



### **\*PLEASE SAVE AND PRINT THIS GUIDE.**

You will not have access to the online nutrition portal once our appointments are completed.

### **Part 1: Introduction**

#### **This weight loss journey requires a lifestyle change:**

- The more effort you put in **initially** (right now!) to prepare your mind and your lifestyle for surgery will only benefit you by requiring less effort down the road.
- The goals and guidelines we recommend prior to surgery are in place to minimize post-op weight loss plateaus and complications. **Not taking the guidelines seriously can present the risk for complications, uncomfortable side effects and even lead to weight regain.**
- **The MINDSET is the BIGGEST part of this journey.**
- Bariatric surgery is a tool that is **only as effective as you allow it to be.**

#### **How does the gastric sleeve and gastric bypass surgery assist with weight loss?**

- Weight-loss surgery involves altering the size of your stomach, so you'll feel fuller faster, and eat less food.
- While the surgery changes the size of your stomach, it's **up to you to change your eating habits.**
- Think of nutrition, your portion sizes and your exercise routine as 50% of the effort, and the tool of the surgery as the other 50%. The surgery will play a big role in your weight loss, but you are responsible for maintaining your weight through diet and exercise.
- **The surgery is a tool, not a cure.** The decision-making power is still in your hands. The decision **what to eat** and **when to stop eating** are pivotal decisions that can greatly influence

your long-term weight loss success. It is still possible to overeat and gain weight after bariatric surgery; therefore, it is important that your behavior changes are life-long.

- You need to commit to healthy lifestyle habits for **the rest of your life** to be successful with this weight loss procedure.

## Types of bariatric surgery:

- **Sleeve Gastrectomy:** procedure that removes approximately 80% of the stomach. The remaining stomach is a tubular pouch that resembles a banana. After this procedure, there is a limited amount of food that can fit in the stomach at one time.
- **Gastric Bypass:** surgery that helps you lose weight by changing how your stomach and small intestine handle the food you eat. The food you eat will no longer travel to some parts of your stomach and small intestine. Because of this, your body will not absorb all of the calories from the food you eat.

## Part 2: GOALS

- 1.) **Make a plan in advance of what you'll be eating.** Keep track of everything you eat or drink using an app such as [Baritastic](#). It is very important to be aware of your total nutrient intake (calories, protein, carbs, fat, etc.) and make adjustments as needed. Keeping track of your daily intake will allow you to know if you're meeting the protein goal of 80g a day, and it will also provide useful information to get past a potential weight loss plateau that could arise in the future.

Your plan should include three portion-controlled meals during the day, starting with breakfast to minimize any grazing or snacking. The ultimate goal is to eat according to your hunger signals and fullness signals. Use the meal planning template on the last page of this document to assist you with planning ahead. Make copies and begin to plan out your options/ideas for meals and portion-controlled snacks!

### Dietary Protocol:

**High protein, carbohydrate conscious diet with the goal of 80g of protein/day and limiting refined carbs, processed carbs and starchy carbohydrates moving forward. Aim for 25g of FIBER (from whole food sources) a day.**

**Macronutrient goals include 50% of calories from protein, 30% of calories from healthy complex carbohydrates and 20% of calories from heart healthy fats.**

- 2.) **Increase physical activity (as applicable).** Adopt a consistent exercise routine with something you enjoy. Exercise is imperative for weight loss, weight maintenance (after weight loss), mental health, stress relief and is so beneficial for a healthy heart (helps prevent heart disease; manage blood pressure/cholesterol/blood glucose).

To ensure accountability, safety and exercise effectiveness, I recommend opting into virtual personal training sessions with an exercise professional. **Recommended Bariatric Fitness Specialists:** <https://fusionhfx.com/>

- 3.) **Manage your portion sizes.** The first step toward weight-loss is to become more aware of how much you're eating and be intentional about not eating beyond feeling full. After surgery, portion control is essential because eating larger amounts than what your new stomach can hold can cause pain, nausea, vomiting, and will not contribute to weight loss. Initially, your stomach will only be able to hold about 1-2 ounces at a time.

**Strategies to manage portions:**

- Use a smaller plate or bowl: You might find that a bowl you assumed held a proper portion actually holds twice as much
- Put less food in front of you to begin with
- Don't let yourself get to the point of being ravenously hungry before you start eating
- Eat without distractions or in a tense environment
- Create intentional stopping points throughout your meal to assess your hunger level and fullness level
- Avoiding eating straight from the bag, box or container
  - The larger the package, the easier to mindlessly eat from it. As an alternative, take a small Ziploc bag and portion out one serving from the larger bag (or box/container). This will create a stopping point for overeating.

- 4.) **Implement strategies for mindful eating.** Turn off all distractions when it's time to eat. Be intentional about slowing down the pace of your eating. Chew thoroughly. Focus on each bite. Eating slowly is important to avoid discomfort and/or pain after surgery. Take 20-30 minutes for a full meal.

- Findings published in the journal Clinical Obesity revealed that people who eat faster tend to gain more weight and had a higher risk for obesity due to delayed realization of fullness, compared with those who eat meals more slowly.
- Stop eating when you feel comfortably satisfied and stop before you feel full. It is important to recognize feelings of fullness. After surgery, the sensation of being full may feel different. Patients sometimes describe a feeling of pressure in the upper stomach. Get used to listening to your body during mealtime.
- Try to sit at a table when it's time to eat, rather than eating while simultaneously doing something else

**Other goals to consider:**

- Eliminate sugary drinks, caffeinated drinks, carbonated drinks and alcohol
- Decrease starch and added sugar intake (bread, rice, pasta, potatoes, cereal, processed snack foods and sweets)
- Avoid drinking with meals
- Eat protein first
- Eat slowly. Chew 20 times per bite.

## Part 3: Getting Ready for your Surgery Journey

### What to buy:

- A food scale, measuring cups and spoons to assist with portion control
- Bariatric dishware (MANY options available on Amazon by searching “Bariatric dishes and utensils”)
- Sugar-free fluids
- Low carb, low sugar protein shakes(such as Premier Protein, Fairlife, Aloha, Owyn)
- Large pill case
- A baby spoon, cocktail fork and small decorative plates to help take smaller bites and increases the eye appeal of the meal
- A food chopper or mini food processor
- A reusable water bottle to keep track of water intake
- [The Complete Guide to Weight Loss Surgery](#) (I highly recommend this book;purchase on Amazon)
- [The Intuitive Eating Journal: 30 Mindful and Instinctive Thoughts to Start Your Day](#)(I highly recommend this journal to purchase on Amazon **prior to your surgery or at least 6 month post-op**).

**30 DAYS PRIOR TO YOUR SURGERY AT A MINIMUM:** BEGIN TAKING YOUR BARIATRIC SUPPLEMENTS (SEE DIRECTIONS BELOW)

**14 DAYS PRIOR TO SURGERY:** START 1 protein drink as a meal replacement daily (if not already started). \*Consider 2 per day as meal replacement and 1 main meal especially if you have gained weight in the pre-op prep process.

### **7 DAYS PRIOR TO SURGERY: start your full liquid diet**

Begin a daily sugar-free electrolyte replacement drink for 7 days before surgery AND at least the first week after surgery.

**\*Suggested goals for the pre-op liquid diet:** 1000 calories and 40-50g of carbohydrates a day

\*The short-term low-carb pre-op diet is required to help with safety and effectiveness of the surgery, liver shrinkage and reducing abdominal visceral adipose tissue.

### **Preparing for the liquid diet**

- No alcoholic or carbonated beverages
- No caffeine or sugary drinks
- Drink at least 64 ounces of water
- Replace 1 or 2 meals with a protein shake each day
- Goal: 70-80g of protein a day

### **The Full Liquid Diet includes:**

- Water
- Low carb, high protein shakes (If you have a lactose intolerance, choose a shake with whey protein isolate or a non-dairy shake such as Evolve, Aloha or Owyn)
- Milk: skim, 1%, non-dairy or soy
- Sugar-free Vitamin Water Zero, Gatorade Zero, Propel, Crystal Light, Mio, Truly Lemon

- Non-carbonated fruit flavored water, such as Hint, Dasani or Nestle
- Sugar free juice
- Decaf coffee and tea (no added sugar but a sugar substitute is acceptable)
- Low sodium tomato juice or V8 Juice
- Nonfat, low sugar Greek yogurt that is smooth, not with chunks of fruit or toppings (see recommendations listed below in this document )
- Unsweetened apple sauce
- Low sodium, low fat cream soup (strained so it's just the cream base, no starches for other foods mixed in)
- Low sodium broth soup (with the option to add unflavored protein powder)
- Sugar free pudding, sugar free Jello and sugar free popsicle

\*For the first couple of days of the full liquid diet, we allow cottage cheese and blended soups (vegetable, tomato, egg drop, etc.) with NO ADDED STARCHES SUCH AS RICE, PASTA, POTATOES

\*Green smoothies are appropriate during this phase as long as no high glycemic fruits/foods or drinks are snuck in there. Mostly greens!

\*Remember, the goal of this short-term diet is to help shrink your liver and reduce abdominal visceral adipose tissue.

#### **Options for Greek yogurt:**

- Greek yogurt has been strained to remove the liquid (whey) so it is extra thick and higher in protein than non-Greek yogurt.
- All yogurts (and dairy products) contain natural milk sugars called lactose. However, some companies add sugars to their yogurt. Added sugars increase calories without adding nutrition. They can also cause dumping syndrome.
- **Recommendations:**
  - Fat-free (0%) or low-fat (1%) with no more than 13 grams of sugar per 6-ounce serving
  - Common brands that make flavored Greek yogurt with 13 grams sugar or less: Yoplait Greek 100, Dannon Oikos Triple Zero, Chobani Simply 100, Chobani Zero Sugar, Two Good Greek Yogurt, Fage

**The clear liquid diet begins 1 day before surgery and lasts for day 1 and 2 after surgery.**

#### **Your CLEAR Liquid Diet options include:**

- Water
- Clear protein drinks (see recommendations listed in this document below) (no red or blue)
- Unflavored protein powder (mixed in flavored water or broth soup)
- Vitamin Water Zero, Gatorade Zero, Propel, Crystal Light, Mio, Truly Lemon (no red or blue)
- Decaf tea and coffee (black) and decaf herbal tea
- Sugar free juice (no red or blue)
- Non-carbonated fruit flavored water, such as Hint, Dasani or Nestle
- Sugar free Jello (no red or blue)
- Any sugar-free, non-carbonated, caffeine free clear beverages that you can see through and are liquid at room temperature

- Sugar-free electrolyte drinks
- Low sodium broth soup (with the option to add unflavored protein powder)

\*Be mindful with the liquids that contain sugar alcohols as they may cause digestive discomfort before and/or after surgery

**Option for unflavored protein powder with vitamins/minerals and probiotics that you can add to anything:**

- Unjury Unflavored Protein Powder
- Garden of Life Raw Organic Plant Protein Powder
- Genepro unflavored protein powder

**Options for clear liquid protein drinks when the clear liquid diet is required (no red or blue the day before or 2 days after surgery):**

- Premier Protein Clear
- Bariatric Advantage Clearly Protein
- Isopure Zero Carb fruit protein drink
- BiPro Protein Waters
- Ready Protein Water
- Protein2o (choose the varieties with no caffeine)
- Bariatric Pal has several high protein drinks to choose from: <https://store.bariatricpal.com/>

**\*\*\*You will be back on the full liquid diet after surgery, days 3 to 13 post-op.**

**The pureed diet is from day 14-20.**

## **Part 4: Vitamin and Mineral Supplementation**

\*Begin taking a multivitamin ASAP, in order to be at adequate levels prior to surgery.

**Why start a multivitamin prior to surgery?**

- It isn't uncommon for patients to be vitamin and/or mineral deficient even prior to surgery. With the nature of the surgery reducing the size of the stomach, patients already have a heightened need for nutrients.
- Taking your vitamins after bariatric surgery is a long-term commitment and non-negotiable.
- **\*\*\*There are life threatening complications that can occur as a result of NOT taking your bariatric multivitamin and calcium supplement every single day. Many of these complications have NO symptoms and can become apparent decades after surgery. At that point, irreversible damage may have already occurred. Taking your vitamins must be part of your daily routine.**

**Directions for taking your supplements:**

- Start a bariatric specific multivitamin AND calcium at LEAST 30 days prior to surgery.
- Continue these supplements all the way up to surgery – DO NOT STOP 7 to 10 days prior to surgery, only stop for DAY of surgery.
- Restart the bariatric multivitamin 2-3 days post-op, once home from hospital.

## Your required supplements:

1. **A chewable adult bariatric multi vitamin (NOT the gummy form) WITH IRON (unless you've been told NOT to take IRON by your healthcare provider OR if you have a separate iron supplement you will be taking):**
  - DO not take on an empty stomach and do not take with calcium supplements or a protein shake that contain high amounts of calcium.
2. **Chewable or Liquid Calcium Citrate (that contains vitamin D3):**
  - Need a total of 1200mg to 1500mg a day, **split into two doses at least 2 hours apart.**
  - \*\*\*Be sure to separate your calcium supplement and your iron containing multivitamin by 3 hours.
  - Supplements should be chewable for the first 3 months post-op.
3. **Optional Vitamin B12:** One 500 mcg sublingual tablet or liquid once a day. B12 is included in a bariatric strength multivitamin but some patients may require additional B12. If you have been deficient in the past, a B12 supplement would be beneficial.

**To order your supplements, [Click on THIS LINK](https://cassandragolden.com/Bariatric-Surgery.php) (and you'll get 10% off!).** You will see different options for the calcium because they are available in different flavors. Choose one of the calcium options. You can also order straight from my website:  
<https://cassandragolden.com/Bariatric-Surgery.php>

**\*If you're having trouble tolerating your vitamins please don't give up! Reach out to your Dietitian to discuss alternative options (changing up the timing, breaking your chewable in half and taking at two different times, switching to multiple soft chews, trying a 4-in-1 vitamin drink mix, blending your chewable into a protein shake, etc.).**

**\*Remember, this is not medical advice! Instead, these are the basic vitamin recommendations I make for patients without extenuating circumstances.**

## **PROBIOTICS:**

After bariatric surgery, the balance between "good" and "bad" bacteria can become altered. This is due to disruption of your GI tract, as well as the use of antibiotics before and/or after surgery to help prevent infection. While antibiotics can help keep harmful bacteria at bay, they can also wipe out the good bacteria in your body.

Your healthy bacteria is regulated by your intestinal motility and gastric acid secretion, which are both altered with bariatric surgery. **Taking care of these bacteria is important, since a bacterial overgrowth can lead to vitamin deficiencies, fat malabsorption, and in some cases malnutrition.**

**Once you have completed your course of antibiotics after surgery, I recommend a [Saccharomyces boulardii supplement](#) immediate post-op.** There is evidence to suggest that taking this strain of probiotic can protect against antibiotic-associated diarrhea.



Recommended brand: <https://www.renewlife.com/ultimate-flora-saccharomyces-boulardii-6-billion>

After the *Saccharomyces boulardii* supplement is completed, I recommend a taking a probiotic supplement for the long-term.

The long-term probiotic supplement I recommend can be purchased by [clicking on THIS LINK](#) or from my website, <https://cassandragolden.com/Bariatric-Surgery.php>

## Part 5 : Tips for Success

- Make sure to drink plenty of clear liquids—small sips. If you have trouble remaining hydrated, talk to your doctor about electrolyte drinks to try, such as low-calorie Gatorade, coconut water with no added sugar, and Nuun hydration sports drink tabs in water.
- The goal for fluids is 64 ounces day. One-third of all postoperative bariatric emergency room visits within a 3-month period post-surgery are related to **dehydration**. Signs of dehydration include sudden lightheadedness, dizziness, headaches, and urine color becoming darker throughout the day. **Your brain is 73% water. It only takes 2% dehydration to affect your attention, memory and cognitive skills.**
- It is normal not to reach your fluid and protein goals right away. Take one day at a time and do your best to reach the goal each day.
- It is normal to not tolerate certain textures the first time you try them. If you have trouble with a food even if you are eating slowly, chewing at least 20 times per bite and making sure the food isn't too dry – avoid the food and try the food again in 2-3 weeks.
- Caffeine may contribute to acid reflux and should also be avoided. Caffeine and alcohol may irritate the lining of the stomach and may contribute to dehydration. Beverages containing alcohol and sugar are typically high in calories and will delay your weight loss.
- Avoid alcohol, which provides no nutrients and what is considered “empty calories”.
- Carbonated beverages, including those with sugar, no-calorie options, and seltzer, can all contribute to gas and bloating. Carbonation may cause discomfort. These drinks should all be avoided postoperatively and possibly even long term.
- Don't eat past the first sign of fullness. **If this becomes a habit, your stomach can stretch in time and stabilize in size.**
- Separate eating and drinking by 30 minutes. This means, stop drinking 30 minutes before eating food and 30 minutes after eating food.

### Common Causes of Nausea/Vomiting:

- Dehydration: must drink 64 oz sugar-free fluid daily
- Eating too quickly
- Temperature of liquids (too cold can cause nausea; room temperature is usually better tolerated)
- Not chewing food well
- Eating too much (past the first feeling of comfortable fullness)
- Lying down after eating



- Drinking too quickly
- Drinking with meals

Options for rehydration in the presence of diarrhea or vomiting:

- NUUN hydration (choose with options WITHOUT caffeine)
- Hydralyte
- Drip Drop: <https://www.dripdrop.com/>

### **Recommended Solutions for Constipation:**

- Add fiber supplement to diet
- Drink 64 oz fluid/day or more (taking small sips throughout the day)
- Increase exercise and daily activity as applicable
- Take Miralax– 2 doses in 24hr period

### **Problematic Foods:**

**A very common question patients have is...**

**“What foods will cause side effects after surgery?”**

I have included a list of foods you should avoid entirely, or only eat on occasion from this point forward. These foods will likely result in **undesirable side effects such as nausea, vomiting, diarrhea, weight loss stalls or weight gain.**

- **These foods will likely result in undesirable side effects such as nausea, vomiting, diarrhea, weight stalls or weight gain**
- Desserts and sweets such as candy, chocolate, pastries, donuts, cookies, cake, ice cream, pie, milkshakes, etc.
- Sugary beverages such as soda, juice, sweet tea, energy drinks and sweetened coffee drinks
- High-fat foods (such as full-fat dairy products, fatty cuts of meat, meals with a heavy cream sauce or butter sauce, meals made with a high amount of butter or oil), fried foods, processed meats (bacon, sausage, salami, bologna)

**Foods you may have trouble tolerating:** Your stomach will be sensitive for 3-6 months after surgery, and sometimes longer.

The following foods have unique textures that may be difficult to tolerate if eaten too soon:

- Tough red meat, hamburger, lobster, scallops, clams and shrimp
- Fruit with a thicker skin and peels (like oranges, grapes and pineapple)
- Fibrous, stringy veggies like asparagus, peapods and celery
- Mango and raw carrots
- Rice, pasta, doughy breads and popcorn

**Please Note:** the amount of food you will be able to tolerate will change over time. The main goal will continue to be protein first, then vegetables or fruits and eat starches last (if there is any room).

## Part 6: Protein

**Protein Foods:** Eat these foods first (when you're eating a meal)

- Skinless chicken or turkey
- Lean cuts of meat
- Fish: flaky fish like tuna, cod, haddock, salmon and tilapia
- Egg, egg whites or egg beaters
- Veggie burgers or bean burgers
- Beans and lentils
- Protein shakes/powders
- Fat-free Greek yogurt
- Low-fat cottage cheese
- Part-skim ricotta cheese
- Low-fat string cheese or babybel cheese
- Edamame, Tofu and Tempeh

**Using cottage cheese to your advantage after surgery:**

- Just  $\frac{1}{4}$  cup has 7 g of protein
- It's less dense than other proteins like chicken so it's usually easier to tolerate (especially if you're newly post op)
- Aside from traditional ideas like cottage cheese and fruit, here are some more ideas on how to incorporate it:
  - Add to protein drinks
  - Use in tuna or chicken salad instead of mayo
  - Add cherry tomatoes and pepper
  - Add it to egg muffins or scrambled eggs

**\* Please see the High Protein, Carbohydrate Conscious, Low Fat Meal Ideas at the end of this resource guide**

**HOW TO COUNT GRAMS OF PROTEIN IF THERE'S NO NUTRITION LABEL:**

**7g of protein is equal to:**

- 1 ounce of chicken/turkey/fish
- 1 ounce of beef or pork
- 1 egg
- $\frac{1}{4}$  cup egg substitute
- 2 ounces of firm tofu or 3 ounces of soft tofu
- $\frac{1}{2}$  cup of beans
- 3 ounces of Greek Yogurt
- $\frac{1}{4}$  cup nonfat cottage cheese

**Know Your Numbers:**

- 80 grams of protein a day
- 40g-50g of total carbohydrates a day for the first 6 months out from surgery
- 64 ounces of non-sugary fluids (at least half from pure water)
- Separate eating and drinking by 30 minutes before and after

**The concern of hair loss:** The most common time frame for hair loss after surgery is within 3 to 6 months. This hair loss is typically **not** related to nutrition. It is a stress-response to surgery and also a

side effect of rapid weight loss. Extra vitamins and hair/nails/skin supplements will not improve or prevent hair loss during this time frame, since the hair loss 3-6 months after surgery is typically **NOT** nutrition related. If hair loss continues past 6 months, it could be related to nutrition. Meet your protein goal of 70-80 grams a day and make sure you're taking your multivitamin daily (specifically iron and zinc), with no exceptions.

## **Part 7: Post-op weight loss success**

**When to reach out to Cassandra for post-op nutrition support:**

- Weight loss is slower than expected
- Your weight plateaus
- Weight regain
- You are not sure what you should be doing/eating
- You need accountability and support

If you are experiencing any of these situations, I recommend our post-op online program, which aims to help you **meet your weight loss goals after surgery - on your own time and according to your own schedule.**

**This program will also answer the most common post-op questions:**

- Why does weight regain happen and how do I prevent it?
- How many calories and carbs am I supposed to eat?
- Will I be nauseous all the time?
- How do I meet my nutrient needs after surgery? Will my hair fall out? ...and many more!

**\*Learn more and register for the online program here:** <http://cassandragolden.com/Post-op-Programs.php>

**\*Learn more about our upcoming group programs here:** <https://cassandragolden.com/instinctive-bites.php>

## **Protecting Your Mental Health:**

You may feel relief when the surgery is behind you and excitement at the possibility for substantial changes in your life. On the other hand, there may be feelings of depression, frustration, or anxiety at the reality of a new lifestyle. It is important to acknowledge what you are feeling and cope with negative feelings in a positive way.

It is important to remember that eating habits may be affected by factors other than hunger, such as emotions, stress, boredom, or eating disorders. Destructive patterns can be hard to recognize and may not be obvious. If you find yourself eating to relieve stress or eating when you do not feel hungry, you should seek additional help from your physician, dietitian, or a qualified mental health professional.

Access to an experienced mental health professional is an important part of the postoperative recovery and lifestyle transition. **Each patient should be prepared for potential challenges they may face along their journey.**



## Part 8: Resources

### Recipe Ideas:

Meal recipes for all stages of your bariatric surgery journey:

- <https://bariatricmealprep.com/bariatric-recipes/>
- <https://www.bariatriceating.com/blogs/recipes>
- <https://www.gastricsleeve recipes.com/recipes>
- [www.Bariatricfoodie.com](http://www.Bariatricfoodie.com)
- <https://www.bariatricfoodcoach.com/>

Use the following recipe indexes to narrow down what you're looking for when cooking a meal.

- For example: you can filter low carbohydrate, 10 ingredients or less, meal prep
  - ✓ [Fit Foodie Finds](#)
  - ✓ [Eating Bird Food](#)
  - ✓ <https://www.loveandlemons.com/recipes/>

### Bariatric Support Membership Site:

Bariatric Food Coach is a paid membership site that provides meal plans, dining out guides, grocery shopping guides (Costco, Trader Joe's, Aldi and Sam's Club), coaching videos, over 500 recipes for ALL stages of the bariatric journey, meal planning templates, a member's-only community with text message groups, and incredible ongoing support and accountability! You'll have the support of other like-minded patients along with research-based recommendations from a Registered Dietitian (It's hard to trust what we see in Facebook groups).

Register here: <https://www.bariatricfoodcoach.com/ref/6/> (20% off coupon code: **WLSPLAN20** for first time customers only)

You can also scan the Bariatric Food Coach QR Code below.



Let's stay connected! I encourage you to LIKE the following pages on Facebook & follow the listed Instagram accounts for support, education and accountability on a daily basis through social media.



“Like” the Gulf Coast Bariatrics Facebook Page: <https://www.facebook.com/gulfcoastbariatrics>

Join our FREE Online Support Group Classes:

<https://www.facebook.com/groups/618028009461500/>

“Like” the Nutrition Nibbles Consulting, LLC Facebook Page:

<https://www.facebook.com/NutritionNibblesWithCassandra>

### Trustworthy Instagram Accounts by Registered Dietitians:

- Cassandra - [https://www.instagram.com/nutrition\\_nibbles\\_dietitian/](https://www.instagram.com/nutrition_nibbles_dietitian/)
- Megan - <https://www.instagram.com/mybariatricdietitian/>
- Kristin - <https://www.instagram.com/bariatric.meal.prep/>
- Helen Kimmel - <https://www.instagram.com/bariatric.nutritionist/>
- Katie Chapmon - [https://www.instagram.com/katie\\_chapmon\\_dietitian/](https://www.instagram.com/katie_chapmon_dietitian/)

### Trustworthy Podcasts:

- BariNation Podcast
- The Bari-Heart of It
- Bariatric Surgery Success

\*If you find that you fall into the “all or nothing” mentality or struggle with perfectionism – I highly recommend THIS podcast – <https://anchor.fm/barination/episodes/079-Staying-Positive-When-Things-Go-Wrong-e1bd82k> - Skip to 10 minutes since the beginning is introductions (unless you’re interested in that part!).

### Trustworthy websites by Bariatric Dietitians:

- <https://bariatricmealprep.com/>
- <https://www.mybariatricdietitian.com/>
- <https://www.bariatricfoodcoach.com/>
- <https://www.bariatricsurgerynutrition.com/>

### Cookbooks:

- The Gastric Sleeve Bariatric Cookbook by Sarah Kent
- The Easy 5-ingredient Bariatric Cookbook by Megan Wolf
- The Complete Bariatric Cookbook by Megan Moore

Bariatric Planners and Journals: <https://youronederland.com/bariplanner/>

### Bariatric Meal Delivery Service: BariBox Meals

- BariBox meals are designed by trained chefs and Registered dietitian, Jana Wolff
- Visit <https://www.baribox.org/shop-2> to learn more

### Baritastic App:

- Track your food, nutrients and weight loss
- Weekly motivation and photo timelines
- Access top bariatric forums
- Listen to the #1 bariatric podcast via the app
- Click here to watch a tutorial on how to use the app  
:<https://www.baritastic.com/app-overview/>





**Water Drink Reminder or Water Logged (Apps):** It's very easy to become dehydrated when you're losing weight quickly. These are apps to assist with water reminders.

### [Bariatric Meal Timer](#)

Bariatric Meal Timer is an application for people who keep constant time intervals between their meals and drinks or want to keep track of their meals/drinks.

### [BariatricPal.com](#)

A HUGE online store dedicated to bariatric-friendly foods/drinks and accessories, access to forums & support groups, listen to the podcasts and read the blog

### **Apps for mindfulness, meditation, and mental health:**

[Insight Timer](#): The world's largest **FREE** library for sleep, anxiety and stress

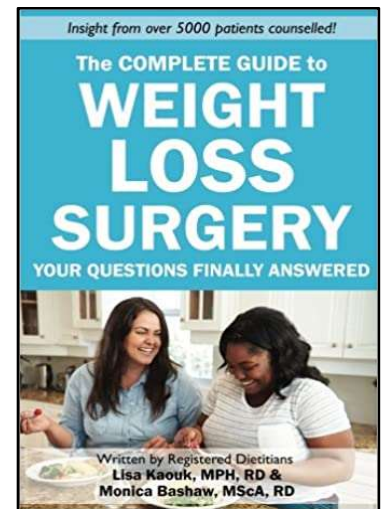
[Sanvello app](#): help with anxiety and depression

[Calm](#): meditations for anxiety, gratitude & mindfulness; sleep sounds, nature sounds, and breathing exercises

[Am I hungry?](#) is an app designed to help you eat more mindfully and less emotionally. This app is great for those seeking to cultivate a more mindful approach to wellness overall.

## **Books:**

1.) **The Complete Guide to Weight Loss Surgery: Your Questions Finally Answered** by Lisa Kaouk and Monica Bashaw. Written by Registered Dietitians and weight loss surgery nutrition experts. Available on [Amazon](#); about \$20 for paperback and \$10 for Kindle.

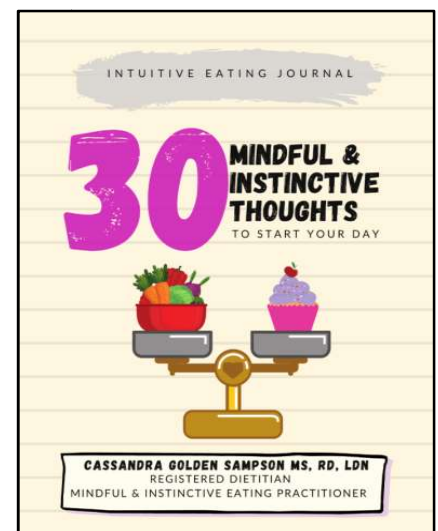


2.) To help heal your relationship with food and body image, work through **The Intuitive Eating Journal** by your very own Dietitian, Cassandra Golden Sampson! The Intuitive Eating Journal: 30 Mindful and Instinctive Thoughts to Start Your Day supports you along your journey toward mindful and instinctive eating. **Recommended for prior to surgery.** Now available on [Amazon](#).

3. **Atomic Habits** by James Clear teaches you how to reach your goals by creating small, repeatable habits. This is a life-changing book! **Learn more about this book with podcast:**

<https://www.life.church/leadershippodcast/q-a-atomic-habits-with-james-clear/>

**Pregnancy after WLS: mini eBook:** Take advantage of Cassandra's 15-page Quick Tip Guide to Pregnancy and Parenting after Bariatric Surgery. Here you will find credible, science-backed information on what to eat during pregnancy, so that you can feel confident in giving your baby a healthy and nutritious start in life (while nourishing your own body)! Please visit Cassandra's online store for the \$15 instant PDF download: <http://cassandragolden.com/Online-Store.php>





**Educational websites for further reading:** Gulf Coast Bariatrics: [Bariatric Surgery Guide](#)

- Patient Learning Resource Center: <https://asmbs.org/patients>
- Research articles: Diseases and the [Obesity Action Coalition](#)
- Weight Loss Surgery Help: [www.wlshelp.com](http://www.wlshelp.com)

## **Part 9: High Protein, Carb Conscious, Low Fat Meal Ideas Prior to Surgery**

### **Breakfast ideas**

#### **Option 1:**

2 hardboiled eggs (12 grams protein)  
1 slice 100% whole wheat bread (3 grams protein)  
2 tablespoons peanut butter (8 grams protein)  
½ cup fresh berries

#### **Option 2:**

Oikos Triple Zero yogurt (15 grams protein)  
½ cup fresh berries or hand fruit (apple, pear, peach, ½ banana)  
EPIC Bar (8 grams protein)

#### **Option 3:**

1 cup Low fat cottage cheese (15 grams protein)  
½ cup fresh berries or hand fruit



### **Lunch & Dinner ideas:**

#### **Option 1:**

4 ounces grilled or baked chicken (35 grams protein)  
½ cup whole wheat noodles (4 grams protein)  
1-2 tablespoons pesto  
1 cup broccoli  
¼ cup fresh berries or hand fruit (apple, pear, peach, ½ banana)

#### **Option 2:**

3 ounces tuna (21 grams protein)  
1 cup of arugula, spinach, or lettuce + 2 tablespoons dressing  
½ cup brown rice (2 grams protein)

#### **Option 3:**

1 grilled and seasoned zucchini  
½ cup watermelon  
4 ounces grilled fish [tuna, haddock, mahi-mahi, salmon] (28 grams protein)

#### **Option 4:**

4 ounces shrimp cooked with chili seasoning and lime (18 grams protein)  
1 cup cauliflower “rice”  
½ avocado  
½ orange

#### **Option 5:**

1 cup grilled bell peppers & onions  
½ cup brown rice (2 grams) and ½ cup black beans (20 grams protein)  
½ avocado and 4 ounces grilled or baked chicken (35 grams protein)

	BREAKFAST	LUNCH	SNACK	DINNER
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