

# Nutrition Information 2-6 Weeks After Surgery

Patient Education

**Track HYDRATION and PROTEIN.**

## **Goal 1: Hydration Fluids**

- 64 ounces per day or more per day
- Hydration fluids include water and anything that is diet, decaf, and non-carbonated
- Protein shakes may count toward your fluid AND protein goals (ultimately, two separate goals)
- Roux-en-Y – Do not drink 15 minutes prior to, during, and 45 minutes after meals

## **Goal 2: Protein**

- 60-80 grams or more per day
- Protein is important for:
  - Healing
  - Weight loss
  - Maintaining muscle during weight loss
  - Decreasing hair loss

## **Goal 3: Meals**

- Eat or drink protein every 2-3 hours
- Eat slowly, put your utensil down after each bite, and chew well
- It could take up to 30 – 45 minutes to finish a meal

## **Vitamins**

A *multivitamin* is required (See **Vitamin Protocol** for multivitamin requirements). A *biotin* (5,000 mcg) supplement and *probiotic* are highly recommended.

### **Vertical Sleeve Gastrectomy**

- A multivitamin is required. Choose one of the following:
  1. Two Bariatric Advantage Multi Chewy Bites
  2. One Bariatric Advantage Ultra Solo Capsule
  3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg)

### **Roux-en-Y**

- A multivitamin and Iron with vitamin C are required. Choose one of the following:
  1. Two Bariatric Advantage Multi Chewy Bites and two Chewable Bariatric Advantage Iron with vitamin C
  2. One Bariatric Advantage Ultra Solo Capsule with Iron
  3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg), and over-the-counter Iron (45 mg) with vitamin C

# Protein Powders

**Recommend Whey Protein Isolate, Soy, Egg, Pea and other Plant-based Protein Powders.**

*Do not recommend Whey Protein Concentrate, Whey Protein Blend, or Collagen.*

**\*\*\*These products should meet the 10% Rule!\*\*\***

## **Whey Protein Isolate**

- A protein found in milk
- Pure form of protein, highly absorbed, fast absorbing

## **Soy Protein**

- A plant-based source of protein
- Pure form of protein, highly absorbed, fast absorbing
- Gluten Free/Lactose Free

## **Pea Protein**

- A plant-based source of protein
- Pure form of protein, highly absorbed
- Gluten Free/Lactose Free/Soy Free

## **Egg Protein**

- A protein found in eggs
- Pure form of protein, highly absorbed
- Gluten Free/Lactose Free/Soy Free

# GHP Foods You May Eat 2 Weeks after Surgery

1. Protein Powders, Drinks, Cream Soups, Broths
2. Sweet/Salty Snacks:

Protein Pretzels  
Protein Crisps  
Quest Chips  
Quest Crackers

Quest Puffs  
Legendary Popped Chips  
Proti Chips  
Tasty Bites

Protein Cereal  
Oatmeal  
Mashed Potatoes

**No chips, cereal, pretzels, or crackers from the grocery store.** These do not have the protein you need.

*Exception:* Plain saltine or Club cracker can be used as a “vehicle” for protein.

3. **GHP Foods You May NOT Eat Yet: Eggs / Pancakes / Bars / Meals / Pastas / Jerky**

*If you have any items that you would like to donate, please feel free to bring them in. They will be donated to a patient who has a financial hardship.*

# Grocery Store Foods You May Eat 2 Weeks after Surgery

**At this time, continue to avoid whole grains (bread, pasta, rice) even if blended.**

## High Protein Foods

Milk	Skim, 1%, or 2% Fairlife, Soy Milk, or Lactaid, Silk Nut Milk
Greek Yogurt	Plain or Blended varieties, 15 g carbs or less
Cottage Cheese	Does not need to be blended, "Chew 22"
Ricotta Cheese	Whole milk, part-skim, light
Sugar-Free Instant Pudding	Make with milk, add dry milk powder or protein powder to increase protein
Hot Cereals	Smooth texture such as cream of wheat or grits Make with milk to increase protein Make thinner than normal, run off the spoon
Cream Soups	From grocery store, Cream of Mushroom, Cream of Broccoli, Cream of Chicken, etc. Add canned chicken for more protein and BLEND until smooth
Baby Food Dinners	Stage 2, meats only
Hummus	Smooth only May put on a saltine, club or GHP approved list
Bone Broth	Contains collagen protein, use as supplemental protein source
Refried Beans	Mix with beef/chicken or salsa and BLEND until smooth May use Campbell's Cheese Soup/Queso Sauce May put on a cracker – GHP or Saltine cracker
Pureed Meats	Canned chicken, tuna, seafood, hardboiled egg salad, tofu Add broth, gravy, mayo, Greek yogurt (plain), hummus, or avocado/guacamole and BLEND until smooth May put on a saltine, club or GHP approved list)

## Vegetables

Mashed Potatoes or Sweet Potatoes	Make with milk, add dry milk powder or unflavored protein powder to increase protein
Non-starchy Vegetables	Very well cooked and BLENDED until smooth Broccoli, cauliflower, green beans, zucchini, carrots
Legumes – Beans/Peas/Lentils	Beans, chili, split pea soup, or lentil soup BLENDED until smooth

## Fruit

Applesauce	Unsweetened
Protein Smoothie	Any fruit can be used if BLENDED into a protein smoothie Use milk, Greek yogurt, protein powder, etc. to increase protein in smoothie

# Savory Pureed Recipes

## **Pureed Chicken Stew (35 g protein)**

1 cup chicken, cooked and cubed (or canned chicken)

1/4 cup mixed vegetables cooked

1/4 cup chicken broth (GHP broth for more protein)

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

## **Protein Power Gravy (38 g protein)**

1 cup chicken, cooked and cubed (or canned chicken)

1/2 cup chicken gravy

1/3 cup dried milk powder

Milk to thin to desired consistency.

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

## **Pureed Spicy Mexican Fiesta (20 g protein)**

1/2 cup refried beans

1/2 cup ground taco meat

2 Tbsp sour cream

2 Tbsp salsa

Transfer to blender or food processor and blend until smooth. Heat as desired.

## **Pureed Beans and Salsa (27 g protein)**

1/2 (15 oz) can pinto beans

2 Tbsp salsa of choice

1 Tbsp chicken broth

1/2 scoop unflavored protein powder

Combine all ingredients in saucepan.

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

## **Tuna Casserole (22 g protein)**

2 ounces canned tuna

1/4 cup mashed potatoes

1/4 cup cream of mushroom soup or GHP cream of mushroom soup (prepared)

2/3 cup milk

Combine all ingredients in saucepan.

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients! Pour into baking dish. Bake at 350°F for 30 minutes.

**Shepard's Pie (16 g protein)**

2 ounces cooked ground turkey

1/4 cup mashed potatoes

2 Tbsp canned carrots

1/2 cup chicken broth

1/4 cup turkey gravy

Combine ground turkey, carrots, chicken broth or cream of chicken soup in blender or food processor and blend until smooth. Pour into baking dish. Top with mashed potatoes. Bake at 350°F for 30 minutes or until desired temperature. Add turkey gravy.

**Cheesy Potatoes (20 g protein)**

1/2 cup GHP mashed potatoes

1/4 cup Campbell's Cheese Soup/Queso sauce

1/2 cup milk

Combine all ingredients in saucepan.

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

Put dollop of plain Greek yogurt on top as high protein "sour cream." (optional)

**Ricotta Bake (42 g protein)**

1 cup cottage cheese or ricotta cheese

1/2 cup marinara or spaghetti sauce

1/2 c parmesan cheese (from shaker, not shredded)

1 egg, well beaten

1 tsp Italian seasoning

Salt and pepper to taste

Be sure ingredients are mixed thoroughly.

Bake at 400°F for 30 minutes or until set.

**Chicken and Potatoes (16 g protein)**

2 ounces cooked chicken

1/4 cup mashed potatoes

1/4 cup chicken gravy

1/2 cup chicken bouillon

Combine all ingredients in saucepan.

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

**Cheesy Chili (11 g protein)**

1/2 cup meat chili

1/4 cup queso sauce

Heat over medium high heat, stirring occasionally, until desired temperature.

Transfer to blender or food processor and blend until smooth. Use caution when blending hot ingredients!

**Pork Stew (13 g protein)**

2 ounces lean cooked pork

1/4 cup sweet potato, peeled and diced

1/8 cup apple, peeled and diced

1/2 cup vegetable bouillon

1/4 cup pork gravy

Pinch dried sage

Combine sweet potato, apple, and vegetable bouillon in saucepan.

Simmer until sweet potato and apple are tender.

Transfer to blender or food processor with pork and blend until smooth. Use caution when blending hot ingredients!

**White Fish Pate (12 g protein)**

2 ounces any white fish (unbreaded and cooked)

1/8 cup milk

1 Tbsp melted butter

1/8 cup canned carrots

1/8 cup mashed potatoes

Broth to desired consistency

Transfer to blender or food processor. Add all ingredients and blend until smooth. Use caution when blending hot ingredients!

**Creamy Cauliflower Puree (6 g protein)**

1/2 head cauliflower

2 cloves of garlic

1/4 cup buttermilk

1 tsp extra virgin olive oil

1/2 tsp salt

1/4 tsp garlic powder

1/4 tsp black pepper

Cook cauliflower and garlic (microwave/steam) under very tender. Transfer to blender or food processor. Add all ingredients and blend until smooth. Use caution when blending hot ingredients!

**Pureed Classic Egg Salad (14 g protein)**

2 hard-boiled eggs

1 Tbsp mayonnaise

1 Tbsp plain Greek-style yogurt

1 tsp pickle juice (optional)

Salt and pepper to taste

Chop eggs and place in food processor. Add mayonnaise, pickle juice and yogurt to eggs and blend until smooth.

# Protein Smoothie Recipes

## **Fruit Smoothie (20 g protein)**

1/2 container (5.3 oz) plain Greek Yogurt  
1/2 scoop vanilla protein powder  
1/2 cup frozen milk cubes  
1/2 cup fruit (berries, peach, orange, pineapple, etc.)  
Place all ingredients in blender and blend until smooth.

## **Chocolate Peanut Butter Smoothie (19 g protein)**

1 small banana  
1/2 scoop chocolate protein powder  
2 Tbsp PB2 powder or smooth peanut butter  
1/2 cup frozen milk cubes  
Place all ingredients in blender and blend until smooth.

## **PB & J Smoothie (25 g protein)**

1/2 container (5.3 oz) plain Greek Yogurt  
1/2 cup milk  
1/2 scoop vanilla protein powder  
1/2 cup frozen berries (raspberries, strawberries, or blueberries)  
2 Tbsp PB2 Powder or smooth peanut butter  
Place all ingredients in blender and blend until smooth.

## **Banana Bomb Smoothie (24 g protein)**

1 small frozen banana  
1/2 container (5.3 oz) plain Greek Yogurt  
1/2 cup milk  
1/2 scoop vanilla or chocolate protein powder  
Place all ingredients in blender and blend until smooth.

## **Banana-Blueberry Green Smoothie (18 g protein)**

1 cup dark leafy greens (spinach, kale, chard)  
1 small banana  
1/2 cup blueberries  
1/2 tsp cinnamon  
1/2 cup milk  
1/2 scoop vanilla or chocolate protein powder  
Place all ingredients in blender and blend until smooth.

## **Tropical Berry Smoothie (21 g protein)**

1/4 cup fresh or unsweetened frozen strawberries  
1/4 cup fresh or unsweetened frozen mango  
1/4 cup fresh or unsweetened pineapple  
1/4 cup milk  
1/4 cup Greek yogurt  
1/2 scoop protein powder  
Place all ingredients in blender and blend until smooth.