

pre-op

LIVER REDUCTION DIET

The following high protein, low calorie diet is recommended to begin 2 weeks prior to weight loss surgery. This program will promote weight loss and will reduce the liver size to make the procedure technically easier for your surgeon.

DAILY REQUIREMENTS

4 Bariatric Fusion® Shakes

Take one Bariatric Fusion® Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening.

WATER VS. SKIM, SOY, LACTAID COMPARISON

Calories and amount of protein daily

MIXED WITH WATER

Calories: 600 | Protein: 108 g

MIXED WITH SKIM MILK, SOY, OR LACTAID

Calories: 960 | Protein: 144 g

Minimum of 64oz of clear liquids

to be consumed between Bariatric Fusion® shakes

CHOOSE FROM THE FOLLOWING CLEAR LIQUIDS:

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®)
- Sugar Free KoolAid®
- Sugar Free Popsicles®
- Sugar Free Jello®
- Chicken or Beef Broth
- Ocean Spray® Sugar Free Drink Mixes

Adequate Bariatric Fusion® Meal Replacement supply for 2 week period is 3 tubs

HIGH PROTEIN, LOW CARB MEAL REPLACEMENT

- 27 grams of the highest quality, medical grade whey protein isolate
- 25 vitamins and minerals
- Only 9 grams of carbohydrates
- 4-5 grams of fiber per serving
- Lactose, aspartame, and gluten-free
- Contains all essential amino acids
- No sugar added
- Great tasting flavors
- PDCAAS Score: 100

