

Preoperative Nutrition Protocol – Gastric Banding

Sample Day for Preoperative Diet

AM Meal:

8 oz skim milk or 1% milk
2 oz fruit (1/4 cup)

Afternoon Meal:

6 oz light plain or vanilla yogurt
2 oz fruit (1/4 cup)

Noon Meal:

Protein Shake

PM Meal:

Protein Shake

Sample Day Menu

AM Meal:

*4 oz skim milk or 1% milk
1/2 cup blueberries*

Afternoon Meal:

*6 oz Dannon light n fit vanilla yogurt
1/4 cup strawberries*

Noon Meal:

Isopure zero carb protein drink

PM Meal:

*6-8 oz milk
1 scoop Gold Standard 100% Whey
Protein powder*