

NUTRITIONAL PLAN

PRE-OP KIT

Meal replacements (you may have up to four in a day)	<p>For 14 days before surgery replace all of your meals with the following:</p> <ul style="list-style-type: none">• One MyProgressMD Whey protein shake• Eat an unlimited amount of dark green leafy vegetables*.
Supplements	<p>May be taken whole, mixed in, blended in a shake, or as directed by your surgeon.</p> <p>1- Take these early in the morning::</p> <ul style="list-style-type: none">• Essential Nutrition Multi• 1, up to 2 Multi-Flora probiotic• 2 Ultimate Metabolism <p>2- Dissolve one lozenge in the mouth right before or after any meal, once daily.</p> <ul style="list-style-type: none">• 1 Methyl B12 <p>If in doubt, please refer to the suggested use indicated on the bottle.</p>
How to prepare your protein shake	<p>MyProgressMD Whey protein shake, any flavor</p> <p>Include 1 choice of any of the following:</p> <ul style="list-style-type: none">• 1 teaspoon of MCT (medium-chain triglycerides) oil or coconut oil• 1 oz of nuts or seeds (chia, hemp, pumpkin, sunflower, flaxseed)• 1 teaspoon of nut butter (peanut, almond, cashew, etc.)• 1/8 avocado <p>Mix with 2 ice cubes with your choice of water, chilled green tea, or plant-based unsweetened milk alternatives (almond milk, coconut milk, Ripple, hemp milk, etc.)</p>
Liquids	<p>Aim for 64 oz of water, infusions, herbal teas, unsweetened and low-sodium electrolytes, and include 4 cups of organic green tea.</p>

Dietary restrictions: Avoid ALL carbohydrate sources like sugar, energy drinks, gourmet coffees (lattes, cappuccinos, etc.), cow's milk, table sugar, honey, sodas, alcohol, fruit, dried fruit, grains, cereals (oatmeal, breakfast cereal, quinoa, and flours (baked products such as cookies, "healthy" bars, bread, donuts, cake, potato chips, etc.), starchy vegetables such as potatoes, cob, carrots, beets, and edamame; soy, peas, green beans or any other type of legumes like beans or lentils.

*Green leafy vegetables may be enjoyed steamed, cooked, or raw in soups or salads. You may add butter or olive oil. Some examples of green leafy vegetables are spinach, romaine lettuce, celery, kale, chard, cilantro (coriander), watercress, collards, turnip greens, mustard greens, and cabbages. In addition, you may have broccoli, tomatoes, mushrooms, onions, garlic, peppers, herbs, and spices.

Drink plenty of liquids. All body systems are impaired with dehydration.

AVOID ALCOHOL.

Increase physical activity and exercise regularly -at least 30 minutes per day.

Get enough sleep each night to promote cellular repair.

These recommendations are not intended to be a substitute for professional medical advice. Always inform your doctor of the supplements you are taking. Do not use this plan if you are pregnant or nursing. Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication. Use as directed. Not intended for children. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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