













# 2 Weeks Pre-Surgery Liquid Diet

Protein Shakes and Clear Liquids ONLY, NO FOOD!!

Helps with pre-surgery weight loss, liver shrinkage, and cleaning out GI tract in preparation for surgery

## Appropriate Pre-Op Protein Shake Options

>20 grams protein, <10 grams sugar, <10 grams fat, <250 calories per shake

<p>Whey Concentrate (contains milk and lactose)</p>				
<p>Whey Isolate (still has milk, but is lactose free)</p>				
<p>Plant Based Protein (no milk and lactose free)</p>				

- Drink 3-5 Protein Supplements each day.
- Protein goal: 60-150 grams protein daily.
  - "Ready to Drink" protein shakes
  - Protein powders mixed with ice, water, or low fat milk. No fruit/juice, no smoothies

## Appropriate Pre-Op Clear Liquid Options

<50 calories, <10 grams sugar per 8 ounces, 64oz or more!

- Stay hydrated with +64 ounces of clear liquids. Helps to prevent constipation, kidney stones, gout.
- See-through, any color, sugar-free/low sugar, and low in calories. Sugar substitutes are safe to use
- No caffeine (decaf tea and coffee OK), no sodas, no juice. No alcohol.
- Store bought or homemade broth (does not need to low sodium).