

Pre-Op High Protein, Carbohydrate Reduced Diet

Start 10 days before surgery, or as directed by the dietitian

*The purpose of this diet is to reduce the size of your liver to make surgery safer and easier to perform.

Daily Meal Plan: Very low calorie (about 800-1000 per day), high protein (60-100 g per day)

Food	Amount per day
Healthy frozen meals (Healthy Choice, Lean Cuisine, Weight Watchers Smart Ones)	2
Protein Supplement (Whey, Soy or Milk protein powder; Liquid Supplements-see attached list)	2 scoops powder OR 1 bottle/can
Low-Fat dairy products (Skim or 1% milk; Low-Fat Soymilk; Lactose-Free milk; Low-Fat Buttermilk; Light yogurt)	2 cups (16 oz)
Fruits (fresh or canned in juice/water)	½ cup (4 oz)
Vegetables (fresh, canned or frozen)	1 cup (8 oz)
Water	8 cups (64 oz)

Free Foods:

Crystal Light	Fruit ² O	Herbal Tea	Sugar-Free Popsicles
Sugar Free Lemonade	Diet V8 Splash	Broth	Sugar-Free Fudgsicles
Sugar Free Kool-Aid	Black coffee	Bouillon	Sugar substitutes (Equal,
Diet Snapple	Black Tea	Sugar-Free Jell-O	Sweet'N Low, Splenda)
Seasonings	Mustard	Vinegar	

*You will also need to take one multivitamin/mineral supplement daily (One-A-Day, Centrum)

Sample Menu

Breakfast	Protein shake (1 cup low-fat milk with 1 scoop protein powder)
Snack	One piece whole fruit
Lunch	Meal replacement and ½ cup vegetables in broth (no butter/margarine)
Snack	Sugar Free Jell-O
Dinner	Meal Replacement and ½ cup vegetables in broth
Snack	Protein shake
Water	8 cups throughout the day

Stay physically active throughout the day!
Invest in a pedometer (step counter) and aim for 10,000 steps daily.