



Post Surgery Meal Planning



2026

Post Surgery Meal Planning

This guide is designed to help you understand exactly what to eat—and how to eat—after your procedure so you can heal safely, stay nourished, and build strong habits from the start. You'll follow a gradual progression of fluids and foods as your stomach heals, with clear, simple steps for each stage. Our goal is to make your recovery easier, more confident, and fully supported.

1. Clear Liquid

Day of Surgery to Day 2-3

Post-Op Day 1 (After Discharged):

- ONLY water

Post-Op Day 2-3:

- Clear Liquids



Sip slowly throughout the day. Do not drink quickly.

Choose from:

- Water
- Gatorade Zero
- Electrolyte drinks
- Low-sodium broth
- Sugar-free Jell-O
- Sugar-free popsicle



2. Full Liquid Diet

Post-Op Week 1

Goals:

- 60-90 g protein/day (minimum 2-3 protein shakes)
- 2 litres of fluid/day (sipped all day)
- Protein shakes can count toward 50% of fluid intake



Keep a daily log of total protein & fluids

Choose from:

- Clear liquids , plus:
- Protein supplements that contains 20-30g protein and less than 1g sugar per serving.
- Greek yogurt (plain/light, no fruit pieces)
- Fat-free cottage cheese
- Ricotta cheese (skim milk)
- Sugar-free pudding (low-fat)

Note:

- 1 cup = 250ml
- 1/2 cup = 120ml

Sample Full Liquid Schedule

7:00 am	1 cup decaf coffee
8:00 am	2 tbsp Greek yogurt
8:30 am	1 cup sugar-free drink
9:00 am	2 tbsp sugar-free pudding
10:00 am	1-1.5 cups protein shake
12:00 pm	2 tbsp sugar-free Jell-O
1:00 pm	1 cup water
2:00 pm	1-1.5 cups protein shake
4:00 pm	1 cup decaf iced tea
6:00 pm	2 tbsp fat-free cottage cheese
8:00 pm	1-1.5 cups protein shake (made with skim/1% milk)



3. Pureed Diet

Post-Op Weeks 2–3



Avoid spicy, very hot, or very cold foods

Goals:

- 60–80 g protein/day (continue 2–3 shakes as needed)
- **2 litres fluids/day (between meals ONLY)**
- No fluids during meals; wait 30 minutes after eating to drink
- All foods must be blended or mashed to baby-food consistency
- Introduce one new food at a time

Eat in This Order:

1

Protein



3

Fruits



2

Vegetables



4

Grains



QUICK TIPS

How to Puree Foods:

1. Cut food into thumbnail-sized pieces
2. Place in blender/processor
3. Add enough liquid to cover blades (broth, fat-free gravy, yogurt, tomato sauce)
4. Blend until smooth (applesauce consistency)
5. Strain lumps or seeds
6. Add mild herbs/spices if desired

Freeze Purees in Ice Cube Trays

- 1 cube = 1 oz
- 1 cube of lean pureed protein = ~7 g protein
- Easy portion control

Food	Choose (all blended):	Avoid
Protein 2 Tbsp (1oz) provides 6-7 grams of protein	Blended <ul style="list-style-type: none"> Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna fish in water 	<ul style="list-style-type: none"> High-fat meats Meats cooked in oil/butter Peanut butter/nut butters Full-fat cheese or yogurt Whole or 2% milk
Fruits & Vegetables	<ul style="list-style-type: none"> Soft, cooked vegetables (blended/mashed) Mashed banana Unsweetened applesauce Puréed canned peaches/pears (100% juice) Blended seedless fresh fruit 	<ul style="list-style-type: none"> Raw vegetables or salad Fibrous/tough veggies (skins, seeds, hulls) Fruit in syrup
Grains & Starches	<ul style="list-style-type: none"> Oatmeal, cream of wheat, grits Mashed potatoes (white or sweet) Puréed beans, refried beans, hummus 	<ul style="list-style-type: none"> Bread and baked goods Rice, pasta, noodles Grains cooked in butter/oil
Soups	<ul style="list-style-type: none"> Broth Blended vegetable soup Reduced-fat cream soups Blended bean or egg-drop soup 	<ul style="list-style-type: none"> High-fat cream soups Chunky soups
Drinks	<ul style="list-style-type: none"> Water Decaf, non-carbonated drinks (<10 calories/8 oz) 	<ul style="list-style-type: none"> Carbonated drinks Caffeinated coffee/tea Whole or chocolate milk
Miscellaneous	<ul style="list-style-type: none"> Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar- free/low fat ice cream and sherbet, light or low-fat mayonnaise 	

Sample Pureed Diet Schedule

7:00 am	1 cup of fluid such as decaffeinated coffee
8:00 am	2 tbsp of protein food such as an omelet (1 scrambled egg with 1 slice light cheese and 1-2 tbsp cooked vegetables)
9:00 am	1 cup of fluid such as water with an orange wedge
10:00 am	8-12 ounces protein supplement
1:00 pm	1-2 oz protein food such as tuna with low fat mayonnaise 2 saltine crackers 2-4 oz canned/ diced pears in 100% Juice
2:00 pm	1 cup of fluid such as water with lemon
3:30 pm	8-12 oz protein supplement
5:00 pm	1 cup of fluid such as decaffeinated sugar-free iced tea
6:00 pm	2-3 tbs of protein food such as chopped chicken breast (moist, tender) 2 tbsp cooked green beans 1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy
7:30 pm	1 cup of fluid such as a sugar-free flavored water
8:00 pm	1/2 cup melon



4. Soft Food Diet

Post-Op Weeks 3-4



Chew all foods well.

Goals:

- 60-80 grams of protein per day or more if recommended. Decrease protein supplements as protein foods increase.
- Eat protein foods first, followed by vegetables, fruits then grains.
- 64 oz of fluid per day (including protein drinks) sipped between meals. Avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.
- All foods must be soft or cooked to a soft consistency.
- Try only 1 new food at a sitting so that you know what you can tolerate

Sample Soft Food Diet Schedule

7:00 am	1 cup fluid — e.g., decaffeinated coffee
8:00 am	2 tbsp protein food — e.g., small omelet (1 scrambled egg + 1 slice light cheese + 1-2 tbsp cooked vegetables)
9:00 am	1 cup fluid - e.g., water with an orange wedge
10:00 am	8-12 oz protein supplement
1:00 am	1-2 oz protein food — e.g., tuna mixed with low-fat mayonnaise, 2 saltine crackers 2-4 oz canned or diced pears in 100% juice
2:00 pm	1 cup fluid — e.g., water with lemon
3:30 pm	8-12 oz protein supplement
5:00 pm	1 cup fluid — e.g., decaffeinated sugar-free iced tea
6:00 pm	2-3 tbsp protein food — e.g., moist chopped chicken breast, 2 tbsp cooked green beans, 1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy
7:30 pm	1 cup fluid — e.g., sugar-free flavored water
8:00 pm	1/2 cup melon

Food	Choose	Avoid
Protein 2 Tbsp (1oz) provides 6-7 grams of protein	<ul style="list-style-type: none"> • Ground or finely chopped: • Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna in water • Lean deli meats • Egg and egg substitute • 2 Tbsp provides 3-4 grams protein • Cottage/Ricotta Cheese (fat-free, skim milk, 1%) • Greek yogurt (fat-free, plain, light or 100 calorie) • Tofu (soft) • Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein) • Milk, 1% or skim (8 oz provides 8 grams of protein) 	<ul style="list-style-type: none"> • High fat meats • Tough, dry meats • Proteins cooked in oil, fat and butter • Peanut butter and other Nut butters • Cheese or yogurt made from whole milk Whole or 2% Milk
Fruits & Vegetables	<ul style="list-style-type: none"> • Vegetables: Tender varieties, cooked until soft • Fruits: Melon, Banana, No Sugar Added Applesauce, canned peaches and pears in 100% juice and other soft fruit without seeds, skins or hulls 	<ul style="list-style-type: none"> • Salad: Raw. Tough varieties with fibrous stalks seeds, skins or hulls (peas, corn); • Cooked in butter or oil Tough varieties, Seeds, skins, hulls and membranes like fresh oranges Fruit in heavy or light syrup
Grains & Starches	<ul style="list-style-type: none"> • Hot cereal (oatmeal, grits, cream of wheat) • Mashed white or sweet potatoes • Beans, hummus • Toast, crackers without seeds, hard pretzels • Rice, pasta and noodles (wait until week 7,8) 	<ul style="list-style-type: none"> • Soft bread • All additional starchy foods not listed in the choose category • Grains prepared with added butter or oil

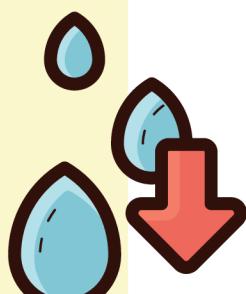
Food	Choose	Avoid
Soups	<ul style="list-style-type: none"> • Broth, bouillon Reduced fat cream soups Egg drop soup 	<ul style="list-style-type: none"> • Rich, high fat cream soups
Drinks	<ul style="list-style-type: none"> • Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light, Mio, Propel Zero, Fruit 2O • Vitamin Water Zero, True Lemon/Lime/Orange 	<ul style="list-style-type: none"> • All soda or other • Carbonated drinks • Caffeinated coffee/ tea • Chocolate milk • Sweetened condensed milk 2% or whole milk
Miscellaneous	<p>Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free/low fat ice cream and sherbet, light or low-fat mayonnaise</p>	



Common Post-Op Nutrition Challenges

Dehydration:

Signs of dehydration include dark urine, nausea, headache, dizziness, lethargy and/or a white coating on the tongue. These can occur if you are not drinking adequate amounts of fluid each day. Strive for at least 2 litres a day.



Decreased Appetite:

It is very common to not feel hungry right after surgery. You need to eat based on a schedule and not physical symptoms of hunger. Refer to nutrient guidelines and suggested meal plans to ensure that you get proper nutrition and prevent deficiencies.



Nausea or Vomiting:

Usually caused by eating too fast, eating too much, not chewing well, drinking with or too soon after your meals or advancing your diet too soon. If you do not believe nausea or vomiting is food related, call your surgeon's office.



Bad Taste in Mouth and Taste Changes:

This is common right after the surgery and may be caused for many reasons. If related to medication given around surgery or decreased intake after surgery, it should resolve after a couple weeks. Some people experience ongoing taste changes because of the surgical procedure. Discuss problem solving tips with your Nutritionist.



Increased gas:

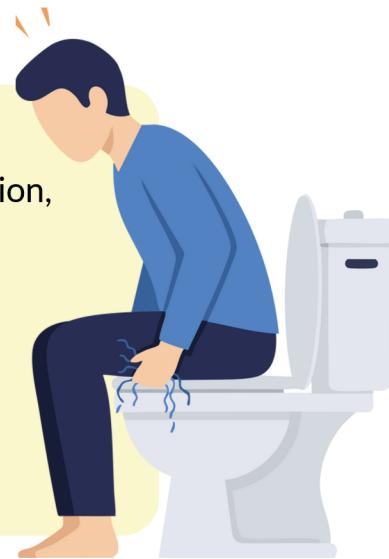
This is also common after the surgery, especially during the first few weeks. Gas can be a sign of lactose intolerance.

Common Post-Op Nutrition Challenges

Continued

Constipation:

May occur within the first few weeks after surgery. Medication, decreased fluid intake, a low fiber diet and calcium and iron supplementation can contribute towards constipation. Stool softeners, physical activity, adequate fluid intake and increasing fiber intake through texture appropriate fruits, vegetables, prunes water and whole grains as the diet progresses can help promote bowel regularity.



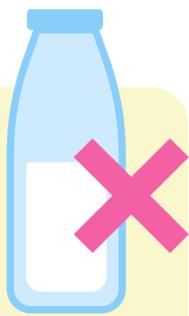
Hair Loss:

When hair loss occurs in the first few months after surgery it is usually due to the surgery and rapid weight loss and will typically resolve on its own. Make sure you are taking in adequate protein and the recommended vitamins and minerals to prevent hair loss related to nutrient deficiencies.



Trouble Tolerating Dairy Products or Lactose Intolerance:

Milk and other dairy products may cause cramping, bloating, excessive gas and/or diarrhea. If these problems occur, try taking a lactase enzyme when drinking or eating dairy. Lactaid 100 milk, fat free, Fairlife milk, soy milk or almond milk may also be better tolerated.



Pregnancy:

This must be avoided for the first 18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason, you need to take precautions to prevent pregnancy, even if you had problems getting pregnant in the past. Rapid weight loss increases fertility so you must be very careful.



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