



Capital Health

# Sleeve Gastrectomy Weight Loss Surgery

## Stage 3 – Sample Menu

### Stage 3 Diet ...for 4 weeks



For 4 weeks after surgery you need to

- Consume only **liquids** (must pour like milk – no lumps), to allow your new stomach to heal and adjust.
- Keep well **hydrated** with 8 or more cups of total fluids daily.
- Achieve 60 to 80 grams **protein** daily.
- Take a daily chewable **multivitamin-mineral supplement**
- You will only be getting 600 to 800 calories daily for these first 4 weeks, so be sure everything is a nutritious choice.
- **Add up your fluids and protein every day.** Keep a journal.

The following is a basic menu for the one month of fluids **after** your surgery, also called Stage 3 diet. All liquids need to be slowly sipped. This menu contains the 60 grams of protein & the 8 cups of liquid that you need. See other stage 3 menu ideas in the Diet Stages 1 to 3 handout.

Breakfast – 1 protein drink (at least 20 grams of protein). See High Protein Blender Recipes.

Throughout morning – ¼ cup of blenderized low fat cottage cheese, mixed with ¼ cup applesauce; 1 cup (8 oz) water

Lunch – 1 cup soup made with milk, such as tomato, strained cream of chicken or blenderized fish chowder

Throughout afternoon – ½ cup yogurt; 2 cups water

Supper – 1 tin Diabetic or Hi Pro Boost or Ensure

During the evening – 2 cups skim or 1% milk