

PRE-SUGERY SAMPLE MENU 1

BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER
Shake		Shake		___g Protein food with free vegetables
Free Vegetables E.g.: Tomato, onion, mushroom & spinach	Snack choice	Free vegetables E.g.: salad/slaw with lemon juice / low calorie dressing	Snack choice	Lean chicken with roasted mushroom, asparagus, and tomatoes.

Your Plan:

_____ VLED meal replacement shakes per day

_____g protein food per day

Allowed foods

___ g protein with main meal

At least 2 cups free vegetables and salads or super slaws per meal

SNACK CHOICES

- Berries – fresh or frozen
- 1 small tub YO PRO or FIT or natural yoghurt OR 1 cup of milk
- 10-15 raw nuts (best choices: almonds, walnuts and peanuts)
- Veggies sticks and 1 tablespoon hummus or salsa
- Diet jelly

What can I do to make my pre-surgery journey easier?

- ✓ Shakes are preferable to skipping meals
- ✓ Ideally substitute protein foods in place of shakes. E.g.: eggs as an omelet for breakfast, 90 grams meat/chicken/fish/2 eggs for lunch with free veg and protein foods at dinner with free veg (NOTE: THIS CHANGES TO THE MEAL PLAN ABOVE WHEN YOU START YOUR PRE-SURGERY STAGE)
- ✓ Quick ideas:
 - Protein foods (egg, fish such as tinned tuna/salmon, steak, chicken & lean mince) with vegetables (kale slaw, coleslaw, Asian or beetroot slaw, salad kits or wellness bowls)
 - Bolognese mince on zucchini noodles, curry on cauliflower rice (ready to heat/serve are available at the supermarkets)
- ✓ Practice not drinking with meals & for 30 minutes either side of eating
- ✓ Practice sipping on your fluids – Try a straw
- ✓ Practice slow eating:
 - Use a teaspoon, baby fork or cocktail fork
 - Put utensils down between mouthfuls, count 30 chews or set timer
 - Don't put food in your mouth while you still have food in your mouth
 - Nibble, bit or cut food to thumbnail size (do as you go)

PRE-SURGERY CHECKLIST

Pre-surgery VLED program.

SHAKE for days

- BARIATRIC MULTI
 - BN Multi Chewable or Fitforme Opti/Forte Chewable
 - BN Cal chews, Barinutrics Calcium chews, Fitforme Calcium Chews
- Protein water - BODIEZ BFC FORMULITE MUSCLE NATION
- Protein POWDER - Collagen- TASTELESS PROTEIN
 - Whey - BN pure pro, Boomers, True protein
- MEDICINE CUP (to help with sipping and portion control in stage one)
- Dulcolax or Movicol (to help with bowel movements)
- Liquid or soluble Panadol
- Thiamine -B1 tablets 100mg in case of vomiting
- Diet cordial or Powerade Zero / Gatorade zero/Fiji water
- Hydrolyte ice blocks or effervescent tablets (will need to go flat)
- Blender, food processor, stick blender (or equivalent)
- Small bowls and plates
- Small forks and spoons
- Small containers for freezing foods

We want to set you up for success, and organisation is the key. A vital part of being organised is shopping for and preparing your meals for the various stages (and any other menu recommendations our dietitian has suggested) PRIOR to surgery.

*TIP ** Freeze your portion-controlled meals ready to go, but only puree at the time of consuming. This will help with the mental challenge of the puree stage. ***

Notes:

SHOPPING LIST – Tasteless protein, whey protein – water or as powder
Thiamine, Movicol/Dulcolax and Panadol

In Hospital – Sip from the RED CUP - ASK NURSE

Use Recover-little pink pot as a cordial to add to your water

Take with you – Fiji water/Powerade no sugar

Allowed Extras

These foods may be used at each meal:
A total of 2 cups of vegetables or salads each day

Vegetables and salads

asparagus	choko	pumpkin-1x 3cm wedge
bamboo shoots	celery	radish
bean sprouts	cucumber	radicchio
beans, green	eggplant	rocket
beetroot	endive	sauerkraut
basil	garlic	silver beet
broccoli	ginger	spinach
Brussel sprouts	lettuce	tomato fresh or canned
cabbage	marrow	zucchini
capsicum	mushrooms	ZUCCHINI NOODLES
cauliflower	onion	CAULIFLOWER RICE
carrot	spring onion	

Fruit

1-2 cups fresh or frozen berries
2-3 passionfruit

Other

Diet jelly
Sugar free gum

Condiments

All spices-fresh and dried
apple cider
Lemon / lime juice / Olive oil
Garlic, ginger, lemongrass
Mustard
Vegemite/promite

Vinegars -balsamic, (not reduced)
All herbs fresh and dried
Chili sauce (not sweet chili sauce)
Soy sauce (not other e.g., oyster)
Curry powder or pastes - not sauces
Stock and clear Broth

Beverages

Soda water
Mineral & spring water, Plain water
Teas and herbal teas
Coffee, 2/day (dash of milk) coffee substitutes

Diet cordials
Diet soft drink - but encourage to limit
Miso soup

FOODS to AVOID

SUGARS- confectionary, chocolate,

DRINKS-soft drink, cordials, juices, milk-based drinks

ALCOHOL -all alcohol

CARBOHYDRATES – bread, rice, pasta, all other grains, fruits not on extras list, vegetables not on extras list, crackers, legumes

TIPS FOR ENJOYING FREE FOOD OPTIONS

- Roast vegetables in foil without additional fats or place them on an oven tray.
- Enhance their flavour with a touch of lemon juice.
- Grill tomatoes, eggplant, and asparagus, then garnish with basil.
- Elevate steamed zucchini and cabbage with the addition of dill.
- Enhance the taste of squash and tomatoes by incorporating cloves.
- Nutmeg pairs wonderfully with green beans, spinach, and cauliflower.
- Basil adds a delightful twist to fresh, sliced tomatoes. Consider adding black pepper or balsamic vinegar for extra zest.
- Create your own low-calorie soup by mixing a stock cube or tomato paste with water and a variety of low-calorie vegetables.
- For an Italian-inspired soup, blend chicken or vegetable stock cubes with chopped tomatoes, onions, broccoli, cabbage, bell peppers, cauliflower, celery, leeks, spinach, and mushrooms.
- Add a dash of mustard or a pinch of spices to infuse your soup with new flavours.
- Elevate your soups with paprika, dill, or parsley as garnishes.
- Prepare a warm salad by combining chargrilled asparagus, bell peppers, tomatoes, and onions with rocket or baby spinach. Drizzle with lemon juice and balsamic vinegar before serving.
- Craft a basic salad comprising lettuce, cucumber, bean sprouts, alfalfa, bell peppers, and snow peas. Dress it with a mixture of lemon juice, vinegar, a hint of mustard, assorted herbs, and pepper.
- Opt for oil-free salad dressing or use small amounts of oil blended with balsamic vinegar or lemon juice.
- Whip up a stir-fry featuring onion, garlic, bell peppers, snow peas, mushrooms, green beans, and Bok choy, seasoned with a touch of soy sauce, chili, and lemon juice.
- Get creative by cooking a selection of vegetables in approved sauces or chicken stock.
- Maintain a supply of frozen permitted vegetables for their nutritional value, quick preparation, easy storage, and potential cost savings, especially when fresh produce is out of season.
- When hosting social gatherings, offer an assortment of raw vegetables like celery, bell peppers, cauliflower, and asparagus for guests to snack on. Complement them with a low-fat dip or salsa.
- Prepare a tomato, onion, and mushroom sauce to drizzle over cooked vegetables such as broccoli, celery, and cauliflower.
- Diet-friendly jellies are a sweet treat option. Consider adding strawberries or passion fruit just before they set.
- Enjoy rhubarb sweetened with a sugar substitute, accompanied by diet jelly.