

## PRE-OPERATIVE DIET OBJECTIVE

- The objective of this diet is to reduce inflammation of the liver, spleen, gastric and intestinal walls, and depleting stored glycogen.
- This diet also assists to eliminate excess fluid stored poorly in your body, due to high intake of salt and carbohydrates, this ensures a safer surgery.
- The meals must be low in fat, butter, flour, oil, irritants, no soft drinks of any kind, no sweets, no full fat dairy, nothing fried or breaded. No junk food of any kind, no alcohol, no smoking, you should drink enough water at least 1.5 liters a day. You should eat broths, soups, chicken, and fish broths with cooked vegetables.
- 24HRS BEFORE YOUR SURGERY, CONSUME ONLY LIQUIDS: CHAMOMILE TEA, JELLO, AND CHICKEN CONSOME/BROTH (NO VEGETABLES, NO CHICKEN), WATER

## PRE-OPERATIVE DIET SCHEDULE

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	8 Oz. smoothie w/2% skim or almond milk w/ 7 oz. of fruit and 1 TBSP of protein	1 green apple or a gala apple (approx. the size of your palm)	Steamed fish (approx. the size of your hand); 1 cup of steamed vegetables, with butter (no corn or potato)	1 cup of sugar free gelatin	¾ cup of cereal; ½ banana, (whole wheat cheerios, Special K, All bran cereal)
TUESDAY	¾ cup of cereal; ½ banana, (whole wheat cheerios, Special K, All bran cereal)	1 cup of any type of fruit (cut or whole)	Chicken or beef soup with 1 cup of steamed vegetables	½ cup of baby carrots	8 Oz. smoothie w/2% skim or almond milk w/ 7 oz. of fruit and 1 TBSP of protein
WEDNESDAY	8 Oz. smoothie w/2% skim or almond milk w/ 7 oz. of fruit and 1 TBSP of protein	1 cup of sugar free gelatin	Chicken salad prepared to your liking (approx. size of your palm); 2 tostadas or 5 ritz crackers	1 green apple or a gala apple (approx. the size of your palm)	1 cup of vegetable soup
THURSDAY	1 scrambled egg with 1 piece of toast or 1 tortilla	1 cup of sugar free yogurt	Grilled meat or fish (approx. size of your palm); 1 cup of steamed vegetables or 1 cup of green salad (kale, spinach)	8 Oz. smoothie w/2% skim or almond milk	1 cup of tuna salad, prepared to your liking (no bread, or tostadas or crackers)
FRIDAY	8 Oz. smoothie w/2% skim or almond milk w/ 7 oz. of fruit and 1 TBSP of protein	1 cup of any type of fruit (cut or whole)	8 oz of grilled chicken; ½ cup of steamed rice	1 cup of cucumber (cut or whole)	1 cup of green salad (kale, spinach) w/ balsamic vinegar
SATURDAY	Spinach egg omelet w/4 pieces of cheese, not to exceed 2 oz.	25 raw almonds	Grilled chicken 1 cup of steamed vegetables or 1 cup of green salad (kale, spinach)	1 cup of sugar free yogurt	8 Oz. smoothie w/2% skim or almond milk
SUNDAY	8 Oz. smoothie w/2% skim or almond milk	1 cup of any type of fruit (cut or whole)	1 cup of tuna salad, prepared to your liking (no bread, or tostadas or crackers)	1 cup of Jicama (cut or whole)	1 cup of cream of corn

## ADDITIONAL RECOMMENDATIONS:

- Adherence and commitment to the nutritional plan, respect portion size.
- Respect meal schedules.
- Drink 1.5 to 2 liters of water a day
- Perform physical activity frequently 2 to 3 times a week, minimum duration of 30-45 minutes as tolerated.
- PROTEIN: Isopure Zero carbs, Plenlife, Whey protein, Isolate protein, premier protein.
- Avoid: sausages, table salt, Manchego or Monterrey cheese, soft drinks, juices, alcohol, coffee, bread, industrialized foods or fast food, other packaged junk foods.
- IMPORTANT: 24HRS BEFORE YOUR SURGERY, CONSUME ONLY YOGURT, CHAMOMILE TEA, JELLO AND CHICKEN CONSOME/BROTH (NO VEGETABLES, NO CHICKEN).