

Bariatric Stage 3 Diet Guide

Stage 3 diet starts the day after surgery in the hospital and continues for 2 weeks until your first dietitian visit.

This diet consist of protein shakes, high protein soft snacks, and fluids to allow for healing.

Do not advance your diet until you meet with your dietitian since this can result in serious surgical complications.

Week 1 (1-7 days):

3 protein shakes (8-11 ounces each)

1 snack (½ cup or 4 ounces)

64 ounces or more of fluid

Week 2 (8-14 days):

2 protein shakes (8-11 ounces each)

2 snacks (½ cup or 4 ounces)

64 ounces or more of fluid

» Goals:

- ◆ Consume a minimum of 60-80 grams of protein per day
 - ◆ Drink a minimum of 64 ounces of fluid per day
 - ◆ Do not take your vitamins during this stage
- ◆ Separate fluids from your protein shakes and snacks by 30 minutes before and after

Stage 3 Diet: Protein Shake Guide

Use this guide when selecting your protein shakes on the stage 3 diet.

Ready-to-Drink Shakes

Protein Powders

Protein Waters

» **Tips:**

- ♦ Take 30 to 60 minutes to drink each protein shake
 - ♦ Each protein shake should be 8 to 11 ounces
- ♦ Avoid drinking within 30 minutes of drinking your protein shake

Ready-to-Drink Protein Shakes

Portion: 8 to 11 ounces

Ready-to-drink protein shakes are often better tolerated since they do not “foam” like protein powder does.

Whey/Milk Based



Low Lactose



Plant-Based



» **Tip:** Avoid coffee flavored shakes since they contain caffeine.

Nutrition: 200 calories or less · 20 grams or more of protein · 10 grams or less of total sugar · 10 grams or less of total fat

Protein Powders

Portion: 8 to 11 ounces

Week 1: Use a blender or protein shaker bottle to mix protein powder with 8 to 11 ounces of preferred fluid

Week 2: May begin blending in 1/4 cup fruit or vegetable from page 13.

Protein Powder

» Select 1 serving (serving size varies by brand)

Whey protein powder (see page 5)

Plant-based protein powder (see page 5)

Unflavored protein powder (see page 6)

Savory protein powder (see page 6)

Clear protein water (see page 7)

Fluid

» Choose 8 to 11 ounces of any fluids listed below



High protein low sugar milk



Water



Decaf coffee



Diet juice



Unsweetened
plant-based milk

» **Tip:** To reduce foam, leave the shake in the refrigerator for 30 minutes after mixing to let it “settle”. During week 1 and beyond, may add flavor extracts, sugar free syrups, or spices for added flavor.

Nutrition: 200 calories or less · 20 grams or more of protein · 10 grams or less of total sugar · 10 grams or less of total fat

Protein Powders

Whey Protein Isolate

Isolate is the highest quality protein powder since it is lowest in calories, highest in protein, mixes well, and is lactose free.



Whey Protein Concentrate

Concentrate is slightly higher in calories than isolate, but is affordable and high quality.



Plant Based Protein Powder

These are the preferred substitutes for those who do not use whey protein, but are higher in calories, and lower in protein.



Nutrition: 200 calories or less · 20 grams of more of protein · 10 grams or less of total sugar · 10 grams or less of total fat

Protein Powder: Unflavored & Savory

Unflavored Whey Protein



» Mix these into pudding and soups, or mix as a protein shake with liquid of choice from page 3



» **Mixing Tip:** When mixing protein powder with hot liquid, use a meat thermometer to ensure the liquid is not above 140°F.

Savory Whey Protein



» If using protein soup mixes (below), remove any pieces of vegetables.



*Available at WDH Outpatient Pharmacy

Nutrition: 200 calories or less · 20 grams or more of protein · 10 grams or less of total sugar · 10 grams or less of total fat

Clear Protein Water

Portion: 8 to 16 ounces

Ready-to-Drink

» Can be used **in place** of a protein shake up to once daily, or **in addition** to a protein shake as fluid up to once daily.



Powders

» Mix 8 to 16 ounces of water with 1 serving powder to make your own protein water.



» **Tip:** Dilute with water if too sweet or freeze into popsicle molds. Avoid those that contain caffeine.

*Available at WDH Outpatient Pharmacy

Nutrition: 200 calories or less · 20 grams or more of protein · 10 grams or less of total sugar · 10 grams or less of total fat

Stage 3 Snack Guide

Use this guide when selecting a snack on the stage 3 diet.

***These are the only approved snacks on stage 3 diet
for your safety to allow for healing.***

Week 1 (1-7 days):

Yogurt
Pudding

Week 2 (8-14 days):

Yogurt
Pudding
Cottage Cheese
Ricotta Cheese
Pureed Soup
Pureed Fruit or Vegetable
(No skin, no seeds, ¼ to ½ cup)

» Tips:

- ◆ Give yourself 30 to 60 minutes to eat your snack
- ◆ Measure each snack to be 1/2 cup (or 4 ounce) portion
- ◆ Avoid drinking within 30 minutes of eating your snack
- ◆ If you are too full from your fluid and protein shakes, it is ok to skip the snack or substitute with a protein shake

Yogurt - Week 1 and Beyond

Portion: ½ cup (4 ounces)

Greek Yogurt



Note: Avoid "keto"

» **Selection:** Greek yogurt (any flavor) is best since it is higher in protein and lower in sugar compared to regular yogurt. Drinkable yogurt is a great alternative for those who dislike Greek yogurt!

Drinkable



Plain only

Lactose Free / Plant-Based

» Caution — many plant-based yogurts are low in protein and high in sugar.



Check the "Nutrition Facts" (per serving): 10 grams or less of total sugar · 10 grams or less of total fat

*Does not contain artificial sweeteners

pudding - Week 1 and Beyond

Portion: ½ cup (4 ounces)

Pudding Mix

» Choose any flavor of instant pudding mix labeled “sugar free”



» **Mixing Instructions:** Prepare pudding mix with fat free Fairlife milk (8 grams protein per ½ cup pudding) or skim or 1% milk (4 grams protein per ½ cup pudding).



Check the “Nutrition Facts” (per serving): 10 grams or less of total sugar · 10 grams or less of total fat

Pudding Cups

» Most pudding cups contain sugar alcohols (a laxative!) and should be avoided if more than 5 grams per serving.



Kozy Shack Simply Well: chocolate flavor only

Nutrition Facts	Amount Per Serving		% Daily Value*	
	Amount	% Daily Value	Amount	% Daily Value
8 servings per container	Total Fat 1.5g	2%	Total Carbohydrate 10g	4%
Serving size 1 snack (100g)	Saturated Fat 1g	2%	Dietary Fiber 0g	0%
Calories 60	Trans Fat 0g	0%	Total Sugars 0g	0%
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 170mg	7%	Sugar Alcohol 4g	8%
			Protein 1g	2%

» **Mixing Instructions:** Stir in ½ scoop of any flavor protein powder until well combined since these have very little protein on their own.



Cottage Cheese & Ricotta Cheese - Week 2 & Beyond

Portion: ½ cup (4 ounces)

Cottage Cheese (low fat)



Plain or chive only

» **Tip:** Add ranch flavored seasoning or other dried/powdered seasoning blends for added flavor!
Good Culture “3 gram sugar” is the only acceptable brand of fruited cottage cheese.

Ricotta Cheese

Select **only** brands labeled as “part-skim”, “low fat”, “light”, “2%”, or “1%”.



» **Tip:** Make it *sweet* by adding a splash of vanilla or other flavor extract and your favorite zero calorie sweetener, or make it *savory* with added garlic powder, Italian seasonings, and warm in the microwave.

Check the “Nutrition Facts” (per serving): 10 grams or less of total sugar · 10 grams or less of total fat

Pureed Soup - Week 2 & Beyond

Portion: ½ cup (4 ounces)

Condensed Soup

» Choose any flavor “cream of” condensed soup, but strain out any pieces of vegetables or meat



» **Mixing Instructions:** Prepare ¼ cup soup with ¼ cup fat free Fairlife milk (4 grams protein per ½ cup soup) or skim or 1% milk (2 grams protein per ½ cup soup).

Pureed Vegetable Soup

» Choose any pureed vegetable soups that meet the nutrition guidelines



» **Mixing Instructions:** Prepare soups with ½ to 1 scoop of unflavored protein powder (Use a meat thermometer to ensure the soup is not warmer than 140°F before adding protein powder to prevent clumping)



Check the “Nutrition Facts” (per serving): 10 grams or less of total sugar · 10 grams or less of total fat

Pureed Fruits & Vegetables - Week 2 & Beyond

Portion: ¼ to ½ cup (2-4 ounces)

Pureed Fruits

» Choose only fruits without skin or seeds, pureed or mashed.



» **Tip:** Limiting portion to ¼ cup will ensure sugar content is no more than 10 grams. Try mixing ¼ cup into ¼ cup cottage cheese, ricotta cheese, yogurt, or other stage 3 snacks!

Pureed Vegetables

» Choose only vegetables without skin or seeds, pureed or mashed.



» **Tip:** If preparing yourself, puree in a food processor until smooth, or mash completely without chunks.

Check the "Nutrition Facts" (per serving): 10 grams or less of total sugar · 10 grams or less of total fat

Stage 3 Beverage Guide

Use this guide when selecting beverages on the stage 3 diet.

» **Selection:** Choose only beverages that are:

⇒ Calorie free (5 or less)

⇒ Caffeine free

⇒ Sugar free

⇒ Non-carbonated

Examples:



» **Tips:**

- ♦ Track your intake! Aim for 64 ounces per day (minimum)
- ♦ Your protein shakes count as fluid, but aim for half of your fluids to be from clear liquids
 - ♦ Avoid drinking within 30 minutes of your protein shake or snack
 - ♦ Varying temperature of liquids sometimes improves tolerance
 - ♦ Remember that jello & popsicles are a clear liquid and not a snack!

Stage 3 Shopping List

*Use this suggested shopping list for selecting items for the stage 3 diet.
Substitute items with your preferences using this guide.*

» Shopping List:

Protein Shakes:

- ◆ Ready-to-drink protein shakes (variety of brands, flavors)
- ◆ Whey protein isolate powder (variety of brands/flavors)*
- ◆ 1-2 sample packets Unjury unflavored protein powder*
- ◆ Fat free Fairlife milk
- ◆ Protein 20 Water
- ◆ 1-2 sample packets Unjury chicken soup protein powder*

Snacks:

- ◆ Kozy Shack Simply Well chocolate pudding cups
- ◆ Sugar free fat free pudding mix
- ◆ Greek yogurt (variety of brands, flavors)
- ◆ Pillars or Light & Fit drinkable yogurt
- ◆ Low fat cottage cheese
- ◆ Good Culture 3 Gram Sugar fruited cottage cheese
- ◆ Part-skim ricotta cheese
- ◆ Campbell's 98% Fat Free Cream Soups (variety of flavors)
- ◆ Pacific Foods Butternut Squash Soup

Beverages:

- ◆ Water & other sugar free fluids (variety of brands, flavors)
- ◆ Sugar free popsicles
- ◆ Sugar free jello
- ◆ Broth

Other:

- ◆ Blender or food processor
- ◆ Protein shaker bottle
- ◆ Water bottle (with ability to track ounces)
- ◆ Meat thermometer (use when mixing protein powder with hot liquids)*
- ◆ Small utensils, bowls and plates
- ◆ Measuring cups
- ◆ Food scale (digital)
- ◆ Popsicle molds
- ◆ Food journal
- ◆ Flavor extracts, cinnamon

*Available at WDH Outpatient Pharmacy

Bariatric Stage 3 Diet – Week 1 Example Menu

Use this simply as a guide. Substitute protein shakes or snacks from those in this guide based on preference.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DRINK <i>6:30 – 7:30 am</i>	8 ounces (oz) clear fluids						
PROTEIN SHAKE <i>8:00 – 9:00 am</i>	8-11 oz Ensure Max protein shake	8-11 oz Core Power protein shake	8-11 oz Pure Protein shake with 1 packet Swiss Miss Reduced Calorie Hot Chocolate (warmed)	8-11 oz Fairlife Nutrition Plan protein shake	1 scoop Unjury chocolate protein powder mixed with 8-11 oz unsweetened almond milk	8-11 oz Quest chocolate protein shake (warmed in microwave as “hot chocolate”)	1 scoop vanilla Unjury protein powder mixed with 4 oz cold decaf coffee, 4 oz fat free Fairlife milk
DRINK <i>9:30 – 11:30 am</i>	16 oz clear fluids						
PROTEIN SHAKE <i>12:00 – 1:00 pm</i>	8-11 oz Ensure Max protein shake	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder	8-11 oz Premier Protein shake	8-11 oz hot water with 1 scoop Unjury French onion soup protein powder	8-11 oz Fairlife Nutrition Plan protein shake with 1 tbsp powdered peanut butter	8-11 oz hot water with 1 packet Proti-VLC Soup Mix (with Hot Base Mix)	8-11 oz Ensure Max protein shake
DRINK <i>1:30 – 2:30 pm</i>	8 oz clear fluids						
SNACK <i>3:00 – 3:30 pm</i>	4 oz Pillars drinkable yogurt	½ cup sugar free pudding (made from mix, prepared with fat free Fairlife milk)	4 oz Light & Fit Protein drinkable yogurt	½ cup Dannon Triple Zero Greek Yogurt	½ cup Kozy Shack Simply Well chocolate pudding with ½ scoop whey protein powder	½ cup Two Good yogurt	½ cup plain Kefir with ½ tsp vanilla extract, 1 packet zero calorie sweetener
DRINK <i>4:00 – 5:30 pm</i>	12 oz clear fluids						
PROTEIN SHAKE <i>6:00 – 7:00 pm</i>	8-11 oz Premier Protein shake	8-11 oz Pure protein shake	1 scoop Quest protein powder with cinnamon, 8-11 oz fat free Fairlife milk	1 scoop Isopure protein powder mixed with 8-11 oz unsweetened almond milk	8-11 oz Quest protein shake	8-11 oz Premier protein shake	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder
DRINK <i>7:30 – 10:00 pm</i>	20 oz clear fluids						

Bariatric Stage 3 Diet – Week 2 Example Menu

Use this simply as a guide. Substitute protein shakes or snacks from those in this guide based on preference.

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
DRINK <i>6:30 – 7:30 am</i>	8 oz clear fluids						
PROTEIN SHAKE <i>8:00 – 9:00 am</i>	8-11 oz chocolate Premier protein shake, ½ tsp mint extract (warmed as “hot chocolate”)	1 scoop Unjury vanilla protein powder, ¼ cup pureed peaches, 8 oz unsweetened coconut milk	8-11 oz Ensure Max protein shake	1 scoop Unjury chocolate protein powder, 1 tbsp PB2, ¼ cup pureed banana, 8 oz fat free Fairlife milk	8-11 oz Fairlife Nutrition Plan protein shake	1 scoop Syntrox nectar strawberry kiwi protein powder, 8-11 oz water	1 scoop Quest caramel protein powder, 4 oz cold decaf coffee, 4 oz fat free Fairlife milk
DRINK <i>9:30 – 11:30 am</i>	16 oz clear fluids						
SNACK <i>12:00 – 1:00 pm</i>	¼ cup low fat cottage cheese, ¼ cup pureed peaches	½ cup Light & Fit Greek yogurt	¼ cup low fat cream of mushroom soup, ¼ cup fat free Fairlife milk	½ cup part-skim ricotta cheese, 1 drop liquid stevia, ½ tsp vanilla extract	½ cup Imagine tomato soup with ½ scoop unflavored protein powder	½ cup sugar free pudding (made from mix, prepared with fat free Fairlife milk)	½ cup cottage cheese with ¼ tsp ranch seasoning mix
DRINK <i>1:30 – 2:30 pm</i>	8 oz clear fluids						
PROTEIN SHAKE <i>3:00 – 3:30 pm</i>	8-11 oz Fairlife Nutrition Plan protein shake	8-11 oz Core Power protein shake	1 scoop Unjury root beer protein powder + 8 oz fat free Fairlife milk	1 scoop Syntrox peach protein powder, 8-11 oz unsweetened almond milk	8-11 oz hot water with 1 packet Proti-VLC Soup Mix (with Hot Base Mix)	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder	8-11 oz Fairlife Nutrition Plan protein shake
DRINK <i>4:00 – 5:30 pm</i>	12 oz clear fluids						
SNACK <i>6:00 – 7:00 pm</i>	¼ cup part-skim ricotta cheese, ¼ cup tomato sauce, garlic powder & Italian seasoning (warmed)	½ cup pureed butternut squash with ½ scoop unflavored protein powder	¼ cup vanilla Triple Zero Greek yogurt, ¼ cup unsweetened applesauce	¼ cup cream of chicken soup (prepared with fat free Fairlife milk), ¼ cup pureed carrots	¼ cup mashed avocado, ¼ cup low fat cottage cheese	¼ cup Ratio yogurt with ¼ cup pureed pears	¼ cup mashed cauliflower, ¼ cup Imagine butternut squash soup with added protein powder
DRINK <i>7:30 – 10:00 pm</i>	20 oz clear fluids						