

2 Week Pre-Operative Liver Reduction Diet Guidelines

Congratulations! Your surgery date is approaching and it's time to prepare for the best possible outcome. You will need to follow the pre-operative low calorie and low carbohydrate diet below for the 2 weeks prior to your surgery. The goal of this diet is to reduce the size of your liver which allows your surgeon better access to your stomach.

Meal/Snack	Food Choice/Protein Shake
Breakfast	Protein Shake
Snack	1 Serving Fruit (see options below)
Lunch	Protein Shake
Snack	Protein Shake -OR- 6 oz Light Greek Yogurt
Dinner	3-6 oz Lean Protein (see options below) Non-Starchy Vegetable (1 cup cooked vegetable -OR- 2 cups garden salad with 2 Tbsp light dressing)
Snack (optional)	Protein Shake
Drink water and other sugar-free, no calorie fluids for a minimum of 64 oz per day.	
Take one complete multivitamin with minerals once daily.	

Lean Protein Options

- Fish
- Shellfish
- Chicken (without skin)
- Turkey (without skin)
- Beef cuts from loin or round; 90% lean or greater
- Eggs (2) or egg whites (6 Tbsp)
- Ground beef 90% lean or greater
- Ground turkey (90% lean or greater)
- Pork loin
- Tofu/Soy

***Nothing breaded or fried. No sauces, gravy, butter, grease, oil, mayonnaise, or ketchup.*

Protein Shake Options

Ready to drink shakes or shakes made with protein powder and water should contain:

- No more than 200 kcal
- 20-30 grams protein
- < 5 grams sugar
- < 15 grams total carbohydrate

***Do not add fruit or milk to protein shake during the pre-op diet. See Protein Supplement handout for options.*

Fluid Options

- Drink at least 64 ounces of fluid a day
- Fluids must be sugar free and 10 calories or less per serving
- Water and fruit infused water (water with a slice of citrus fruit or whole berries or melon for a little hint of flavor)
- Crystal Light, Mio, Fruit2O, Propel Zero
- You should be weaned off caffeine and carbonation

Non-Starchy Vegetable Options (1 cup cooked with dinner)

- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Green Beans
- Greens
- Spinach
- Tomatoes
- Zucchini

Snack Options: 1 Serving of Fruit

- 1 cup melon cubes, any kind
- ½ cup pineapple
- ½ cup fruit salad (plain)
- 15 small grapes
- ¾ cup strawberries, blueberries or raspberries
- 1 medium apple, pear or orange
- 1 small banana
- 12 cherries

Important Reminders

If you have diabetes or issues with low blood sugar (hypoglycemia), please discuss this meal plan with your primary care physician, endocrinologist, or dietitian before starting. The meal plan and your medication may need to be adjusted to prevent low blood glucose.

For any additional questions/concerns, please contact the Wellness Clinic at 978-825-6505.

