



**Naval Medical Center San Diego  
General Surgery  
Bariatric Surgery Preparation  
14 Day Pre-Op Diet**



**14 Day Pre- Op Diet**

1. Drink two (2) supplements from the list below to Provide 52 – 80 grams protein and 320 to 420 calories. If you prefer to use a different protein supplement, it needs one that meets the guidelines for supplements after surgery.
2. Have one 350 calorie meal. Healthy Choice, Lean Cuisine and Smart Ones frozen dinners that are between 300-400 calories are acceptable. Add a vegetable salad with nonfat dressing.
3. Drink calorie free drinks such as crystal Light or diet iced tea or water to keep well hydrated. A minimum of 64 fl oz per day. No diet soda.
4. Continue taking vitamin and mineral as though you already had surgery
5. Continue being physically active for at least 150 minutes per week

<b>Supplement</b>	<b>Serving Size</b>
Bariatric Advantage Meal Replacement	1 scoop has 160 calories and 27 grams protein. Mixed with 8 oz nonfat milk it will provide 35 grams protein and 240 calories
Premier ready to drink protein shake	1 container 30 grams protein and 160 calories
Isopure zero carb ready to drink	20 fl oz; 40 grams protein and 160 calories
World wide protein ready to drink shake	11 fl oz; 35 grams protein; 170 calories
Muscle milk protein powder	1 scoop has 26 grams protein and 130 calories. Mix with 8 oz nonfat milk for a total of 34 grams protein and 210 calories