

8 Days Before Gastric Sleeve (LIVER SHRINKING DIET):

Breakfast

1 Glass of Protein Shake* mix up with 1cup of non-fat milk or any other substitution of milk (Unsweetened Almond, soy, rice or coconut milk). Can be mixed with one fruit (1/2 banana, 3 large strawberries OR ½ cup of blueberries).

1 Calorie free drink.

Mid-Morning

500ml of Water.

1 cup of non-fat dairy or 1 cup of unsweetened milk substitution (milk or yogurt).

Lunch

1 Glass of Protein Shake.

1 Glass (2 cups) of Electrolytes (Gatorade, Powerade, Vitamin Water or Coconut water).

Afternoon Snack

1 Glass (2 cups) of Natural Vegetable Juice.

500ml of Water.

Dinner

1 Bowl (4 cups) of Soft Vegetable Soup (Chicken broth with 4 baby carrots, ½ cup of spinach, ½ cup of zucchini chopped and ¼ cup of broccoli) Or Vegetable Cream

Soup with Non-fat Milk (1 cup) or Non-fat Milk lactose free (In case you're lactose intolerant). It can be made of carrots, spinach, tomatoes, zucchini or broccoli.

500ml of water or Calorie free drink.

Evening Snack

1 Glass of Protein Shake.

1 Cup of Light Gelatin.

**Note - You may have any type or brand of protein drinks as you wish, as long as you read the labels carefully so you are getting around 25 to 40g of protein per serving and that is whey protein Hydrolyzed)*

****Note - In case you are diabetic or have a strong urge to eat something solid, you can have a small portion of grilled chicken/white fish (40g) and a green salad (4 cups) with lemon juice/olive-oil and vinegar dressing (4 teaspoons).***

In case you are still hungry after a meal, have clear liquids.



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