

SAMPLE *FULL FLUID* MENU

For Gastric Bypass Patients

BREAKFAST:

¼ cup cereal with ¼ cup milk (1 scoop of Protein Powder)
¼ cup yogurt
1/3 cup Protein Drink

AM SNACK: 1/3 cup Protein Drink

LUNCH:

¼ cup cream strained soup, made with low fat milk
1 scoop of Protein Powder
¼ cup applesauce
1/3 cup Protein Drink

PM SNACK: 1/3 cup Protein Drink

DINNER:

¼ cup cottage cheese mixed with 1 scoop of Protein Powder
¼ cup yogurt
1/3 cup Protein Drink

Evening SNACK: 1/3 cup Protein Drink

Try to sip another 1 cup of Protein Drink throughout the evening.

Try to drink 2 - 3cups (16 oz – 24) of water throughout the day.



BYPASS RULES FOR FULL FLUIDS

- Follow this diet for 2 weeks.
- We recommend 2 Tbsp (1 oz) every 15 minutes
- Be prepared to spend 60 – 90 minutes with your meal
- STOP eating if you feel discomfort / pain of any kind
- Aim for 3 Protein Drinks a day.
- Choose a Protein Drink that has 20 – 30 gms of protein;
0- 10 gms carbohydrate
- Add a 100 % whey protein powder to your food three times a day

- Take your time – eat slowly
- Sip – do not use straws
- Avoid carbonated beverages
- Have water near by at all times – sips throughout the day
- Follow the vitamin /mineral protocol as advised by the Dietitian.



EAT ONLY THE FOLLOWING FOODS DURING THIS 2 WEEK PERIOD:

Milk, skim or 1 %	low fat yogurt	low fat pudding
Protein drinks	low fat cottage cheese	frozen yogurt
Protein powder	cream of wheat	Instant Quaker Oats
Custard	V8 juice	tomato juice
Strained cream soup	applesauce	water
Milk based blender drinks	sherbet	

Prepared by Denise Poirier, RD
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