



Capital Health

Sleeve Gastrectomy Weight Loss Surgery

Stage 5 – Sample Menu

(800 to 1200 calories for women; 1000 to 1600 calories for men; 60 to 80 grams protein daily; 3 meals and 1 to 3 snacks)

Stage 5 Diet... For LIFE

Breakfast- 1 egg, ¼ cup high fiber bran cereal with milk

Snack- ½ cup low-fat yogurt, ½ cup fruit, 1 cup water

Lunch- ¼ cup tuna with 1 carrot grated & a little light mayo on 3 to 6 soda crackers

Snack- 1 cup skim milk, 1 cup water

Dinner- 2 -3 oz lean chicken, fish or meat

1 cup cooked vegetables with ½ tsp margarine

Snack- “Smoothie” (1 cup skim milk, 1 small banana or 1 cup whole berries & ½ scoop protein powder)

- Must drink 8 cups (64 oz.) fluid every day
- Must do 30 to 60 minutes exercise every day
- Must keep daily food, fluid & activity log
- Weigh yourself once weekly and record
- Must take adult complete multivitamin-mineral supplement
- You will likely need to continue protein powder long term in order to meet your protein needs. Adequate protein is essential.



Stage 5 is life-long! Choose a wide variety of foods from all food groups outlined in Stage 5