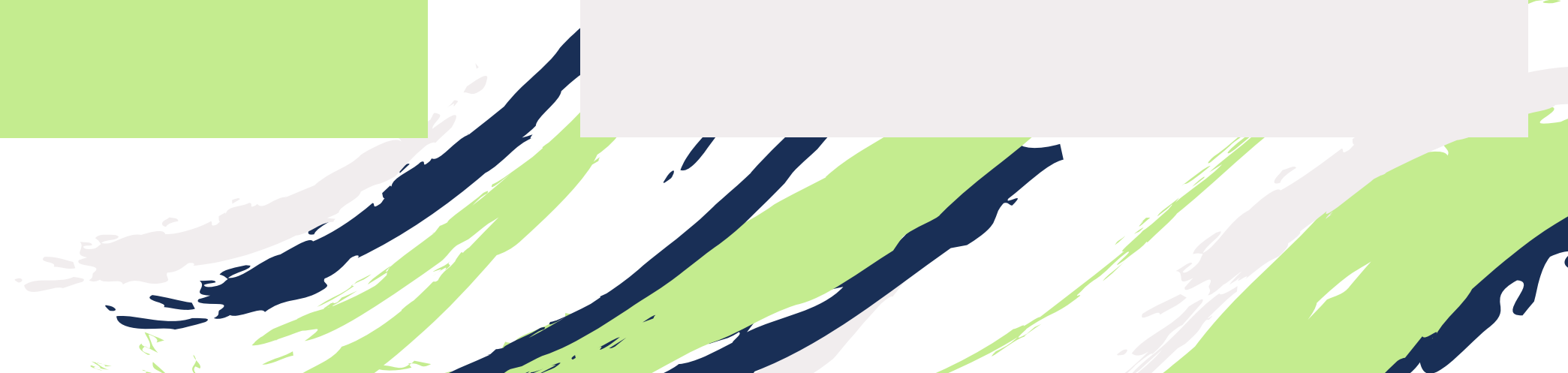
Thursday

Breakfast /
Lunch /
Dinner /

Friday

Breakfast /
Lunch /
Dinner /


Memorial
Weight-Loss Surgery Program



Weekly fitness plan

Monday



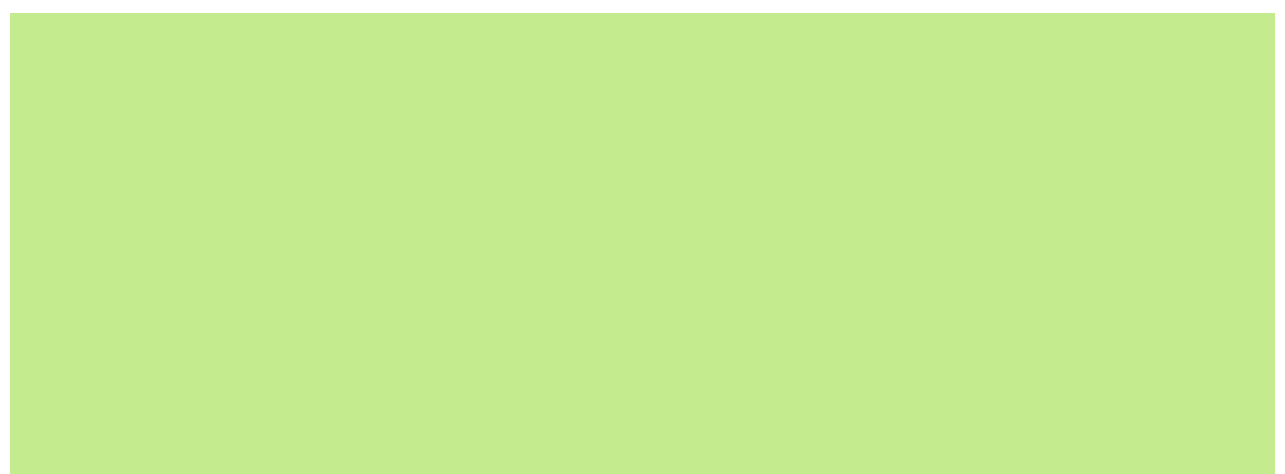
Saturday



Tuesday



Sunday



Wednesday



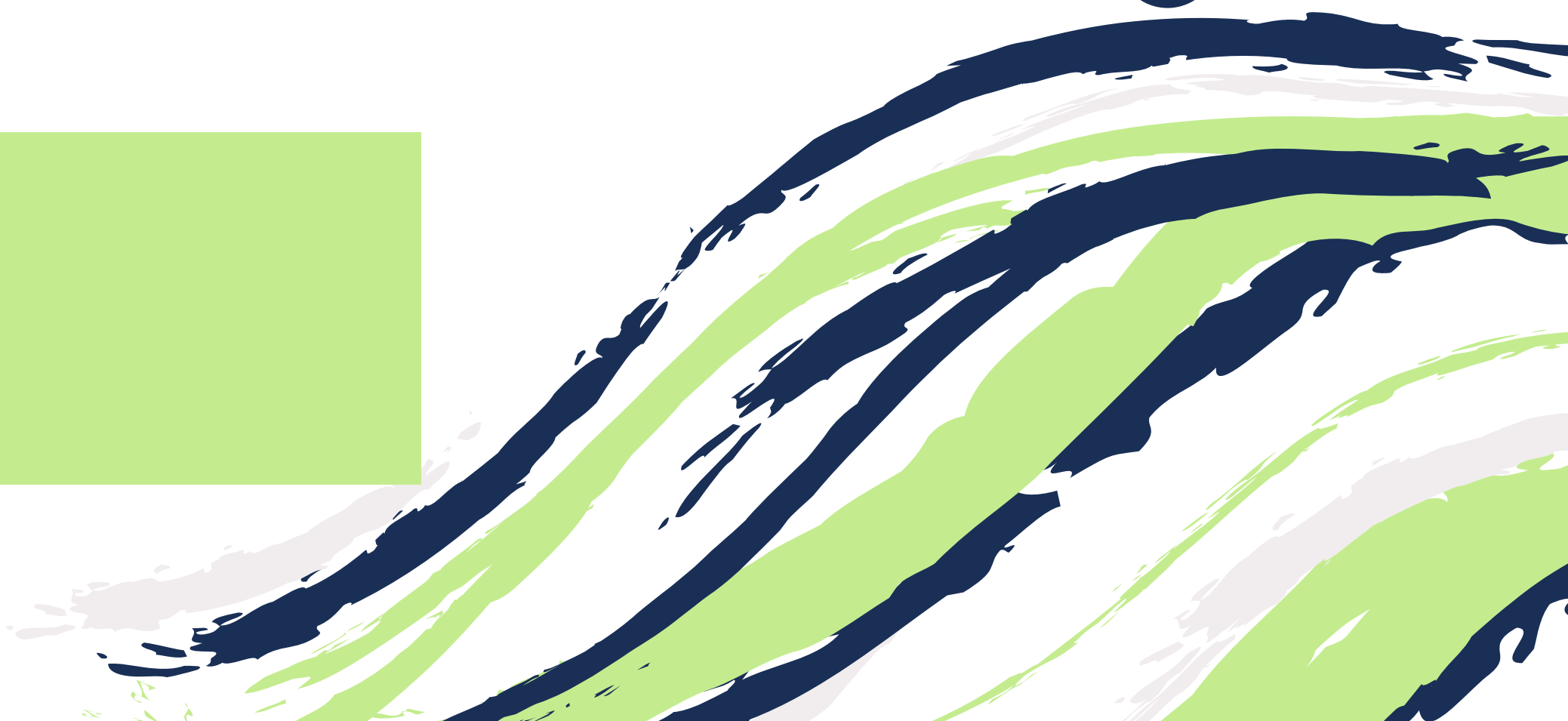
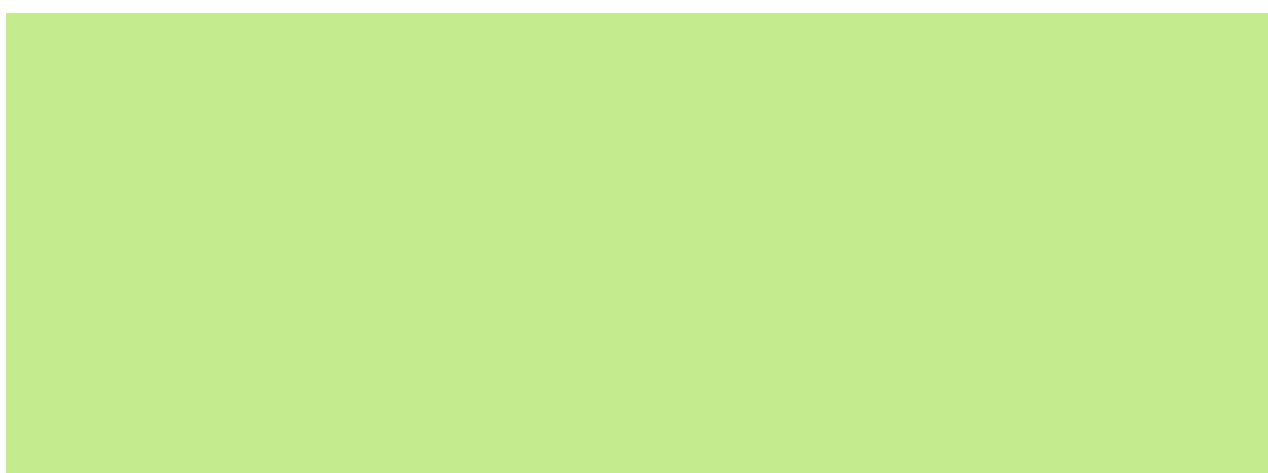
Reminder: stay hydrated!

Memorial
Weight-Loss Surgery Program

Thursday



Friday



S M T W T F S

Date: _____

Notes & Questions

Blank lined area for notes and questions.



Memorial
Weight-Loss Surgery Program

S M T W T F S

Date: _____

Notes & Questions

Handwriting practice area consisting of 18 horizontal green lines. The 11th line from the top contains a large, faint watermark logo of the letter 'M' with horizontal lines through it. The 12th line from the top contains the text 'Memorial Weight-Loss Surgery Program' in a serif font, also in a light green color.