



Gastric Sleeve

Reset Diet

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Gastric Sleeve **Reset Diet**

Ways to restart weight loss after bariatric surgery, including consulting with a doctor or nutritionist, incorporating a high-protein diet, increasing physical activity, and monitoring calorie intake.

We need to get the body back into a hypocaloric state and then gradually increase the calories so that, in the end, we achieve a healthy and appropriate diet, but only after having triggered the reactivation of weight loss.

Menu to restart weight **lose after gastric sleeve surgery**

Phase I (Day 1)

- Water, broth, sugar free jello, coffee and tea decaffeinated, splenda or substitute sugar, no milk, ice popsicle sugar free, electrolyte and 1 bottle of liquid protein.

Phase II (Days 2 & 3)

- Thick liquids (shakes) Take 1 cup every 2 hrs of the next.
- Protein shake prepared with water.
- Cream soups (nonfat milk, lactose-free milk).
- Oatmeal or wheat cream shake.
- Fruit Puree
- Coffee with lactose-free milk
- Water

Example

	Option I	Option II	Option III
Breakfast	Protein shake, oatmeal, 1 cup of wheat cream, 1 cup lactose-free milk and fruit	Oatmeal (1 Cup)	Wheat Cream (1 Cup)
Snack	Fruit Puree and half a banana	Protein Shake	Fruit Puree
Meal	1 Yogurt	1 Cup Clam Chowder	1 tomato basil cup
Snack	Soup and Protein Shake	1 Cup of Sugar-free Jello	Protein Shake
Dinner	Soup and Protein Shake	1 Yogurt	Beans Cream

Phase III (Days 4 & 5)

Solid Food

Pâte, cottage cheese, small pieces of cheese, scrambled eggs o cooked, fish , fruit, cooked vegetables, baked potato, pasta, tuna, egg, tofu.

Example

	Option I	Option II	Option III
Breakfast	Protein Shake	1 Cup of Oatmeal	2 Egg White or 1 Whole Egg
Snack	1 Cup of Papaya with Cottage Cheese	Protein Shake	1 Banana
Meal	1 cup of chicken broth with vegetables	1 Cup of stewed Zucchini with cheese and vegetables.	Fish Fillet or Salmon with spinach
Snack	1 Yogurt	1 apple with ricotta cheese and cinnamon	Protein Shake
Dinner	¾ atun can like ceviche	1 cup of beans with panel cheese	1 Yogurt

Phase IV: Regular Diet (Ongoing)

- Please follow the next indications.
- Follow the diet
- Portion Control
- Eat every 3 hours
- Drink at least 64 oz of water daily
- No fried foods
- Pork Meat just once a week
- Avoid processed foods.
- Choose lean meat with low fat

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Breakfast 8:00 am

	Option I	Option II	Option III	Option IV	Option V
Protein Shake	1 egg (or 2 white egg) 1 slice of ham with vegetables, 1 tortilla	1 oatmeal cup with fresh fruit.	1 toast bread 2 spoon of avocado 1 scrambled egg	Omelet with White eggs. Mushroom and cheese	1 Taco of panela cheese with avocado and sauce.

Snack 11:00 AM

- Choose one of the following:
- Mid size fruit
- Light or Greek Yogurt
- 1 Cup of Sugar-free Jello with chopped fruit
- 1 plum with 8 almonds
- Half an apple with ricotta cheese and cinnamon
- 1 toast bread with peanut butter
- 1 Protein Shake

Meal 2:00 PM

Option I	Option II	Option III	Option IV	Option V	Option VI
½ cup of brown rice with steamed vegetables 1 breast chicken grille	90gr tuna ¾ can With light Mayonn Ceviche liked veg 1 baked toast	Beef steak ¼ cup beans Panela Cheese (90gr)	Fish Filet With vegetables Baked Toast	Meat or Chicken with vegetables 1 Corn tortilla	Salmon Filet with Spinachs

Dinner 8:00 PM

Option I	Option II	Option III	Option IV	Option V	Option VI
1 toast bread with peanut butter and strawberry slides	Open-faced Sandwich turkey ham with light may, 1 slice of tomato and 1 slice of cheese	Tuna Toast 1 baked toast with tuna, carrot, light mayonnaise and ceviche veggies.	Cereal (Special K) with 1 cup of milk	Protein Shake	1 Toast with Ham Turkey and avocado.