

# PRE-SURGERY DIET - MEAL REPLACEMENT SHAKES

**DURATION:** 2 Weeks before surgery

**TYPE:** High protein, low fat and low carbohydrate liquid diet using high protein meal replacement shakes and raw vegetables

**PURPOSE:** 1) To reduce fat in the liver that will decrease risks of liver damage during surgery.  
2) To reduce weight which will decrease overall surgical risks.

## **NOTES:**

- ✓ ***After 3 days on the shakes alone, if you need to chew you may have THREE servings of raw, non-starchy vegetables during the day. Choose from: cucumbers, string beans, bell peppers, celery, radishes, lettuce, broccoli and cauliflower but with no added fats (oils, mayo or sour cream), dips or marinades. You can use fat free dressing, vinegar, freshly squeezed lemon or lime, salt and pepper. One serving equals: one 8 $\frac{1}{4}$  inch cucumber, 1 cup string beans, 1 medium bell pepper 2 $\frac{3}{4}$  inch square, six 7 $\frac{1}{2}$  inch celery stalks,  $\frac{1}{2}$  cup sliced radishes, 2 cups shredded lettuce, 1 cup broccoli florets and 1 cup cauliflower pieces.***
- ✓ ***Drink six to eight 8-ounce cups of non-sugared beverages every day while on the pre-surgery diet. Water is the best beverage but you can drink Crystal Light, Diet Snapple, Bai, vitaminwater zero, etc. Sugar-free Jell-O and sugar-free frozen fruit pops are considered liquids. Caffeinated coffee/tea is allowed with artificial sweetener and fat free/skim milk. However, do not use more than 8 ounces of fat free/skim milk in your coffee per day. Plain broth is also allowed.***
- ✓ ***Drink only the meal replacement shakes and non-sugared beverages the day before surgery. No Vegetables!!!***
- ✓ ***If you are taking medication, especially for diabetes or high blood pressure, consult your prescribing physician as your medication may need to be adjusted while on this diet.***
- ✓ ***To increase your fiber intake and prevent constipation, take a daily sugar free fiber supplement. Benefiber® is a good choice. You can stir 2 teaspoons into any hot or cold beverage or food up to 3 times daily for 9 grams of fiber.***
- ✓ ***Stop taking your multi-vitamin with minerals while on the pre-surgery diet. The meal replacement shakes have all the vitamins and minerals that you need right now.***
- ✓ ***Females: Don't forget to take additional calcium with vitamin D twice per day while on this diet.***

**Choose one of the meal replacement shakes below unless another shake has been approved by your RD:**

**A. GNC Total Lean™ Lean Shakes™ (pre-mixed)**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product at GNC or [www.gnc.com](http://www.gnc.com).
- You will need to purchase 70 drinks (approximately \$240).
- *The shakes are lactose free.*
- The shakes come in Swiss chocolate, vanilla bean, strawberries and cream and banana cream.
- Each shake has: 170 calories, 25g of protein, 330mg sodium and 3g fiber.

**B. GNC Total Lean™ Lean Shake™ 25 (powder). Make sure that you purchase the Lean Shake 25 and not the regular Lean Shake that has only 9 grams of protein.**

- *Drink 4 shakes a day, approximately 1 every 4 hours.*
- This product is protein powder that you mix with 8-10 ounces of water.
- Purchase this product at GNC or [www.gnc.com](http://www.gnc.com).
- You will need to purchase 4 tubs of the protein powder (approximately \$180 for club non-member and \$160 for club member).
- The shakes come in rich chocolate, chocolate peanut butter, banana, cookies & cream, mixed berry, orange cream and French vanilla.
- 2 scoops have: 200 calories, 25g of protein, 120mg sodium and 8g of fiber.

**C. Kosher: Premier Protein - High Protein Shakes (pre-mixed)**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase in Costco, BJ's, Sam's Club or at Amazon.com.
- You will need to purchase 70 drinks (4 cases--approximately \$100).
- The shakes come in vanilla, chocolate, strawberry, caramel and bananas & cream.
- Each shake: has 160 calories, 30g of protein, 270mg sodium and 3g fiber.

**D. Kosher: Bariatric Fusion Meal Replacement Shakes.**

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase at [www.BariatricFusion.com](http://www.BariatricFusion.com) or call 1-866-259-0602.
- You will need to purchase 4 tubs of powder (approximately \$160; shipping is free for orders over \$75). Single serving packets are available for \$2.50 each or you can purchase a variety pack of all the individual flavors for \$20.
- The shakes come in Chocolate Mouse, French Vanilla, Strawberry Shortcake, Cinnamon Bun, Mint Chocolate Ice Cream, Orange Cream and Cappuccino.
- Two scoops have: 150 calories, 27g of protein, 360mg sodium and 5g of fiber.

#### E. Celebrate ENS 4 in 1 (Protein, Multi, Calcium and Fiber)

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase at: [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com)
- You will need 3 tubs of powder (approximately \$192 with \$13 shipping). A variety pack of 30 single serving packets is available for \$69.95.
- The shakes come in orange cream, chocolate milk and vanilla cake batter.
- Two scoops have: 140 calories, 25g of protein, vitamins and minerals to replace a multivitamin, 500 mg calcium and 4g of fiber.

#### F. Celebrate Meal Replacement Shakes

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase at: [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com).
- You will need 3 tubs of powder (approximately \$150 with \$13 shipping). 10 single serving packets are available for \$29.95.
- The shakes come in cinnamon roll, bananaberry, deep chocolate and vanilla bean.
- Two scoops have: 160 calories, 27g of protein, 240mg sodium and 5g of fiber.

#### G. Bariatric Advantage® High Protein Meal Replacement Shakes

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Go to [www.BariatricAdvantage.com](http://www.BariatricAdvantage.com), click on "Meal Replacements" for the powder. You can also call 1-800-898-6888.
- You will need to purchase 2 bags of their meal replacement powder (approximately \$136). Single serving packets are available for \$3.25 each and Ready-To-Shake bottles (powder included, just add water) are available for \$2.95 each.
- The shakes come in chocolate, vanilla, strawberry, banana, iced latte and orange cream.
- *The shakes are lactose free.*
- Two scoops have: 150-160 calories, 27g of protein, 320mg sodium and 5g of fiber.

#### H. Kosher: Garden of Life Raw Organic Meal Shake & Meal Replacement with superfoods, probiotics and enzymes.

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at [www.amazon.com](http://www.amazon.com).
- You will need to purchase 4 tubs of the protein powder (approximately \$143).
- *The shakes are lactose free.*
- The shakes come in chocolate cacao, vanilla, vanilla spiced chai.
- 1½ scoops have: 173-180 calories, 30g of protein, 225mg sodium and 11g fiber.

**I. Kosher: EAS AdvantEdge® Carb Control (Pre-mixed).**

- *Drink 8 shakes a day. You can drink 2 shakes at one time, three times per day and 1 shake two other times during the day.*
- Purchase this product at [www.Amazon.com](http://www.Amazon.com) or at the Vitamin Shoppe.
- You will need to purchase 112 drinks (approximately \$224).
- *The shakes are lactose free.*
- The shakes come in strawberry cream, French vanilla, chocolate fudge, rich dark chocolate, café caramel, mocha latte.
- Each shake has: 100 calories, 17g of protein, 430g sodium and <1g fiber.

**J. Kosher: Herbalife® Formula 1 Instant Healthy Meal - Nutritional Shake Mix® Shakes per day. *Make sure that you purchase the Instant Healthy Meal and not the regular Nutritional Shake Mix which has only 9g of protein.***

- *Drink 4 shakes a day, approximately 1 every 4 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at [www.herbalife.com](http://www.herbalife.com).
- You will need to purchase 5 tubs of the protein powder.
- *The shakes are lactose free.*
- The shakes come in creamy chocolate and vanilla dream.
- *Two scoops have: 200 calories, 20g of protein, 420mg sodium and no fiber.*

**K. Kosher: Naturemax®/Naturemax® Plus (sweetened with Splenda)- 1½ scoops in each drink.**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at [www.MaxiHealth.com](http://www.MaxiHealth.com) .
- You will need to purchase 7 containers of protein powder (approximately \$175).
- The shakes are lactose free.
- Naturemax® comes in creamy vanilla and rich chocolate. Naturemax® Plus comes in creamy vanilla, rich chocolate, smooth coffee, strawberry.
- *1½ scoops of Naturemax® has: 165 calories, 30g protein, 317mg sodium and 1.5g fiber.*
- *1½ scoops of Naturemax® Plus has: 150 calories, 30g protein, 329mg sodium and 1g fiber.*

**L. Kosher: Optifast 800® Shakes**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product from our Weight Control Center in room #512.
- You will need 70 shakes (approximately \$324)
- The shakes are lactose free.
- The shakes come in: vanilla, chocolate and strawberry.

- Each shake has: 160 calories, 14g protein, 220mg sodium and no fiber.

**M. Kosher: Optifast 800® Shake Mix packets**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that that you mix with 8 ounces of water.
- Purchase this product from our Weight Control Center in room #512.
- You will need 10 boxes of packets (approximately \$210).
- The shakes come in: vanilla, chocolate and strawberry.
- Each shake has: 160 calories, 14g protein, 230mg sodium and no fiber.

**N. Kosher: Arbonne Essentials Protein Shake Mix**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that that you mix with 8 ounces of water.
- Purchase this product at [www.Arbonne.com](http://www.Arbonne.com).
- You will need 3 bags of the shake mix (approximately \$222).
- The shakes are lactose free.
- The shakes come in vanilla and chocolate.
- 2 scoops have 160 calories, 20g protein, 360mg sodium and 2g fiber.

**O. Kosher: PlantFusion Complete Plant Protein**

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- Purchase this product in the Vitamin Shoppe, Fairway or Whole Foods.
- You will need 84 shakes (approximately \$280).
- *The shakes are lactose free.*
- The shakes come in chocolate and vanilla.
- Each shake has: 150 calories, 18-19g protein, 285mg sodium and 2g fiber.

**P. Kosher: Ensure® High Protein Shakes**

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product in a supermarket or pharmacy.
- You will need 70 shakes (approximately \$105)
- The shakes come in milk chocolate and vanilla.
- Each shake has: 160 calories, 16g protein, 200mg sodium and 1g fiber.

N. Restuccia, MS, RD, CDN

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