



The Pre-Surgery / Liver Reduction Diet

Begin this plan 2-4 weeks prior to surgery

Protein goals: 80-120g per day and Fluid goals: 64oz. per day

2-4 weeks before surgery

- Aim for 80-120g of protein daily
- 2-3 protein shakes daily
 - Suggested brands include Bruce Bariatrics protein shakes, Premiere Protein, and Fairlife
 - Shakes should have less than 200 kcal, more than 20g of protein, and less than 10g of carbohydrate
- Choose 2 approved snacks daily
 - 2 cheese sticks
 - 1/3 cup nuts
 - 2 boiled eggs
 - Two Good Greek yogurt
- 1 lean and green meal daily
 - 3-4 oz. lean protein and 1-2 cups of non-starchy vegetablesSee the lean and green handout for more information

Recommended Daily Schedule For Above Diet

8:00 AM- Protein Shake

10:00 AM- Snack

Noon- Lean and Green

3:00 PM- Snack

5:00 PM- Protein Shake

7:00 PM- Protein Shake- if needed

*Please note this is a sample schedule, times may be adjusted to suit your needs. Remember to try to keep intake spaced two hours apart.

*Please remember to supplement the above with 64 ounces of clear fluid. See the clear fluid handout for more information

Begin this plan 1 week prior to surgery

1 week before surgery

- Aim for 80-120g of protein daily
- 5 protein shakes daily
 - Suggested brands include Bruce Bariatrics protein shakes, Premiere Protein, and Fairlife
 - If using protein powder, mix with unsweetened almond or soy milk
- Be sure to include at least 64 oz. of approved hydration fluid daily in addition to the 5 shakes
 - Water
 - Crystal light, True Lemon, sugar-free beverages like Gatorade Zero, PowerAde Zero, or flavored water
 - Low-sodium broth
 - Decaf coffee, decaf hot tea, decaf unsweetened tea
- Do not add sugar or honey to your beverages. Artificial sweeteners like stevia, Splenda, monkfruit, and Equal are approved.
 - Sugar-free jello and sugar-free popsicles count towards your liquid goal

Avoid carbonatation, sugar, caffeine, alcohol, straws, and gum

Recommended Foods for the Lean and Green Meal:

Lean Protein Sources

- Bison
- Beef
- Chicken
- Crab
- Duck
- Eggs
- Fish
- Lamb
- Lobster
- Mussels
- Oysters
- Pork (including low-fat cured meat)
- Prawns
- Scallops
- Shrimp
- Turkey
- Veal
- Venison
- Tofu/ Tempeh

Non Starchy Vegetables

- Alfalfa sprouts
- Artichokes
- Asian greens
- Asparagus
- Baby spinach
- Bamboo shoots
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumber
- Eggplant
- Endive
- Fennel
- Green beans
- Kale
- Kohlrabi
- Leeks
- Lettuce (all types)
- Mushrooms
- Okra
- Olives
- Onions
- Peppers (all types)
- Radishes
- Radicchio
- Snow peas
- Spinach
- Sprouts
- Swiss chard
- Tomato
- Turnip
- Water chestnuts
- Yellow squash
- Zucchini