

# SURGERY PREPARATION DIET

**Your surgeon has prescribed and will monitor you while you complete a two-week, 800 calorie a day liquid diet using Numetra meal replacement shakes or puddings. Any questions or concerns while on the program should be directed to your surgeon.**

## About this program

Every day you will have 5 meal replacements evenly spaced throughout the day along with plenty of fluids. You will have no other food while on this program. This program will significantly reduce your calories and overall carbohydrate intake, preparing your body for surgery. Eating additional foods will compromise your results and lead to cancellation of your surgery.

## How to prepare your shakes:

You will mix powdered meal replacement shakes with water, coffee, or carbonated drinks (like sparkling water or diet soda). You can mix with any amount of water you prefer, generally 8-20 ounces. Shakes can be made up to a day in advance if kept cold. You can add sodium free and calorie free spices (like cinnamon, pumpkin pie spice, peppermint extract, sugar free syrups).

You can mix with cold water, blend with ice, or make a hot drink. Or you can prepare a pudding.

**To make warm drinks:** Slowly add warm water or coffee to the powder and create a paste. Slowly add more water while stirring carefully.

**To prepare a pudding:** Mix shake powder with 6 ounces of water and store in the fridge until cold. You can also put it in the freezer for a bit.

Tip: Purchase a milk frother to use to blend your shakes and make them creamy. Blender bottles are also great options for mixing shakes. Rinse and wash after use since protein drinks can quickly start to smell!

## Drink 120-150 ounces of fluids every day. No more or less than this.

This includes what you use to prepare your meal replacements and anything else you drink during the day. You may have up to two cups of coffee or caffeinated drinks daily and you can mix your shakes into your coffee.

Tip: Purchase a gallon water jug (128 ounces) from the grocery store and pour all of your fluids from this. Or use measured bottles or cups to drink from to assure you stay within fluid requirements.

## Have a meal replacement every 3-4 hours.

A regular and consistent schedule will maximize results and minimize hunger, cravings, and low energy. Avoid drinking too much before bed to reduce trips to the bathroom at night.

Tip: Set timers on your phone so you stay on schedule. Try setting everything you need for the day out on the counter or in your bag.

Visit [positivechoice.org/surgeryprep](https://positivechoice.org/surgeryprep) for Common Questions or scan

