

1200 Calorie Pre Op Diet

- Goal:** 1200 calories, 120 gm carbohydrates → lose 5% of starting weight.
Purpose: To shrink liver to ensure a safe operation.
Mandatory! Surgery can be cancelled if liver is too large to do surgery safely.

Use Slim Fast® High Protein drinks or meal bars. You need to eat 3 meals and snacks everyday.
You can have shakes/bars for any meal or snack when you are hungry.
Once per day you are allowed to have an actual meal within the guidelines provided.
(Please see last page if you are lactose intolerant or have diabetes).

Goal Weight Loss

My goal is to lose _____ lbs by the time of my surgery. (5% of starting weight)

Slim Fast High Protein drinks or bars

Choose 5 Slim Fast® High Protein shakes or meal bars per day. Always have a shake or bar for breakfast when you wake up. Do not skip meals.

One Meal per Day

You are allowed one meal per day of meat and veggies, no starches. Choose from the following...
Be sure to weigh or measure all foods eaten. Keep a diary.

Choose 5oz of lean meat, baked, broiled, or grilled. Do not eat fried meats.

Poultry- chicken or turkey

- White meat with/without skin
- Dark meat without skin
- Cornish hen without skin
- Extra lean or lean ground

Fish

- Most fish and shellfish are lean

Pork- fat trimmed

- Tenderloin
- Boneless top loin chop and roast
- Bone-in center loin chop
- Bone-in rib chop
- Bone-in sirloin roast

Veal-fat trimmed

- Cutlet
- Blade or arm steak
- Rib roast
- Rib or loin chop

Lamb-fat trimmed

- Leg
- Loin chop
- Arm chop

Beef- fat trimmed

- Less than 5 grams of fat per 3oz
- Eye round roast and steak

- Sirloin tip side steak
- Top round roast and steak
- Bottom round roast & steak
- Top sirloin steak
- Brisket, flat half

--Less than 10 grams of fat per 3oz

- 95% lean ground beef
- Round tip roast and steak
- Round steak
- Shank cross cuts
- Chuck shoulder pot roast
- Sirloin tip center roast and steak
- Chuck shoulder steak
- Bottom round steak (Western griller)
- Top loin steak (Kansas City or New York strip steak)
- Shoulder petite tender and medallions
- Flank steak
- Shoulder center (ranch) steak
- Tri-tip roast and steak
- Tenderloin roast and steak (Filet Mignon)
- T-bone steak

Other

- Egg whites or substitute
- 2% cheese or low fat cottage cheese
- Processed meat less than 3g fat/ oz

Choose 2 cups of nonstarchy veggies every day. They can be cooked or raw.
Do not fry.

- Artichoke (packed in water)
- Asparagus
- Green, wax, Italian beans
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onion
- Greens
- Leeks
- Mix veg (without corn, peas, or pasta)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Salad greens
- Sauerkraut
- Spinach
- Summer squash
- Tomato
- Tomato sauce
- Tomato juice
- Turnips
- Water chestnuts
- Watercress
- Zucchini

The following veggies are starchy. They are not part of the nonstarchy group and should be avoided during this diet.

Corn, Peas, Potatoes, Sweet Potatoes, Winter Squash, Plantains, Dry Beans/Lentils

Choose 1 serving of fat.

- 2 Tbs avocado
- 1 tsp of oil
- 8-10 olives
- 6 almonds, cashews, mixed nuts
- 10 peanuts
- 4 halves pecans or walnuts
- ½ Tbs peanut butter
- 2 tsp tahini paste
- 1 tsp margarine or butter
- 1 Tbs low fat margarine or butter
- 1 tsp mayonnaise
- 1Tbs low fat mayonnaise
- 1 Tbs salad dressing
- 2 Tbs low fat salad dressing
- 2 tsp Miracle Whip®
- 1 Tbs low fat Miracle Whip®
- 1 slice bacon
- 2 Tbs half and half
- 2 Tbs cream cheese
- 1 ½ Tbs low fat cream cheese
- 2 Tbs sour cream
- 3 Tbs low fat sour cream

The following items can be used to help flavor foods.

- Any spices or mixed spices
- Horseradish
- Lemon/lime juice
- Mustard
- Vinegar
- Hot pepper sauce
- Worcestershire® sauce
- Salt and pepper
- Sugar substitute

Remember to drink at least 48 oz of water daily.

You can use the following items in place of water.

- Crystal Light®
- Sugar Free Kool Aid®
- Flavored Water, e.g.: Dasani®
- Unsweetened, Decaf tea and coffee

You want to avoid any drinks containing calories.

- Regular Sodas
- Sports Drinks e.g.: Gatorade®
- Kool Aid®
- Energy Drinks e.g.: Red Bull®
- Sweet tea or coffee

**** Other meal replacement options...**

-Lactose intolerant- you may substitute 5 EAS Myoplex Lite® ready to drink shakes for Slim Fast®.

-Diabetes- you may substitute 4 Glucerna® shakes or meal bars for Slim Fast®.

-Carnation® Instant Breakfast Sugar Free

-5 shakes using dry powder mixed with 1 or 2% milk

-5 ready to drink shakes