

BEFORE BARIATRIC SURGERY

1200 CALORIES – 70 GRAMS OF PROTEIN DIET

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST 08:00 – 09:00	2 eggs, scrambled with vegetables of choice (ie. mushrooms, onions, peppers) 1 thin slice of whole grain bread (30 grams) 5-6 leaves of greens (arugula - lettuce)	4 tablespoons of nonfat yogurt 2 tablespoons of oatmeal 1 portion of fresh fruit	1 boiled egg 1 slice of nonfat cheese (30 grams) 1 thin slice of whole grain bread (30 grams) 1 portion of fresh fruit
SNACK 10:00 – 11:00	1 portion of fresh fruit	1 glass of skimmed milk (200 ml)	1 portion of fresh fruit
LUNCH 12:00 – 13:00	3 grilled meatballs (must be made from lean ground beef, 90 grams) 4 spoons of boiled vegetables (cauliflower-broccoli - zucchini) 1 thin slice of whole grain bread (30 grams)	1 large bowl of green salad (non-fat) 120 grams of grilled chicken breast (lean, skinless) 2 whole grain grissini	8 spoons of meat vegetable dish (with 60 grams of meat) 4 spoons of nonfat yogurt 1 thin slice of whole grain bread (30 grams)
SNACK 16:00 – 17:00	Smoothie with 1 glass of skimmed milk, 1 small banana, 1 small slice of pineapple and cinnamon (to be slowly sipped)	1 slice of nonfat cheese (30 grams) 1 whole grain grissini	1 glass of skimmed milk (200 ml)
DINNER 19:00 – 20:00	90 grams grilled chicken/turkey (lean, skinless) 4 spoons of boiled vegetables (cauliflower-broccoli - zucchini) 1 thin slice of whole grain bread (30 grams)	90 grams of lean boiled meat 4 spoons of boiled vegetables (cauliflower-broccoli - zucchini) 1 thin slice of whole grain bread (30grams)	120 grams grilled/baked fish (skinless) 1 large bowl of green salad (non-fat) 1 thin slice of whole grain bread (30 grams)

Note: You must choose one of 3 different options for each day. Do not cross between options

NOTE: START TO TAKE "PANTOPRAZOL 40mg" ONCE A DAY