



2 Week Pre-Operative Diet

Time frame: 2 weeks

The following is a list of foods for the **WHOLE** day on your pre-operative diet.

You will want to space the food out over 2 or 3 meals. In addition to the 2 or 3 meals per day, you will add 2 protein shakes per day. No processed foods. All liquids need to be calorie free, no carbonation.

Protein Supplement:

- 2 protein shakes per day (protein powder with water, or grab-and-go options following protein supplement guidelines on Page 45)



Protein:

- 4 - 6 ounces cooked protein
- Protein options: chicken, turkey, fish, seafood, pork, low fat cheese, cottage cheese
- No red meat, no processed meats like bacon, hot dogs, bologna, salami, pepperoni



Vegetables:

- As many frozen or fresh vegetables
- No beans, corn, peas or potatoes

Fruit:

- ½ cup fresh or frozen (no added sugar)
- All berries are your best option



Dairy:

- 6 – 8 ounces high protein Greek yogurt (only 1 serving per day)
- Can use cheese and cottage cheese for your protein sources
- No milk or ice cream



Healthy Fats:

- 2 – 3 healthy fats
- 1 TBSP olive oil, ¼ avocado, ¼ cup nuts, 5 olives, 1 TBSP seeds like chia, hemp or flax



Fluids:

- 64 ounces or more from water or drinks that contain less than 5g of sugar per serving

No Starches:

Common starches you cannot have:
Wheat, Bulgur, Pasta, Couscous, Waffles, Wheat Bran, Rice, Potatoes, Yams, Jelly/Jam, Bread, Bagels, English Muffin, Pretzels, Pizza, Puddings, Custards, Chips, Crackers, Popcorn, Oats, Oatmeal, Cream of Wheat, All Cereals, All Bread, Naan, Caramel, Granola bars, Power bars, Energy bars, Protein bars



Read all labels, all sauces, dressings, seasonings must have zero sugar.



Sample Meal Plans

Plan 1:

Breakfast: 1 cup yogurt with $\frac{1}{2}$ cup fruit, 1 probiotic, multi-vitamin

Snack: 1 protein shake

Lunch: Salad with as many vegetables as you want, (greens, carrots, cucumbers, sprouts, parsley, and tomatoes), $\frac{1}{4}$ cup shredded cheese, $\frac{1}{4}$ cup pumpkin seeds, 1 – 2 TBSP of sugar-free dressing (preferably olive oil & vinegar or lemon).

Dinner: 4 ounces Tilapia or chicken or salmon with green beans with 1 TBSP olive oil

Snack: 1 protein shake, 1 CoQ10

Plan 2:

Breakfast: Homemade protein pancake, probiotic, multi-vitamin

Recipe: 2 eggs, $\frac{1}{2}$ serving vanilla protein powder, $\frac{1}{2}$ cup mixed berries or $\frac{1}{2}$ banana, cinnamon and a dash of stevia or monk fruit if wanted. Blend and cook like you would a pancake.

Lunch: Chicken or tuna salad with carrots, cucumber and celery

Recipe: 3 ounces of chicken or tuna – 1 small can, add $\frac{1}{4}$ avocado or 1 TBSP mayo (no miracle whip), onion, add as many seasonings as you want, carrots, celery, cucumbers

Snack: Greek yogurt

Dinner: protein shake with 1 TBSP chia/flax seeds, 1 CoQ10



Plan 3:

Breakfast: 2 boiled eggs, single serving on the go olives (green or black), probiotic, multi-vitamin

Snack: Protein Shake

Lunch: $\frac{1}{2}$ – $\frac{3}{4}$ cup cottage cheese, baby bell peppers or vegetable of choice

Dinner: Protein shake with flax or chia seeds

Snack: $\frac{1}{4}$ cup nuts with 1 yogurt, 1 CoQ10

