

# PRE-OP LIVER REDUCTION DIET

The following High Protein, low calorie diet is recommended to begin 2 weeks prior to your weight loss surgery. This program promotes weight loss and reduces the liver size. This makes your procedure easier for your surgeon and safer for you.

Please inform your Bariatric Surgeon, Primary Care Physician or Dietitian before beginning this Liver Reduction Diet

## Daily Requirements:

### 4 Dr. Mona Misra Shakes

Take one Dr. Mona Misra Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening. You may substitute one shake for <500 calorie high protein meal or frozen meal.

#### Water vs. Skim, Soy, Lactaid Comparison

Calories and amount of protein daily

##### Mixed with Water

Calories: 600 | Protein: 108g

##### Mixed with Skim Milk, Soy, or Lactaid

Calories: 960 | Protein: 144g



### Minimum of 64oz of clear liquids

[to be consumed between Dr. Mona Misra shakes] Choose from the following clear liquids:

- Water, flavored water
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®)
- Sugar Free Kool-Aid®
- Sugar Free Popsicles®
- Sugar Free Jello®
- Chicken or Beef Broth
- Ocean Spray® Sugar Free Drink Mixes

Adequate Dr. Mona Misra Meal Replacement supply for 2 week period is 3 tubs.



### HIGH PROTEIN, LOW CARB MEAL REPLACEMENT

- 27 Grams of the highest quality, medical grade whey protein isolate
- 23 Vitamins and minerals
- 100% Daily value of B12 and Vitamin D3
- Only 9 Grams of carbohydrates
- 5 Grams of fiber per serving
- Lactose, aspartame and gluten free
- Contains all essential amino acids
- No sugar added
- 7 Great tasting flavors