

COLQUITT REGIONAL MEDICAL CENTER'S  
WEIGHT LOSS PROGRAM IS PROVIDED IN  
COLLABORATION WITH

STERLING  
CENTER  

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BARIATRICS

YOUR GUIDE TO  
WEIGHT-LOSS

# YOUR JOURNEY TO A HEALTHIER, HAPPIER LIFE STARTS NOW.

## STERLING CENTER --- BARIATRICS

MOULTRIE

4 LIVE OAK COURT

MOULTRIE, GA 31768

229-890-3414

STERLING CENTER PHONE: 229-785-2400

[WWW.STERLINGBARIATRICS.COM](http://WWW.STERLINGBARIATRICS.COM)

MBSAQIP works to advance safe, high-quality care for bariatric surgical patients through the accreditation of bariatric surgical centers. A bariatric surgical center achieves accreditation following a rigorous review process during which it proves that it can maintain certain physical resources, human resources, and standards of practice. All accredited centers report their outcomes to the MBSAQIP database.



## CONTACT LIST

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**The Sterling Center Front Desk to**  
**contact Dr. Melton, Dr. Holt or**  
**Dr. Stembridge**  
229-785-2400  
4 Live Oak Court  
www.thesterlingphysicians.com

**The Kirk Clinic**  
**To contact Dr. Baker**  
229-891-9016  
8 Laurel Court  
www.thekirkclinic.com

### **Colquitt Regional Medical Center**

**Main Switchboard**  
229-985-3420

**Patient Financial Services**  
229-890-3457

**Outpatient Surgery**  
229-890-3527

**WWW.STERLINGBARIATRICS.COM**



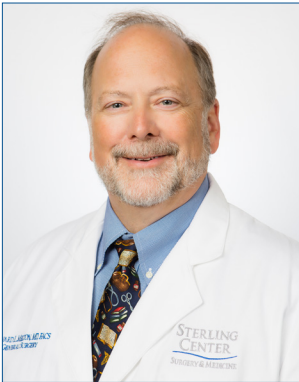
# INTRODUCTION

Your journey to a healthier life begins with Sterling Center Bariatrics and Colquitt Regional Medical Center. We specialize in the treatment of severe obesity and related health conditions. We pride ourselves on providing compassionate care to enhance the quality of life of our patients through surgical and non-surgical weight management.

We proudly serve patients in South Georgia and North Florida and provide surgical and non-surgical weight-loss tools.

Drs. Melton, Holt, Stembridge and Baker have a highly trained multi-disciplinary team consisting of registered dietitians, nurse practitioners, and psychologists. We provide our patients with safe and effective weight loss surgery, comprehensive pre- and post-education, and ongoing aftercare. Our team practices exclusively at Colquitt Regional.

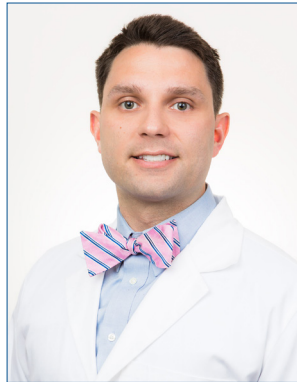
## MEET THE TEAM



HOWARD MELTON MD, FACS



AMBER J. HOLT, DO



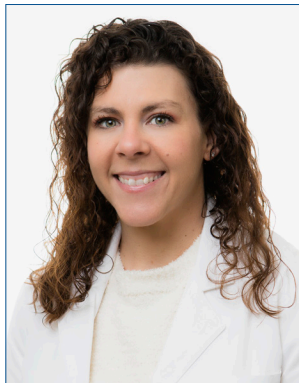
WILLIAM D. STEMBRIDGE, DO, FACS



JUSTIN BAKER, MD



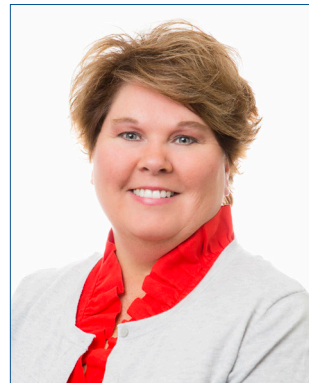
STEPHANIE DIERS, FNP-C  
*Metabolic & Bariatric Surgery Coordinator*



KELLI KENNEDY, FNP-C  
*Bariatric Intake Coordinator*



TRACY BRIDGES  
*Bariatric Coordinator*



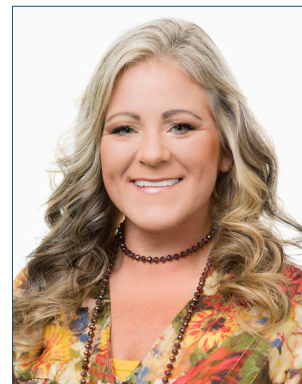
TINA HIERS  
*Bariatric Coordinator*



TRUPTI PUROHIT, RDN, LD, CDE  
*Dietitian*



MARGRET MCDANIEL  
*Licensed Clinical Social Worker*



STEPHANIE ROSS  
*Secretary*



# COLQUITT REGIONAL CARE TEAM

These are the people at Colquitt Regional Medical Center that will care for you during your procedure and subsequent stay as an inpatient. Please note that not all bariatric procedures will not require an inpatient admission.

## MEET THE TEAM



HANNAH PITTS, RN  
*5th Floor Inpatient Director*



STEPHANIE DIERS, FNP-C  
*Metabolic & Bariatric Surgery Coordinator*



PHYLLIS HUGHES, FNP-BC  
*Bariatric Nurse Practitioner*

Should you have any concerns or questions about your care while an inpatient at Colquitt Regional, please ask to speak with Hannah Pitts, RN or Stephanie Diers, NP-C.

In the event that you need physical or occupational therapy services you will be cared for by the Vereen Rehabilitation Center Therapists.



Justin Carter lost over 118lbs with the Gastric Sleeve!

# SURGICAL WEIGHT LOSS PROGRAM OUTLINE:

## PHASE 1: Introduction to the Program

Bariatric Intake Coordinator

- Outlining your personal program: setting goals, expectations, needs, limitations

## PHASE 2: Medical Multidisciplinary Weight Loss Program

### **Physician Supervised Weight Loss**

\* May not be Required for  
Self-Pay patients

\* Required by most insurances

- Monthly or bi-weekly depending on insurance requirements
- Sessions reinforcing required dietary changes.
- Refining goals & setting new ones

### **Dietary Evaluation**

\*required

- Diet & nutrition education
- Establishing dietary guidelines
- Vitamin and supplement introduction

### **Psychological Evaluation**

\*required

- Session with Licensed Clinical Social Worker
- Required for insurance submission

## PHASE 3: Preparing for Surgery **Preoperative Visit**

*Upper endoscopy may be needed  
to evaluate the esophagus and  
stomach PRIOR to bariatric surgery.*

- Meeting with physician
- Reviewing insurance requirements for package submission
- Surgical process explanation
- Informed consent
- Final dietary preparation for surgery
- Opportunity for questions
- See pages 13-16 for instructions for day of surgery

## PHASE 4: The Day of Surgery

## PHASE 5: Post Op

- First follow-up appointment 7-10 days after procedure.
- Staple removal at first appointment
- Support group meetings monthly

# ARE YOU A CANDIDATE?

**You may be a candidate for weight loss surgery if you meet the following criteria:**

- BMI of 40 or greater with or without coexisting qualifying medical problems
- BMI of 35 or greater with one or more obesity-related co-morbidities, including type II diabetes, hypertension, obstructive sleep apnea (OSA), hyperlipidemia, and a need for or a history of joint replacement.
- Inability to achieve sustainable weight loss with prior weight loss efforts

**You may not be a candidate for weight loss surgery if you:**

- Are pregnant or expecting to become pregnant within 12 months of surgery
- Are not able and willing to comply with post-operative lifestyle changes, including attending all scheduled follow-up appointments



LeAnn and Morgan lost a combined total of 112 pounds!



# PHYSICIAN SUPERVISED WEIGHT LOSS

We will advise you if your insurance plan requires PSWL and the frequency of visits.

Your Physician Supervised Weight Loss appointments will be held at the Sterling Center Surgery & Medicine.

4 Live Oak Court  
Moultrie, GA 31768  
Phone (229) 890-3414

The physician supervised weight loss program is required by the insurance company to be completed before surgery can be approved. We have designed the program to help patients begin to make necessary changes before having surgery. The visits are usually 15-20 minutes long, every two weeks or once per month depending on the insurance requirements.

## **Topics Covered:**

- Level of activity
- How to eat
- What to eat
- Why certain foods
- Behavior modifications

The topics covered at each visit are based on your specific needs as a patient.

# GASTRIC SLEEVE

## What is gastric sleeve surgery?

Gastric sleeve surgery helps obese patients lose weight by making them feel full more quickly, which reduces the intake of food. In gastric sleeve surgery, 80 percent of the patient's stomach is removed, and what remains resembles a "sleeve," hence the name.

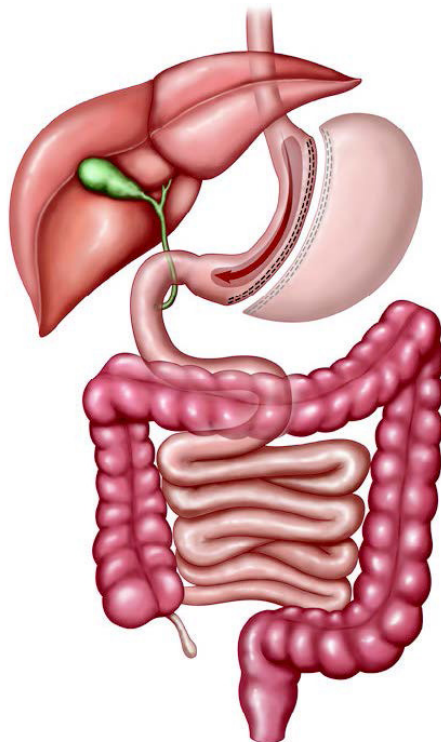
Besides reducing the volume of what the stomach can hold, the surgery also affects gut hormones that affect blood sugar control and fullness. Because of this, in some patients, these effects improve conditions of Type II diabetes.

## How does gastric sleeve surgery work?

Gastric sleeve surgery is a safe, minimally invasive procedure that results in the stomach being able to hold a capacity of between 100mL to 150mL. This is the most popular type of bariatric surgical procedure at Sterling Center Bariatrics.

## What happens during the surgery:

- Five tiny illuminated tubes, called laparoscopes, are inserted into the patient's abdomen to allow for the stomach removal
- The remaining tissues are stapled together, and no post-operative adjustment is required
- This surgery is non-reversible and takes about 60-90 minutes.



# GASTRIC BYPASS

## What is gastric bypass surgery?

Many patients choose gastric bypass surgery due to the dramatic weight loss results it can create. Sterling Center Bariatrics is experienced in performing these procedures, and we ensure the utmost in patient safety and comfort.

Is obesity seriously affecting the quality of your life? Are you plagued with such health problems as type II diabetes, high blood pressure, heart disease, sleep apnea or gastroesophageal reflux disease? If you've found limited success through diet and exercise alone, you may be a good candidate for gastric bypass surgery.

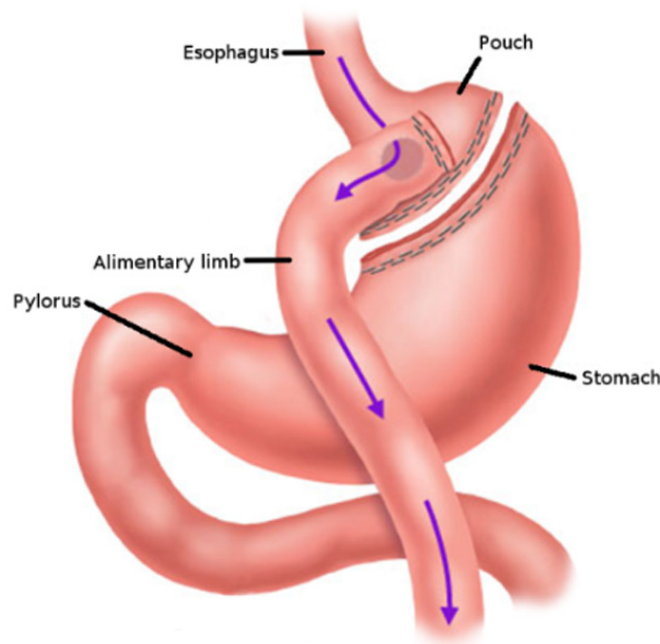
## How does gastric bypass surgery work?

While some doctors may perform gastric bypass surgery as an open surgery, at Sterling Center Bariatrics, our physicians use a minimally invasive technique called laparoscopic surgery. In this procedure:

After gastric bypass surgery, patients are satisfied faster and consume fewer calories, and the changes in gut hormones can help patients with Type II diabetes. If you've been unable to lose weight with exercise and nutrition alone, gastric bypass surgery may be an ideal solution.

## What happens during surgery?

- Tiny incisions are made in the abdomen, and laparoscopes (thin, long tubes with microscopic cameras) are inserted
- The stomach is divided, so that a small pouch remains at the top
- The small intestine is also divided and connected to the new small pouch





# ENDOSCOPIC SLEEVE GASTROPLASTY

## What is an endoscopic sleeve gastroplasty?

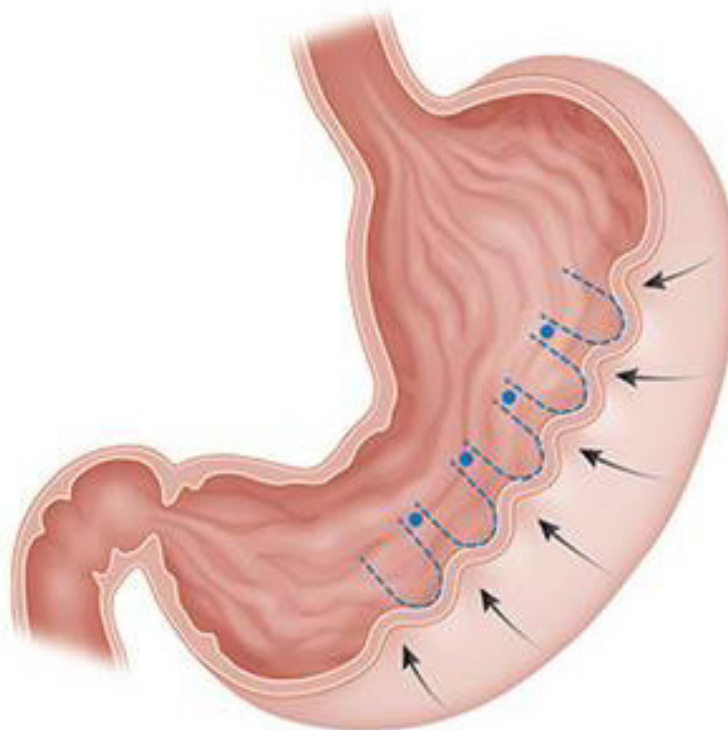
Endoscopic sleeve gastroplasty is a newer type of weight-loss procedure. ESG reduces the size of your stomach using an endoscopic suturing device without the need for surgery. This procedure may be an option if you're significantly overweight — a body mass index of 30 or more — and diet and exercise have not worked for you.

## How does the endoscopic sleeve gastroplasty surgery work?

The ESG is a weight loss procedure that uses an endoscopic suturing device to reduce the size of the stomach by 70-80%. With a reduced stomach size, patients will feel full sooner and the stomach will not be able to secrete as many hunger-inducing hormones. The highlight of this procedure is that it is NON-SURGICAL. Endoscopic sleeve gastroplasty is often an option for people who aren't candidates for other bariatric surgeries.

## What happens during the surgery:

An endoscope with a camera and suturing device passes through your mouth and into your stomach. Your surgeon will use sutures to restructure your stomach and reduce its size. This will allow you to feel full sooner while eating, so you'll eat less and lose weight.



# ORBERA™ INTRA-GASTRIC BALLOON

## WHAT IS ORBERA™?

- Comprehensive two-part program designed to provide effective, motivating results that you can see. With Orbera patients on average lose 3.1 times the weight they would with diet and exercise alone.
- Starts with a soft balloon placed in your stomach for 6-8 months or more to reinforce proper portion control.
- The Orbera balloon takes up space in your stomach and helps you eat smaller meals.
- Balloon is temporary and placed in your stomach for 6-8 months without surgery or any incisions.
- Patients will receive guidance from our Wellness coordinator and their physician after the balloon is placed and coaching will continue for six months after the balloon is removed.



# TOR (TRANSORAL OUTLET REDUCTION)

## What is TORe?

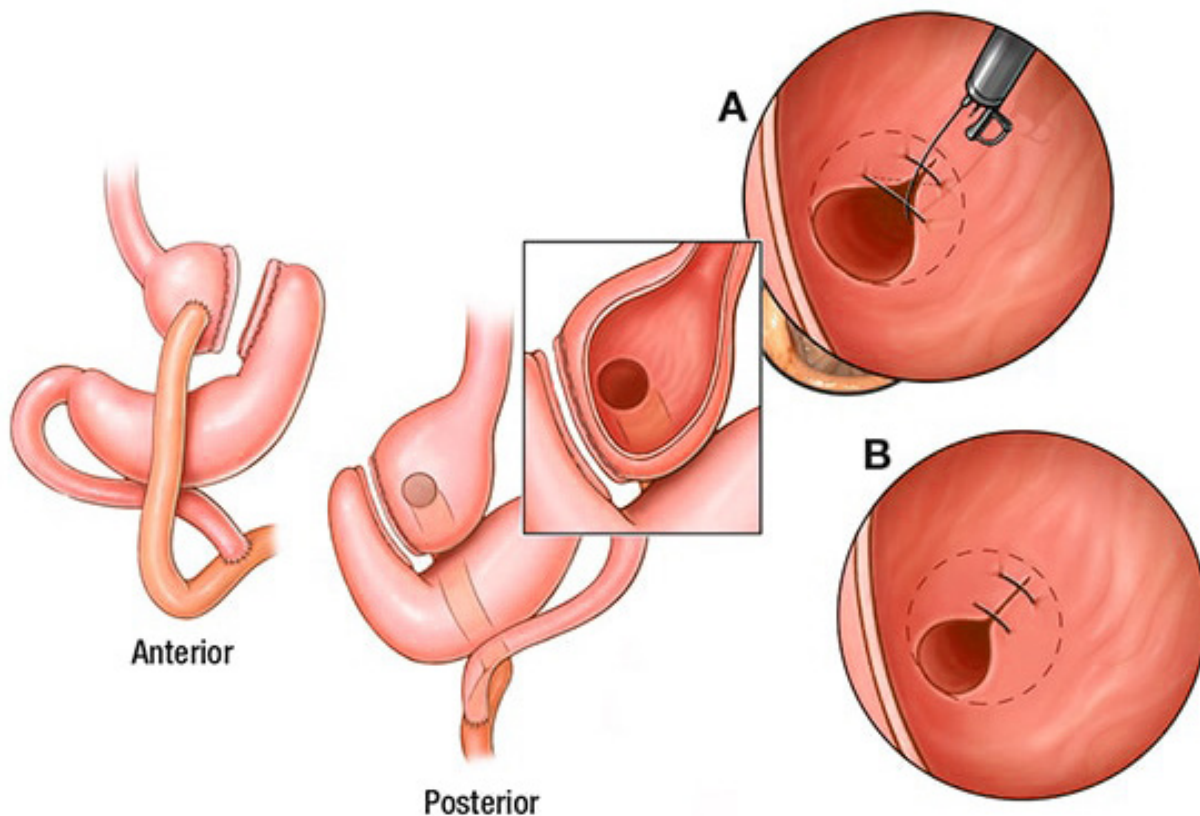
Transoral gastric outlet reduction is a minimally invasive procedure that is performed to help patients who regain weight after gastric bypass surgery. The effectiveness of gastric bypass can diminish over time due to “stretching” of the gastric outlet (the connection between your stomach and small bowel), causing you to feel less full and be able to eat more, which may contribute to weight regain. During this procedure, your surgeon will insert stitches into your gastric outlet through an endoscope to make it narrower. After this procedure, patients will experience improved satiety.

## How does TORe work?

TORe works by reducing the size of the gastric outlet. By reducing the size of the gastric outlet, patients are able to feel full earlier in their meal and are able to eat less, which can result in weight loss.

## What happens during the procedure?

An endoscope is inserted into your stomach. A tiny camera allows your surgeon to operate inside of your stomach without making incisions in your abdomen. Stitches are placed to reduce the size of the gastric outlet to its original size after gastric bypass surgery.





# PRE AND POST SURGERY INSTRUCTIONS

## Preparation for Surgery Checklist

- Physician Supervised Weight Loss: This may or may not be a requirement for you. We will let you know if your insurance company requires this.
- Dietary Evaluation (required)
- Psychological Evaluation (required)

## Pre-op Diet (Sleeve Gastrectomy, LapBand, Sleeve Gastroplasty and Gastric bypass)

- Liver-Shrinking Diet: This begins 2 weeks prior to your scheduled surgery date. This diet is extremely important and failing to adhere to it may result in surgery cancellation. See handout located on page 18 in this booklet for information.
- Full liquids:
  - Protein shakes (approved by our team)
  - Non-fat Greek yogurt
- Clear liquids the day before your procedure:
  - Water
  - Protein waters, such as Premier Protein Clear and Protein 20
  - Broths (chicken, beef, bone)
  - Coffee or hot tea (artificial sweetener OK)
  - Crystal Light
  - Unsweetened tea
  - Powerade Zero
  - Gatorade Zero
  - Vitamin Water Zero
  - Sugar-free Jello or Sugar-free popsicles

## Pre-admission testing – things to know

- You will need to disclose all previous medical history.
- You will need to list all previous surgeries.
- Bring a list of all medications and supplements you are currently taking (list name of drug, dose, and frequency).
- Please bring a photo ID and Insurance card (if applicable) with you.

## **Things to bring on the day of your surgery**

- CPAP (If you wear one)
- Personal items (loose clothing, shoes, etc.)
- A list of your current medications
- Your Bariatric Binder

## **Your stay at Colquitt Regional Medical Center**

- Some of our procedures require an overnight stay in the hospital. Most patients are discharged home the following morning. Our bariatric suites are located on the 5th floor.
- You may have someone stay with you while in the hospital if you wish.
- The nurses and nursing assistants will visit with you hourly during the day and every two hours at night to ensure that your needs are met.
- We will work to make sure your stay with us is as pleasant and comfortable as possible.

## **The Day of Surgery**

- Arrive at the hospital on time
  - You will receive instructions on where to go when you attend your pre-op appointment.
- Upon arrival
  - You will be escorted to a room where you will be asked to undress and put on a hospital gown.
  - Your friend or family member may be asked to wait in the waiting area while they prepare you for surgery.
  - A nurse will start your intravenous (IV) access, ask you some questions, and perform a physical assessment.
  - You will receive IV antibiotics when it is time to move to the operating room.
  - An anesthesia provider will visit you and discuss anesthesia care.
- Family waiting
  - We request that your Family member stay in your room until speaking with the surgeon.
  - If your friend or family member is going to leave they should inform the pre-operative nurse and provide contact information.
  - After your surgery, you will be taken to the Post Anesthesia Care Unit (PACU) to be monitored until you are awake and your vital signs are stable enough to be transferred to the floor. This period may take several hours.

## After Your Surgery

- Pain control
  - Once you arrive to the floor, one of our primary goals will be to lessen your pain. You will be asked to rate your pain through the use of a pain scale of 0-10 (0 is no pain and 10 is excruciating pain).
  - It is important to know that pain medicine is ordered but not scheduled. So, if you are in pain, you will have to let your nurse know so he or she can administer your pain medication.
  - Once you notice your pain increasing, you should tell your nurse before it gets to a high level (>4-5). It is harder to get your pain under control once it reaches a high level than to keep it under control at a lower level.
- Sequential compression devices
  - While in recovery you will have wraps placed on your legs that simulate muscle movement that would normally occur during walking. These will help to reduce the risk of developing a blood clot while in the hospital. They are to be worn while in bed.
- Support stockings
  - Support stockings will also be used to reduce the risk of blood clots, and are often used in addition to sequential compression devices. You may take these home with you and wear them for several days after surgery.
- Coughing and Deep breathing
  - You will be encouraged to take deep breaths and cough after your surgery. This is an exercise that will help to expand your lungs and keep secretions from gathering and settling in your lungs, which can cause pneumonia. You will also be given a device called an incentive spirometer to help you with deep breathing exercises. A respiratory therapist will teach you how to use it and instruct you to use it every hour while awake. You will begin using this device within 4 hours after your surgery.
- Hydration
  - If your procedure requires an overnight stay, we will continue to provide you with IV fluids for hydration, as well as bariatric clear liquids.
  - If you experience any nausea or vomiting, a nurse will administer medication to help with these symptoms.
- Ambulation after surgery
  - A nurse or nursing assistant will help you get out of bed and walk after you have recovered from anesthesia.
  - Expect to get out of bed and walk the day of the surgery.



## **Discharge instructions**

### **Activity**

- Allow yourself time to fully heal. This may require you to alter your work schedule for up to 6 weeks.
- Activity as tolerated. You may walk and perform basic everyday tasks.
- No lifting over 10-12 lbs.
- We encourage you to begin walking for exercise. Start with 10-20 minutes per day as tolerated. This is in addition to frequent walks to maintain circulation and to prevent blood clots. You should be walking for 5-10 minutes every hour for the first 2 weeks and then expand this as tolerated.

### **Wound care**

- You will have Band-Aids over your surgical incisions. Leave them on and keep them clean and dry for 48 hours, or as instructed by your nurse or physician.

### **Medications**

- You will be given prescriptions for pain and nausea at discharge. Be sure to take these medications as instructed when needed.
- Continue taking your home medications unless instructed otherwise by your physician.
- You may go home with Lovenox, a medication that reduces your risk of developing a blood clot.

### **Follow-up Appointments**

- Before you are discharged from the hospital, you will be given a follow-up appointment. This appointment is generally within 7-10 days following your surgery.
- Your staples will be removed during your first follow-up appointment. Do not attempt to remove staples at home.

### **Diet**

- You will be on a bariatric clear liquid diet for 1 day following your surgery.
- After clear liquids, you will begin a bariatric full liquids diet for 2 days.
- After you complete the full liquid diet, you will advance to pureed foods for 10 days, then soft foods for 10 days.
- You may advance to solid foods when you complete soft foods.
- We have provided you with specific examples of appropriate food items for each dietary phase. Please see pages (21-27) for these lists.
- Some patients may require more time on each phase. This is not uncommon.

DIET TAB

# SHRINKING YOUR LIVER - PREPARING FOR SURGERY

*\* This is not required for balloons*

## **#1 GOAL: SHRINKING YOUR LIVER**

To prepare for surgery it is very important to shrink the liver so it does not block the upper portion of the stomach where surgery will take place. The liver is a vital organ for all energy metabolism. A large liver can be the result of overeating, particularly from carbohydrates in the form of sugars and starches. When carbohydrates are consumed the liver turns them into glucose (energy). Some of this glucose will be held in the liver as glycogen (temporary storage) for quick energy needs. Any excess glucose than what your body needs will be turned into fat (stored energy) and result in weight gain. You can think of your liver as the warehouse for the production, holding and shipment of energy. So long as a steady supply of energy (carbohydrates) continues to come into the liver, the fat stores and the inventory of glycogen will be protected and your liver will remain large. The goal is to shrink your liver by depleting your inventory of glycogen stores. Keep in mind that it only takes one large carbohydrate meal to expand your liver beyond its normal size. As your surgery date nears, it is vital to eliminate sugars and starches and avoid overeating.

## **14 DAY LIVER SHRINKING DIET**

- Day 1-13
  - No Carbohydrates in the form of sugars & starches (bread, potatoes, rice, pasta, corn, butterbeans, peas)
  - 50 grams or less of total carbohydrates per day
  - Choose proteins, fats & veggies
  - Protein shakes (approved by our team)
  - Non-fat Greek yogurt with 1/2 cup berries
  - Plus items from clear liquid
  - Add in daily Benefiber 2tsp twice daily to a clear liquid to reach fiber goal
  - Sample of daily intake below
    - Breakfast: Protien shake, Lunch: Protien shake, Supper: grilled lean meat with low carb vegetable, Planned Snack: 2 boiled eggs
    - Breakfast: 2 scrambled eggs with cheese, Lunch: tuna salads on lettuce, Supper: protien shake, Planned Snack: low carb Greek yogurt with 1/2 cup blue berries

Day 14: The day before surgery (Full & Clear Liquids only) Any of the following items are OK to consume keeping in mind the goal is to shrink the liver

*\*ALWAYS Read Labels for Total Carbohydrates. DO NOT EVER ASSUME\**

- Water or zero calorie/zero carbohydrate liquids
- Sugar-Free Jello
- Sugar-Free popsicles (Not Fudge)
- Coffee, unsweetened tea, hot tea
- Crystal Light (any flavor)
- Propel water, Gatorade Zero
- Bouillon cubes/granules of chicken or beef broth (Low Sodium with NO bits)
- Protien shakes, low carb yogurt

## The benefits to following the liver shrinking diet include:

- Decrease in liver size
- Some weight loss and decrease in fatty tissue
- Makes the operation safer for you and easier for your surgeon
- Shorter surgery time, hence shorter time under anesthesia
- Decrease in risk of liver damage and excess bleeding

Enjoy these for an improved “Look, Feel, Function”...

- Fish, pork, chicken or turkey (AVOID deep frying since it typically involves batters)
- Lean ground beef
- Vegetables (NO rice, potatoes, or corn)
- Cheese
- Eggs
- Veggie salad, Egg salad, Chicken salad, Tuna salad, Turkey salad
- Non-fat Greek yogurt with 1/2 cup berries

Keep in mind...

- Plan up to 3 meals a day... it's OK to skip a meal but NO snacking
- Eat your protein first moving onto vegetables/salads next (Idea is to fill up on nutrient-dense and satiating foods)
- High Protein, Low Carb (HPLC) Meal Replacements are OK as a meal

### Example of Appropriate Yogurts



Chobani Zero Sugar  
Carbs: 5g  
Protien: 11g



Two Good Yogurt (any flavor)  
Carbs: 3-4g  
Protien: 12g



Ratio Keto  
Carbs: 2g  
Protien: 15g

-Appropriate fruits (1/2 cup portions): blueberries, strawberries, rasberries, blackberries

# AFTER SURGERY DIET ADVANCEMENT

After surgery, it is important to advance the diet slowly starting with liquids and gradually moving to solid foods in order to:

1. Allow you to heal properly and protect your recent operation
2. Decrease pressure on the stomach and avoid vomiting or regurgitation
3. Optimize your weight loss during decreased hunger

It is imperative that you follow the diet phases below. Advancing too quickly can result in complications. Eating or drinking too much, too fast or too soon can result in discomfort, regurgitation or stretching of the esophagus and stomach pouch. A small amount of regurgitation can be normal at first.

Introduce each new diet phase no sooner than recommended and be careful not to advance too quickly. **If a diet phase is not being tolerated return to the previous phase for 2 days before trying to advance again.**

Tolerance may vary upon the individual.

DIET PHASE	Duration	
	ORBERA	GASTRIC SLEEVE GASTRIC BYPASS TORe ESG
Phase 1: Clear Liquids	Days 1 - 5	Days 0-2
Phase 2: Full Liquids / Protein Shakes	Days 5-10	Days 3-14
Phase 3: Pureed Foods & Soft Foods	Days 10-15	Days 15-28
Phase 4: Regular foods	Days greater than 15	Days greater than 28

\*\*As you advance, liquid & food items from the previous stage are allowed\*



# HYDRATION

Staying hydrated can be difficult during the first two months after surgery due to swelling in the stomach leaving you with limit space to drink adequate amounts of fluid. During these first months staying hydrated should be your main focus with a goal of drinking at least 64 oz of fluid a day. In order to accomplish this goal you will need to ensure you are frequently sipping at least every 10 to 15 minutes while awake.

Examples: Water, water with low carb water flavor, Propel water, Gatorade zero, and Powerade zero.

Signs and symptoms of dehydration to watch for are: decreased urine out put or dark colored urine, dizziness when standing, dry mouth, headache, and fatigue. If you feel like you may be dehydrated, you should call Sterling Center Bariatrics or Sterling Center for Women's Health at the numbers listed below. This can be treated in an infusion center and does not require a visit to the emergency room. You have been provided with a coupon for a free IV infusion in this binder as well as a menu of IV services offered at Sterling Center Women's Health. To schedule an appointment, you can contact our office or call their office directly as you are not required to have referral or be an established patient with them to schedule.

## **Sterling Center Women's Health**

3 Sweet Bay Ct  
Moultrie, GA 31768  
(229) 985-2198

## **Sterling Center Bariatrics**

4 Live Oak Ct  
Moultrie, GA 31768  
(229) 785-2400

# PHASE 1: CLEAR LIQUIDS

## Guidelines for clear liquids:

After surgery, your sense of thirst can decrease. It will be very important to avoid dehydration by getting at least the recommended amount of clear liquids daily

- Calorie & Sugar-free liquids (which will also be low to no carbohydrates)
- Non-carbonated
  - Carbonated beverages can expand the pouch after surgery and cause pain and gas
  - Caffeine can irritate the stomach lining (allowed later after healing)
- Absolutely no juices, soda, sweet tea or milk of any kind

## Recommended Serving:

Aim for at least 64 ounces daily, making at least 32 ounces plain water

## Examples of Clear Liquids

- Water or ice chips
- Broth (choose low sodium)
- Decaf coffee or hot tea (artificial sweetener OK)
- Sugar-free Lemonade, Tang, Hawaiian Punch, Kool-aid
- Crystal light
- Unsweetened tea
- Powerade Zero, Propel, or Gatorade Zero
- Vitamin Water Zero
- Sugar-free Jello or Sugar-free popsicles
- Protein2O
- Premier Protein Clear
- Ready Water, Gatorade with Protien



## RULES FOR THE TOOL

- Remember: Your stomach size has been reduced to the size of a golf ball
- Sip slowly, 1 ounce every 15-20 minutes
- Avoid gulping and guzzling—increased amounts of air into the stomach can cause gas which can be painful and uncomfortable. Using a straw may help.
- AVOID: Very hot or very cold beverages

# PHASE 2: FULL LIQUIDS

## Guidelines for Full Liquids:

There is still a lot of swelling from surgery, so it is important to continue liquids while the stomach is healing and to keep it from working too hard. However, it is now time to start giving your body some nutrition and meeting your daily protein needs. Continue clear liquids from the previous phase to avoid dehydration.

- During phase 2 you will be consuming **high protein, low carbohydrate** supplement shakes  
Protein > 20 grams and Carbs <10 grams (see protein supplements for more info)
- **AVOID:** Boost, Glucerna, Slimfast, Special K—these contain high amounts of sugar/carbs
- Quality medical grade bariatric protein supplements:
- **Examples of full liquids:**
  - non-fat greek yogurt, unsweetened almond milk, low fat small curd cottage cheese
  - protein shakes  
(Premier Protein, Atkins Plus, Pure Protein, Muscle Milk Pro Series, Ensure Max, Equate High Performance, Fairlife)
  - Begin Benefiber 2 tsp twice per day (will dissolve completely in liquid)
  - Runny scrambled egg



## RULE FOR THE TOOL

It will be necessary to continue to sip liquids slowly, 1 -2 ounces or 2-4 TBS every 15-20 minutes.  
It is okay if you can't finish the protein shakes right away.

## ADDING FLAVOR TO PROTEIN SUPPLEMENTS:

TRY: Instant coffee—good with chocolate flavors  
Smooth peanut butter  
Extracts—peppermint, almond, coconut, pineapple, rum, vanilla  
Sugar-free flavored syrups (the kind at coffee shops)  
Spices- nutmeg, cinnamon  
If you want to make your own protein shakes with powder protein, use unsweetened almond milk or water to mix them.

# PHASE 3: PUREED FOODS

## **GUIDELINES FOR PUREED FOODS:**

As you advance into the pureed foods phase you will want to go slow and introduce foods one at a time to avoid pain, vomiting and regurgitation. Stop eating when you are satisfied (no longer hungry) rather than before you begin to feel full (a slight pressure in the chest). This is important to allow the stomach to continue to heal and swelling to decrease. At this point in the healing phase, eating several small meals will be acceptable, however, **ONLY** eat when you are hungry. When the healing is complete and the pouch is able to tolerate a variety of foods and larger amounts, the goal will be only 3 meals per day and no snacking or grazing.

- Pureed foods should be completely blended or thoroughly mashed up with a fork with no solid pieces or chunks and should be a dip or smooth paste consistency. You can eat foods that are naturally this consistency, or you may choose to blend or mash your soft foods until they meet these guidelines. Very soft foods do not have to be pureed if you can mash it to a mush with your fork. You must go slow and chew well. Ex: flaky fish, and well cooked broccoli.
- Continue protein supplement shakes if desired as meal replacements and to supplement until daily protein requirements can be met.
- Remember that everyone does not progress at the same pace. If pureed foods are uncomfortable, stay on full liquids for another 1-2 days then try again.

## **Tips for preparing Pureed foods with a blender**

1. When pureeing foods use a blender or food processor and add only enough liquid to obtain applesauce consistency to maximize your nutrient intake in a limited volume.
2. Meats need to be tender (stewed, baked or broiled) before they can be pureed. Cook in crock pot until very tender. Add low-sodium broth, low-fat gravy or unsweetened almond milk to add moisture to the meats when blending.
3. Use light mayonnaise or low carb Greek yogurt when blending tuna or egg.
4. Add 1-2 tbsp. of protein powder to foods to increase protein.
5. May add Butter Buds or Butter Spray to season foods or spices as tolerated.

## **RULES FOR THE TOOL**

- No fluids with meals and 30 minutes after the meal
- Continue to sip fluids slowly 2-4 ounces at a time only between meals
- Eat slowly and take toddler size bites. Wait 30 seconds between bites
- Always start each meal by eating the protein food first, then the non-starchy vegetable, eliminate sugars and starches
- Avoid eating to the point of discomfort. Eat for no longer than 10-15 minutes

# PHASE 3: PUREED FOODS

FOOD GROUP	RECOMMENDED FOODS	FOODS TO AVOID
<b>Protien</b>	Pureed tuna salad Pureed chicken salad Soft Scrambled eggs Pureed tofu	Whole meats Baby food
<b>Dairy</b>	Cottage Cheese Low fat ricotta cheese Low carb yogurt Sugar free pudding	Cottage cheese with fruit added Regular Flavored yogurt or with fruit added Ice cream Pudding or Custard
<b>Vegetables</b>	Pureed vegetables such as: Green beans, beets, carrots, mushrooms, cooked greens, spinach, avocado	Mashed potatoes Avoid vegetables with skins, seeds, or hulls Winter & summer squash with strings, asparagus Avoid raw or whole vegetables *May use Bean-O to control gas
<b>Fruit (limited to 1/2 cup serving)</b>	Pureed berries such as: blueberries, blackberries, strawberries, raspberries	High carb fruits such as bananas, apples, oranges, watermelon, grapes, raisins
<b>Fats</b>	Salad dressings (check carbs) Mayonnaise Olive Oil Canola oil Butter	LIMIT AMOUNT TO 2 TBSP PER MEAL
<b>Soups</b>	Broths Consommé French onion (without bread) Vegetable soup-blended Creamed based soups (strained)	Chunky soups Tomato soup
<b>Sweeteners</b>	Stevia, Truvia, Splenda, Equal, Sweet-n-low	Sugar, honey, agave nectar, corn syrup, molasses, maple syrup
<b>Spices</b>	Cinnamon, allspice, nutmeg, lemon juice, vinegar, paprika, salt, pepper other mild herbs and spices	Some spices -may cause indigestion
<b>Beverages</b>	See Clear Liquids Page	Avoid carbonation
<b>Protien Supplements</b>	See Protein Supplement Page	High Carb Nutrition Shakes: Boost, Ensure, Glucerna, Slimfast, Look at your labels



# PHASE 3: SOFT FOODS

## **GUIDELINES FOR SOFT FOODS:**

As you advance into the pureed foods phase you will want to go slow and introduce foods one at a time to avoid pain, vomiting and regurgitation. Stop eating when you are satisfied (no longer hungry) rather than before you begin to feel full (a slight pressure in the chest). This is important to allow the stomach to continue to heal and swelling to decrease. At this point in the healing phase, eating several small meals will be acceptable, however, **ONLY** eat when you are hungry. When the healing is complete and the pouch is able to tolerate a variety of foods and larger amounts, the goal will be only 3 meals per day and no snacking or grazing.

- Meat may not be tolerated well during this phase unless very moist or mushy. Poultry, fish and eggs will be better tolerated protein sources and can be softened with small amounts of mayonnaise.
- Vegetables need to be well cooked and mushy. Avoid very stringy or fibrous vegetables.
- Continue protein supplement shakes if desired as meal replacements
- Remember that everyone does not progress at the same pace. If soft foods are uncomfortable, stay on full liquids for another 1-2 days then try again.

*SEE RECIPES AND EXAMPLES IN BACK IF BOOK*

## **RULES FOR THE TOOL**

- No fluids with meals 30 minutes after the meal
- Continue to sip fluids slowly 2-4 ounces at a time only between meals
- Eat slowly and take toddler size bites. Wait 30 seconds between bites
- Start the first few meals with 1/4 cup of food. This portion size may grow to 3/4 cup as the swelling decreases and will be dependent upon the surgery type and the individual
- Always start each meal by eating the protein food first, then the non-starchy vegetable, eliminate sugars and starches
- Avoid eating to the point of discomfort. Eat for no longer than 10-15 minutes

# SOFT FOODS EXAMPLES

FOOD GROUP	RECOMMENDED FOODS	FOODS TO AVOID
<b>Eggs</b>	Scrambled, Soft or hard cooked, Egg salad (easy on mayo)	
<b>Seafood</b>	Canned tuna in water Canned salmon in water Baked/poached white fish	Fried seafood Shrimp Lobster or Crab
<b>Meats</b>	Ground beef Canned ham Pork loin and tenderloin	Beef (all types except ground) Dry and non-tender cuts
<b>Poultry</b>	Canned chicken Ground turkey Moist baked or boiled chicken Chicken salad Shaved deli style turkey or chicken	Dry white chicken or turkey Fried chicken Grilled or broiled chicken or turkey
<b>Vegetarian</b>	Soy based patties Tofu or tempeh	Beans & Rice
<b>Dairy</b>	Cottage Cheese Low fat ricotta cheese Greek yogurt Soft or medium cheeses	Cottage cheese with fruit added Regular Flavored yogurt or with fruit added Ice cream Pudding or Custard
<b>Vegetables</b>	Well cooked vegetables Green beans, beets, carrots, pumpkin, eggplant, mushrooms, cooked greens, spinach, avocado	Mashed potatoes Avoid vegetables skins Winter & summer squash with strings, asparagus Avoid gas producing vegetables at first (broccoli, beans, cabbage, lettuce/salad, raw or whole vegetables) *May use Bean-O to control gas

# SOFT FOODS EXAMPLES (CONT.)

FOOD GROUP	RECOMMENED FOODS	FOODS TO AVOID
<b>Fats</b>	Salad dressings (check carbs) Mayonnaise Olive Oil Canola oil Butter	LIMIT AMOUNT TO 2 TBSP PER MEAL
<b>Soups</b>	Broths Consomme French onion (without bread) Vegetable soup-blended	Cream based soups Chunky soups
<b>Sweeteners</b>	Stevia, Truvia, Splenda, Equal, Sweet-n-low	Sugar, honey, agave nectar, corn syrup, molasses, maple syrup
<b>Spices</b>	Cinnamon, allspice, nutmeg, lemon juice, vinegar, paprika, salt, pepper other mild herbs and spices	Some spices -may cause indigestion
<b>Beverages</b>	See Clear Liquids Page	Avoid carbonation
<b>Protein Supplements</b>	See Protein Supplement Page	High Carb Nutrition Shakes: Boost, Ensure, Glucerna, Slimfast, Look at your labels

Because of the consistency of many foods you may be tempted to consume sugars and starches during the soft foods phase. **Avoid the following foods:**

- Hot cereals: cream of wheat, grits, malt-o-meal, etc.
- Cold cereals
- Mashed potatoes
- Ice cream
- Pudding
- Fruit smoothies
- Milkshakes

\*These will result in poor weight loss

# PHASE 4: REGULAR FOODS

## GUIDELINES FOR REGULAR FOODS:

At this point you can start trying some foods with more texture, however you still want to take it slow and introduce foods one at time while your surgery is still continuing to heal.

**Regular phase:** does not mean a phase in which any food is allowed. It refers to solid foods. You must still avoid sugars and starches and follow 50 grams of carbohydrates per day.

- Make the transition from soft foods to regular foods only if you do not experience nausea or vomiting with soft foods
- 2-3 small meals per day—No snacking or grazing in between
- Continue to drink fluids only in between meals
- Get protein at every meal and always eat it first—*see protein 101 & protein sources*
- Multivitamin and Calcium supplement daily- *see vitamin & mineral guidelines*

## RECOMMENDED SERVING SIZE:

2-4 ounces protein / meal

1/4-3/4 cup Vegetables / meal

60-80 grams of protein

64 ounces water / non-calorie fluids minimum

## COMMON PROBLEM FOODS:

Some foods have difficulty passing through the opening of the stomach and may cause blockage making food feel like it is “stuck”. Some of these foods can still be eaten with caution, but some need to be avoided all together because of their texture and/or carbohydrate content. They include:

**Avoid:** Dry meat, bread, pasta, rice, dried fruit, popcorn, skin and membrane of fruits

**Eat with Caution:** Lean meat, fibrous vegetables (asparagus, celery), nuts, seeds

Daily Carbs: less than 50 grams total Carbs

Benefiber 2 tsp twice a day

# POTENTIAL POST-SURGERY SIDE EFFECTS & POSSIBLE SOLUTIONS

<b>Nausea &amp; Vomiting</b>	<u><b>Causes:</b></u> <ul style="list-style-type: none"> <li>• Too big of bites and/or not chewing properly</li> <li>• Eating too much or too fast</li> <li>• Drinking with meals</li> <li>• Eating sugars &amp; starches or large amounts of high fat foods &amp; liquids</li> <li>• Nausea can also occur due to changing hormone levels after surgery</li> </ul>	<u><b>Solutions:</b></u> <ul style="list-style-type: none"> <li>• Cut foods into toddler size bits and chew well</li> <li>• Avoid talking or drinking while eating</li> <li>• Avoid sugars and starches</li> <li>• If nausea occurs upon waking, try drinking 4-6 oz sugar-free, clear liquids before breakfast</li> </ul>
<b>Constipation</b>	<u><b>Causes:</b></u> <ul style="list-style-type: none"> <li>• May be due to dehydration</li> <li>• May be due to decreased physical activity or stress</li> <li>• Decreased fiber in diet</li> <li>• Large amounts of dairy products (cheese especially)</li> <li>• Medications can also cause mild constipation such as: antacids, pain medications, anti-depressants, iron pills</li> <li>• Abuse or overuse of laxatives</li> </ul>	<u><b>Solutions:</b></u> <ul style="list-style-type: none"> <li>• Increase water, fiber (non-starchy vegetables) &amp; physical activity</li> <li>• Avoid dairy products with high carbs (milk) &amp; limit portion size on low carb dairy products (cheese)</li> <li>• Ask your physician if a fiber supplement or laxative is appropriate or needed</li> <li>• Benefiber 2 tsp twice daily</li> </ul>
<b>Diarrhea</b>	<u><b>Causes:</b></u> <ul style="list-style-type: none"> <li>• High amounts of sugar alcohols found in diabetic foods or low-carb foods</li> </ul>	<u><b>Solutions:</b></u> <ul style="list-style-type: none"> <li>• Avoid high consumptions of sugar alcohols, words ending in “-ol” such as sorbitol, manitol and xilitol</li> </ul>
<b>Hair Thinning</b>	<u><b>Causes:</b></u> <ul style="list-style-type: none"> <li>• Protein deficiency</li> <li>• Hair thinning can be common during periods of rapid weight loss</li> <li>• If hair thinning does occur, it will usually be between months 2-10 after surgery and is temporary</li> </ul>	<u><b>Solutions:</b></u> <ul style="list-style-type: none"> <li>• Thinning may be minimized by adequate protein intake (60-80 grams/day)</li> <li>• Taking a multivitamin that contains zinc and biotin</li> </ul>

IF YOUR SYMPTOMS BECOME WORSE OR DO NOT SUBSIDE AFTER TRYING RECOMMENDATIONS, CONTACT YOUR SURGEON OR DIETITIAN.



# LIVER SHRINKING DIET

*Follow this diet for the 2 weeks leading up to your bariatric surgery. It is very important because it makes the operation safer for you and easier for your surgeon. Failure to comply with this diet may result in surgery cancellation.*

## **RULES:**

- Benefiber 2 tsp twice daily
- No carbohydrates in the form of sugars and starches
- Choose proteins, fats, and non-starchy vegetables

## **DAYS 1-13 APPROPRIATE FOOD CHOICES:**

- Lean proteins
  - o Fish, chicken, turkey, steak, pork
  - o Lean ground beef, ground turkey
  - o Eggs
  - o Avoid frying since it typically involves batters
- Non-starchy vegetables
  - o Broccoli, green beans, cauliflower, brussels sprouts, asparagus, squash
  - o Leafy greens (kale, spinach, arugula, cabbage, salad greens)
- Dairy
  - o Low-fat cheese
  - o Greek yogurt with 1/2 cup berries, cottage cheese, avocado
- Beverages
  - o Water
  - o Propel, Gatorade Zero, Powerade Zero, Vitamin Water Zero
  - o Crystal Light
  - o Coffee, unsweetened tea
  - o All beverages should be sugar-free and have fewer than 10 calories per serving

## **DAY 14 THE DAY BEFORE SURGERY**

- o Water
- o Protein shakes
- o Greek yogurt
- o Sugar-Free Jello
- o Sugar-Free Popsicles (Not fudge)
- o Coffee, Unsweetened tea
- o Crystal Light
- o Propel, Gatorade Zero, Powerade Zero
- o Broths (beef, chicken, bone,) with no bits
- o Clear Protein Drinks (Premier Protein Clear and Protein 20)

# POST-OPERATIVE DIET PROGRESSION

*After surgery, it is important to advance the diet slowly starting with liquids and gradually moving to solid foods in order to allow you to heal properly, decrease pressure on the stomach to avoid vomiting, and optimize weight loss during decreased hunger. Advancing your diet too quickly can result in complications.*

## PHASE 1: DAYS 0-2

- Clear Liquids

- o Clear protein drinks (Premier Protein Clear, Protein 2O)
- o Propel, Gatorade Zero, Powerade Zero, Vitamin Water Zero
- o Coffee, unsweetened tea
- o Broths (beef, chicken, bone)
- o Water
- o Crystal Light

## PHASE 2: DAYS 3-14

- Full Liquids

- o Begin Benefiber 2 tsp twice daily
- o Protein shakes (Premier Protein, Atkins Plus, Ensure Max)
- o Greek yogurt
- o Continue clear liquids from the previous phase to avoid dehydration

## PHASE 3: 15-28 DAYS

- Pureed Foods

- o pureed tuna/chicken salad
- o lowfat ricotta cheese
- o soft scrambled eggs
- o pureed low-carb vegetables

- Soft Foods

- o Eggs
- o Seafood (canned tuna, baked flakey fish)
- o Meats (ground beef)
- o Poultry (canned chicken, ground turkey, deli-style turkey or chicken, rotisserie chicken)
- o Dairy (Greek yogurt, cottage cheese, soft cheeses)
- o Vegetables (well-cooked, soft, non-starchy)

## PHASE 4: DAYS >28

- Regular Foods

- Lean proteins

- o Fish, chicken, turkey, steak, pork
- o Lean ground beef, ground turkey
- o Eggs
- o Avoid frying since it typically involves batters

- Non-starchy vegetables

- o Broccoli, green beans, cauliflower, brussels sprouts, asparagus, squash
- o Leafy greens (kale, spinach, arugula, cabbage, salad greens)

- Dairy

- o Low-fat cheese
- o Greek yogurt

## NUTRITION TAB

# STERLING CENTER BARIATRICS

4 Live Oak Ct • Moultrie, GA 31768  
Phone (229) 785-2400 • Fax (229) 985-5182

Welcome to Sterling Center Bariatrics. We are so glad that you have chosen our facility to help guide you on this weight loss journey. On this page you will find some of our recommendations to be as successful as possible in our program. Remember, it is a program requirement for you to lose weight during your supervised weight loss visits.

- Keep your daily carb count under 50 g TOTAL carbs per day
- Take in at least 80-90g of protein each day
- Drink at least 64 oz of fluids a day, making at least 32 oz of this water
- Exercise 20-25 minutes a day 4-5 days a week. This does not have to be intense or strenuous exercise, if all you can tolerate is walking this is fine. There are also chair exercises in this packet that can be used.
- If you feel like you need to skip a meal, replace this with a low carb, high protein shake instead
- Avoid snacking between meals
- Keeping a food journal is a good way to track your food and keeping yourself accountable. This can be done on paper or using an app in your phone
- Boredom is your worst enemy, find things that occupy your time and your mind like exercise or a hobby
- Remember the journey is not always easy, but it will always be worth it

\*\*\* Join us on our Facebook page Sterling Weight Warriors \*\*\*

\*\*\* Support groups: 2nd Monday of every month 5:30-6:30pm \*\*\*

# READING AND UNDERSTANDING NUTRITIONAL LABELS

## 1. Serving Size

The best place to start...it's the key to understanding just how much of the other nutrients you are truly consuming.

Ask yourself:

- \* How is it measured?
- \* How many servings total?
- \* How much am I consuming?

## Nutrition Facts

Serving Size 1oz (28g)

Servings Per Container About 2

### Amount Per Serving

**Calories** 70    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g                      2%

    Saturated Fat 0g              0%

*Trans* Fat 0g                  0%

**Cholesterol** 20mg              7%

**Sodium** 260mg                11%

**Total Carbohydrate** 6g        2%

    Dietary Fiber 0g              0%

    Sugars 6g

**Protein** 12g                      24%

Vitamin A 1% • Vitamin C 0%

Calcium 1% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

## 3. Protein

\* Look at GRAMS

There are 12 GRAMS of protein per 1 oz in this example

## 2. Carbohydrates

\* Look at **TOTAL**

\* Look at GRAMS

There are 6 GRAMS of TOTAL carbs per 1 oz in this example



# FOODS TO EAT

<b>Vegetables (Low in carbs) May eat daily with any meal</b>		
<b>**Serving Size**</b> 1 cup Raw or ½ cup Cooked = Approximately 5 grams of carbs		
Artichoke	Cucumber	Onions
Asparagus	Eggplant	Peppers
Avocado	Garlic	Radishes
Bean Sprouts	Green Beans	Spinach
Bell Peppers	Green Onions or Scallions	Summer Squash
Broccoli	Greens (Collard, Mustard, turnip, Kale)	Salad Greens
Brussel Sprouts	Kohlrabi	Turnips
Cabbage (All varieties)	Leeks	Water Chestnuts
Cauliflower	Mushrooms	Watercress
Celery	Okra	Zucchini

## \*\*\*FOODS NOT TO EAT\*\*\*

<b>Vegetables (High in carbs) ***Should be avoided at all times***</b>	
Baked Beans	Corn (Kernel, creamed, and on the cob)
Lentils	Peas (Split, black-eyed, field, green, sweet)
Pumpkin	Beans (Garbanzo, pinto, lima, white, kidney, red)
Parsnips	Potatoes (White, Sweet, Red, yellow)
Casava	Acorn and Butternut Squash

<b>Dairy Products to Avoid</b>		
All Dairy Milk (whole, 2%, skim)	Buttermilk	Eggnog
Lentils	Goat's Milk	Traditional Pudding
*****If milk is needed for something use Unsweetened Almond Milk		

<b>Other Common High Carb Foods to Avoid</b>					
Cereal	Grits	Oatmeal	All Bread	All Pasta	Muffins
Cookies	All Rice	Quinoa	Chips	Sodas	Fruit Juices
Candy	Beer	Pancakes	Ice Cream	Cake	Pretzels
Popcorn	Crackers	White Sugar	Sweet Tea	Sugar Coffee	Flour/Batters

# PROTEIN INTAKE

One of the biggest protein sources in our daily diet comes from the meats that we eat, but after surgery meat alone may not be enough. Protein shakes are essential following surgery as they will be your main source of protein during your full liquid diet phase, but you may continue to use them as meal replacements as long as you would like.

## Protein Shake Requirements

- Less than 10g of Carbohydrates
- At least 20g of Protein

## Popular Brands

- Premier Protein
- Fairlife Protein
- Quest Protein Shake
- Equate Protein Shake
- Atkins Plus Protein Shake
- Ensure Max Protein Shake
- Muscle Milk Pro Series Protein Shake
- Any other brand that fits these parameters

### Most Popular Brands

## Unflavored Protein Powder

These protein powders can be added to anything you eat or drink to give you extra protein and help meet your daily protein goal.

- Genepro (Amazon or GNC)
- Isopure (Amazon or Walmart)
- Unjury ( Amazon or Unjury.com)

## Phone App Options for Carb and Protein Counts

If you struggle with tracking your daily carb and protein counts, these are apps that you can download on your phone to enter in everything you eat and drink and it will track those numbers for you.

- Carb Manager
- My Fitness Pal
- Baritastic
- Lose It!

# PROTEIN CHOICES BY FAT CONTENT

Very Lean Proteins	
Poultry	Chicken (White meat, no skin) Turkey (White meat, no skin) Cornish Hen (White meat, no skin)
Fish	Cod Flounder Haddock Tilapia Trout Tuna (fresh or canned in water)
Shellfish	Clams Crab Lobster Scallops Shrimp Imitation Shellfish
Game	Duck or Pheasant (no skin) Venison Buffalo Ostrich
Dairy	Nonfat or low fat cottage cheese (1/4 cup) Fat free cheese
Other	Kidney Egg whites (2) Egg substitute (1/4 cup)

Very Lean Proteins	
Beef (trimmed of fat)	Round Flank Tenderloin Roasts (Chuck, rib, rump) Steak (Cubed, porterhouse, sirloin and T-bone)
Pork	Fresh Ham (canned, cured, or boiled) Canadian bacon Tenderloin Center loin chop
Lamb	Roast Chop Leg
Veal	Lean Chop Roast
Fish	Herring (uncreamed, smoked) Salmon (fresh or canned) Catfish Tuna (canned in oil, drained) Oysters (6 medium) Sardines (Canned, 2 medium)
Poultry	Chicken and Turkey (darkmeat, no skin) Chicken and turkey (white meat with skin) Domestic duck or Goose (fat well drained, no skin)
Game	Goose (no skin) Rabbit
Dairy	4.5% fat cottage cheese (1/4 cup) Grated cheese (2 Tbsp)
Other	Turkey pastrami Kielbasa

Very Lean Proteins	
Beef	Most other beef products (ground beef, short ribs, prime rib, corned beef)
Pork	Top Loin Chops Boston Butt Cutlet
Lamb	Rib Roast Ground
Veal	Lean Chop Roast
Poultry	Chicken (dark meat with skin) Ground turkey or chicken
Dairy	Feta Mozzarella Ricotta (1/4 cup)
Other	Egg (1) Sausage with < 5 grams fat per ounce Soymilk (1 cup) Tempeh (1/4 cup) Tofu (1/2 cup)

High Fat Proteins	
Pork	Spareribs Ground Pork Pork Sausage
Dairy	All regular Cheeses Cheddar Monterey Jack Swiss
Other	Processed sandwich meat (bologna, pimento loaf and salami) Knockwurst Bratwurst Polish sausage Hot dogs Bacon

# EXAMPLES OF PROTEIN CONTENT

	FOOD CHOICE	SERVING SIZE	PROTEIN GRAMS	CARBS GRAMS
MEAT, POULTRY, AND FISH	Beef	4 oz (raw)	17	0.2
	Chicken or Turkey	4 oz (raw)	23	0
	Salmon or Tuna	3 oz (cooked)	22	0
	Eggs	1 egg	7	0.4
	Bacon	1 slice	2-4	0
	Crab, Shrimp, Lobster	4 oz (raw)	23	0
	Scallops	4 oz (raw)	13.7	3.6
	Deli lunch meat (Ham, Turkey)	2 oz	10	2
DAIRY	Mozzarella string cheese	1 oz	6	1-2
	Low-fat cottage cheese	½ cup	12	6
	Plain Greek Yogurt	½ cup	11	4.6
	Cheddar Cheese	1 oz	7	1
VEGETARIAN PROTEIN	Almonds, Sunflower seeds	1 oz	6	6
	Peanuts	1 oz	8	4
	Cashews	1 oz	5	8
	Peanut Butter	2 TBSP	7	6-8
	Almond Milk	8 oz	1	8
	Unsweetened Almond Milk	1 cup	1	1
	Tofu	3 oz	7	2

# LOW CARB MEAL EXAMPLES

<b><u>Breakfast:</u></b>	Protein Shake
<b><u>Lunch:</u></b>	Lettuce wrap with Turkey, cheese, and mustard
<b><u>Supper:</u></b>	6oz Baked Fish, green beans, and broccoli

<b><u>Breakfast:</u></b>	2 eggs, turkey bacon
<b><u>Lunch:</u></b>	Protein Shake
<b><u>Supper:</u></b>	6 oz Steak, Roasted asparagus, Side Salad

<b><u>Breakfast:</u></b>	Low Carb Yogurt with almonds
<b><u>Lunch:</u></b>	2oz tuna pack in water, lite mayo, mustard, cucumber
<b><u>Supper:</u></b>	4oz Grilled Chicken breast, steamed zucchini, and cauliflower rice

<b><u>Breakfast:</u></b>	2 egg whites with cheese
<b><u>Lunch:</u></b>	4oz lean ground beef, Steamed broccoli
<b><u>Supper:</u></b>	6oz Pork Loin, collard greens Sautéed mushrooms, onions and peppers

<b><u>Breakfast:</u></b>	1 boiled egg and Canadian bacon
<b><u>Lunch:</u></b>	Chicken Salad wraps with lettuce
<b><u>Supper:</u></b>	Beef fajitas with bell pepper and onions

<b><u>Breakfast:</u></b>	2 egg omelet with ham, cheese, and peppers
<b><u>Lunch:</u></b>	Protein shake
<b><u>Supper:</u></b>	Zucchini noodles with low carb spaghetti sauce and parmesan cheese with a Side salad

# LOW CARB MEAL EXAMPLES (CONT.)

<b><u>Breakfast:</u></b>	Egg muffin
<b><u>Lunch:</u></b>	Beef or Turkey hamburger patty Broccoli
<b><u>Supper:</u></b>	Chef Salad: Ham, turkey, boiled eggs, onions, peppers, shredded cheese and low fat salad dressing

<b><u>Breakfast:</u></b>	2 egg omelet with spinach
<b><u>Lunch:</u></b>	Lettuce wrap, Cottage cheese, and almonds
<b><u>Supper:</u></b>	Grilled Shrimp, Cauliflower rice, and Steamed squash

<b><u>Breakfast:</u></b>	2 poached egg
<b><u>Lunch:</u></b>	1/2 Avocado with salt and pepper, mixed nuts
<b><u>Supper:</u></b>	Low carb Ricotta Bake, Green beans

<b><u>Breakfast:</u></b>	Avocado with eggs (anyway you like)
<b><u>Lunch:</u></b>	Chaffle sandwich (recipe below) with turkey, cheese, lettuce, and tomato
<b><u>Supper:</u></b>	Low carb Ricotta Bake, Green beans

<b><u>Healthy Snacks</u></b>		
String Cheese	Mixed nuts (Small Portions)	Greek Yogurt
Cottage Cheese	Beef or Turkey Jerky	Vegetable Sticks
Pepperoni	Low Carb protein bars	Hard Boiled egg
Avocado	Deli meat and Cheese	Cucumber Slices
Zucchini Chips	Homemade Cheese Crackers	Sugar Free Popsicles



VITAMINS TAB

# 2019 ASMBS Guidelines for Sleeve

## Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 - 800 mcg / day from MVI 800 - 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 - 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 - 10,000 IU (1,500 - 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 - 120 mcg / day
Copper	1 mg / day from MVI
Zinc	8 - 11 mg / day from MVI

Zinc to copper ratio: 8 - 15 mg of zinc for every 1 mg of copper

## Iron (from all supplements)

At least 18 - 60 mg / day \*\*  
CANNOT take with Calcium

## Calcium (from food and supplements)

1,200 - 1,500 mg / day  
Take in divided doses  
Calcium Citrate may be taken with or without meals

## Other

Protein (often individualized)	Minimum of 60g / day with some patients needing higher amounts of 80 - 90g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

\* At risk patients: rapid weight lost, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure.  
At risk patients need at least 50 - 100 mg of thiamin daily.

\*\* Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

# 2019 ASMBS Guidelines for Gastric Bypass

## Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 - 800 mcg / day from MVI 800 - 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 - 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 - 10,000 IU (1,500 - 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 - 120 mcg / day
Copper	2 mg / day from MVI
Zinc	8 - 22 mg / day from MVI

Zinc to copper ratio: 8 - 15 mg of zinc for every 1 mg of copper

## Iron (from all supplements)

At least 18 - 60 mg / day \*\*  
CANNOT take with Calcium

## Calcium (from food and supplements)

1,200 - 1,500 mg / day  
Take in divided doses  
Calcium Citrate may be taken with or without meals

## Other

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At risk patients need at least 50 - 100 mg of thiamin daily.

\*\* Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

# NEW VITAMIN RECOMMENDATIONS

## Bariatric-specific Multivitamin with Iron

Example: CelebrateOne 45 Multivitamin with Iron \*or equivalent



## Bariatric-specific Multivitamin without Iron

Example: CelebrateOne - Bariatric One A Day Multivitamin (IRON FREE) capsule or soft chew \*or equivalent

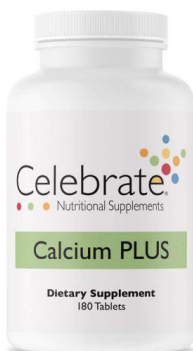


Scan this QR code to order Celebrate vitamins from their website.



## Calcium citrate w/ Vit D + calcium rich foods daily

Example: Calcium Plus - Calcium Citrate Tablet or soft chew \*or equivalent



*All patients will have Bariatric Labs to assess for nutritional and vitamin deficiencies at their initial H&P visit and after surgery based on their surgeon's recommendations.*

*Gastric sleeve patients may take an OTC Multivitamin and a B-Complex vitamin in place of these options.*

## LIFESTYLE CHANGE TAB

# THE BASICS

It is important to remember that weight loss surgery is a “tool” to help you lose weight. Your success at losing weight, maintaining weight loss and staying healthy also depends upon your commitment to making changes for a lifetime. Surgery is not a magic bullet, but if used appropriately along with dietary and lifestyle changes the outcome can be phenomenal. Just as weight gain does not happen over night, the process of change will also take time. Be patient with yourself as you are adopting lifelong new habits and embrace the journey of discovering a happier, healthier new you.

**Adopt the 3 rules below as part of your everyday life to ensure your long-term success for weight loss.**

## RULE #1 NO CARBOHYDRATES (SUGARS & STARCHES)

Carbohydrates are an energy source and when consumed in excess they lead to weight gain. Unlike proteins and fats, carbohydrates can become addicting when used to manage your emotional needs on a regular basis. Learn to eat for the nutritional value of food (proteins, fats, fiber, vitamins and minerals from vegetables) rather than for the emotional value .

30 grams of total carbs/day or less (You do not have to count your NON-starchy vegetables)

- ELIMINATE sugars and starches:
- Sugars: sweets, cakes, cookies, candy, ice cream, pastries,
- AVOID fruit & milk—while they have nutritional value they contain sugar too
- Starches: Rice, pasta, bread, potatoes, cereals, corn, chips, crackers, etc. -(starches break down into sugar)
- Choose only zero calorie beverages—No juices, soda, sweet tea, etc - (these are concentrated in sugars )
- Don't eat or drink anything until you know the total carbohydrate content

**TIP:** Use websites such as [calorieking.com](http://calorieking.com), [thedailyplate.com](http://thedailyplate.com), and/or [sparkpeople.com](http://sparkpeople.com) to count your carbohydrates.

Have a smart phone? Try downloading an app such as fatsecret or sparkpeople

## RULE #2 NO SNACKING

Snacking is considered anything that you eat or drink that is not part of a meal. Unless you skip a meal, snacking is rarely a response from physical hunger rather than an emotional response (i.e. boredom, stress) and can negate eating healthy meals. Snacking and grazing can lead to overconsumption by the end of the day defeating the purpose of portion control from the surgery. Snacking is most often mindless such as eating popcorn while watching TV or trail mix while driving. Snack items are also most often high in carbohydrates—rarely do we snack on proteins and vegetables.

- Plan up to 3 meals a day, and only eat when you are physically hungry. It's OK to skip a meal (even breakfast) but NO snacking
- Low carb foods such as cheese and nuts are OK with meals but never as snacks

**TIP:** Choose “bridge” items in between meals instead of snacks to get you through mentally and emotionally  
Bridge= calorie-free: gum, coffee, tea (unsweetened), sugar-free jello or popsicle, celery, cucumbers, pickles etc

## RULE #3 PHYSICAL ACTIVITY EVERYDAY

The purpose of physical activity is not only to lose weight. Rather it is also a way to replace the role of carbohydrates in your life, blow off emotional steam and do something just for you. It is not the only option for replacing carbs, but it is one of the best because it releases endorphins that make you feel good. Manage your stress and emotional needs with the healthier habit of physical activity.

- Set aside at least 20 minutes everyday to do something physically active
- It can be anything. Choose something that you are physically capable of and make it FUN!
- Walking, dancing, biking, yoga, chair exercises with hand weights, cleaning the house, yard work, Wii fit

**TIP:** Tracking your progress will motivate you to push a little farther each time and keep you on track. Try using a pedometer if walking or use a website such as [fitday.com](http://fitday.com). Team up- choosing a fitness partner will keep you accountable to a routine and the extra support will help you stay more motivated and focused.



# EXERCISE

## 20 MINUTE RULE

The 20 minute rule: Carve at least 20 minutes out of every day for yourself. This time is for you to focus only on yourself and de-stress. Physical activity is a great way to use that 20 minutes. While physical activity alone will not make you lose weight, it is a key component in becoming a **healthier, happier you**.

Endorphins are the chemical in your brain that make you feel good. These endorphins are released during physical activity, just like they are when eating carbohydrates, and can be a great way to relieve stress. Physical activity can include anything that is active or fun. It needs to be something you enjoy doing to become part of your regular routine because it is fun and rewarding.

### **Extra movement ideas:**

- Take the stairs
- Park farther away
- Hide the remote and get up to change the TV
- Try to get up from sitting without using your hands
- Keep good posture with stomach in tight
- Walk to the far restroom
- Once you pick up any small item, do 15 reps of an arm exercise with it. Change the exercise each time.
- Walk the dog
- Play with your kids
- Go for a walk on the beach
- Dance

# WAYS TO BUILD SELF-ESTEEM

1. Let yourself BE YOURSELF.
2. Give yourself permission to “try out” different selves, but don’t command yourself to make major changes in who you are.
3. Allow yourself to HAVE AND EXPRESS feelings. (You have to feel the lows to enjoy the highs.)
4. Allow yourself to move and grow and change... and to succeed!
5. Allow yourself to take some personal space. And take personal time. Make dates with yourself. Enjoy your company. After all, if you think about it, no one else is as well tuned into YOUR wants, needs, interests, and desires as YOU are.
6. Give support to others and learn to ACCEPT it in return.
7. Set realistic expectations for yourself. Break big goals into bite-sized pieces.
8. Try new things and allow yourself to make mistakes.
9. Express valid personal wants and needs.
10. Take responsibility for your thoughts, feelings, and ideas by using “IT” messages: It keeps communication lines open.
11. Work on communication skills. Learn to “read” other people, and become more aware of yourself too.
12. Allow yourself to reward yourself, and others.
13. Accept your body the way it is. That’s the first step in changing it.
14. Become more aware of your body image. Visualize what you look like walking into a room.
15. Listen to what you sound like. How do you feel toward other people (rigid, relaxed, etc.) 15. Say “no” without feeling guilty.
16. Take time EACH DAY to relax. This is a great way to prevent stress. (And a time savor in the long run)
17. Become aware of what things are reinforcing you, and use them.
18. Listen to your body. It will tell you all kinds of good things-like when you are hungry, when you are full, when you are tired, when you need to do something active, etc.
19. Allow yourself to fantasize.
20. Visualize yourself with high self-esteem. Hear yourself and feel yourself in successful situations.
21. Look Up, the old saying “things are looking up” actually has some truth to it.
22. Make lists of things you really like about yourself or things you do well. Ask others to make the same kinds of lists for you.
23. Catch yourself doing things right, and pat yourself on the back.
24. Reframe threats into challenges.
25. Learn to accept compliments
26. PLAN TO FEEL GOOD!

# STRESS CHECK-UP

1. What are my goals in life and how realistic are they?
2. Is my use of time and energy helping me to reach these goals?
3. Do I have proper sense of responsibility or do I try to do too much and fail to acknowledge my limitation?
4. How do I react to disappointments and losses?
5. How am I coping with stress and anxiety?
6. What is the consistency and quality of my personal relationships?
7. Are my contacts with others superficial, meager and unrewarding?
8. From who do I receive and to whom do I give motional support?
9. Do I avoid getting support from others for fear of appearing weak?
10. What is the role of love in my life?
11. How much time do I give to listen to and care for others?

# SEXUAL ACTIVITY

## Sexual Activity

As with any sort of physical activity, it is safe to return to sexual activity within a couple of days after surgery. Like physical activity, if it hurts or becomes uncomfortable where your incisions are, STOP.

### For Women: **IMPORTANT**

As little as 5 to 10% weight (which is common to lose within the first couple of months after surgery) often results in restored fertility in women who were previously infertile. Women who are of child-bearing age and are not using contraception, **YOU HAVE THE POTENTIAL TO BECOME PREGNANT!**

It is important to schedule visits with your OB/GYN for contraceptive counseling for your health and the health of your baby. We recommend not getting pregnant until at least 12-18 months after your surgery or until you are close to your goal weight.

# KEYS TO SUCCESS

**Remember:** Bariatric surgery is a tool to help you lose weight. Your success at losing weight, maintaining weight loss and staying healthy depends upon your commitment to making changes for a lifetime. Adopting the behaviors below will ensure your long-term success for weight loss

- **50 grams of total carbs or less per day:** This excludes non-starchy vegetables. The 50 grams is not to be saved for sugars and starches rather used for incidentals such as condiments and sauces for your proteins and vegetables. If you are unsure about the carb content of a food item go to: [www.coheso.com/nutridata/](http://www.coheso.com/nutridata/)
- **Focus on protein:** Make sure to get protein at every meal. Always eat your protein first then moving to your vegetables and fats in moderation.
- **Avoid sloppy foods:** Sloppy foods can lead to slower weight loss. Avoid soups, high carb yogurts, oatmeal, grits, cereal, mashed potatoes, ice cream etc (these are usually high carb foods)
- **Stay hydrated:** Aim for around 64 ounces of fluid per day (8 cups). The best way to determine whether you are well hydrated is if your urine is a pale yellow. Get in the habit of carrying a water bottle around with you and drinking through a straw is good way to avoid gulping or guzzling.
- **Vitamins & Minerals:** Be consistent about taking your vitamins/minerals and medications daily.
- **Plan ahead:** Plan your meals ahead of time and grocery shop with a list. Shop the periphery of the grocery store for fresh meats, cheeses and produce.
- **Keep a daily food journal:** This will help you stay under your 50 grams of carbs/day and keep you accountable. Plan your meals ahead and then record actual intake next to it. Go to [www.fitday.com](http://www.fitday.com) or [www.sparkpeople.com](http://www.sparkpeople.com) to get a breakdown of your actual intake. Review this with us.
- **Be mindful:** Evaluate the role food and carbs play in your life and identify reasons that you eat other than hunger. Develop new coping skills to replace using carbs for comfort or emotional reasons. Do not engage in “mindless eating”. For example watching TV and eating at the same time
- **Physical activity:** Get at least 20 minutes per day that is in addition to normal daily activities such as work, shopping, or housekeeping. Physical Activity is necessary to begin to open up other path- ways to deal with stresses. Whatever you choose, make it FUN!!
- **Attend support group meetings:** This is a great way to stay in touch with other weight loss surgery patients and stay on track
- **Become a “label reader”:** Know what is in every item you put in your grocery cart.

# KEYS TO SUCCESS (CONT.)

## RULES FOR THE TOOL

- **Reduce food portions:** Eat on smaller plates, try using a small salad plate or even a saucer. Leave the meal in the kitchen rather than bringing it to the table to avoid dishing up a second helping. When dining out, order off the children's menu, appetizer list, or ask the server to box at least 1/2 the meal before serving it to your table.
- **Child size bites:** Try purchasing a small fork (cocktail or children's) and cut up all food into small, child-like pieces before beginning to eat the meal. No matter how much you chew it is important to not swallow large amounts at one time.
- **Chew slowly and thoroughly:** Make sure to chew your food well and try to minimize talking or distractions while eating to avoid swallowing a large bite.
  - Rule of 30 seconds:** Put your fork down in between bites and time 30 seconds until you take your next bite. This will enable you to avoid discomfort and feel each bite before swallowing one bite too many.
- **Time your meals:** Eat slow but check-in around 15 minutes. Eating too fast can cause food to get stuck if not chewed properly or cause regurgitation from food backing up in the esophagus.
- However, eating for longer than 15 minutes may lead to overeating and cause chest discomfort, regurgitation or poor weight loss.
- **Drink fluids between meals NOT with meals:** To prevent dehydration and constipation take frequent sips of zero calorie beverages (preferably water) between meals. Remember not to eat and drink together at the same time. Do not drink **30 minutes after** eating. Get in the habit of carrying a water bottle around to sip on fluids between meals.
- **Pay close attention:** Stop eating when you are comfortably satisfied and pay attention to early signs of fullness. This may be discomfort at the breastbone. If ignored, vomiting or pain may follow. Over time, eating too much may stretch the stomach pouch and lead to weight gain.
- **Introduce new foods slowly, one food at a time** in order to rule out intolerance. If a food causes discomfort, wait before trying it again.
- **Problematic foods:** Tend to be tough, fibrous or overcooked meats; very lean meats that aren't moist; doughy breads; pasta; rice; skins and seeds of fruits/veggies; nuts and popcorn



# STAYING CONNECTED

We feel that your success will depend on our availability to you. No matter how long ago you had surgery, it is important to remain connected with the practice. Whether it is questions regarding dietary guidelines, questions about eating with the band, problems or concerns, or exciting achievements, we want to hear from you. Please keep in touch, no matter where you are in your weight loss journey; we are here for you.

You will begin to receive our monthly newsletter, containing support group dates, upcoming seminars, recipe of the month and success stories. Please check your e-mail at the beginning of the month to see the latest with the practice.

Please be sure to attend our Bariatric Support Group. They meet the second monday of every month at 5:30pm at the Sterling Center or via Zoom.

## **Social Media**

Like us on Facebook and remain connected with the practice as well as connect with fellow patients, ask questions, read our weight loss blog and so much more!

**Facebook:** Sterling Center Bariatrics

*\* We also host a closed group on Facebook for Sterling patients.*

*Please search "Sterling Weight Warriors" and request to join.*

**Twitter:** Sterling Center Bariatrics

**You Tube:** Sterling Center Bariatrics

Please be sure to share your positive experiences with us by posting a review on our Facebook page. We also encourage you to share your positive experiences on weight loss forums such as Obesity Help and LapBand Talk.

## **Phone & E-mail**

We encourage all patients to call or e-mail us if they need immediate assistance. Please refer to the contact sheet for extensions and e-mail addresses.

## **Weekly "Bariatric Buzz"**

YOU ARE  
RESPONSIBLE  
FOR WHAT  
GOES IN  
YOUR  
PIE-HOLE.

# WHEN TO CALL YOUR DOCTOR

## 1. Signs of gastric leak

- a. High heart rate
- b. Severe abdominal pain
- c. Fever

## 2. Signs & symptoms of infection

- a. Fever (101+)
- b. Shaking
- c. Chills
- d. Increased redness, tenderness, or swelling around surgical incisions
- e. Excessive drainage or pus coming from wound

## 3. Signs of blood clots

- a. Sudden swelling in thigh, calf, or ankle
- b. Increased pain, redness, or tenderness in calf
- c. Sudden increased shortness of breath
- d. Localized chest pain with cough

## 4. Signs of Dehydration

- a. Decreased urine output or dark-colored urine
- b. Very dry skin, dry mouth
- c. Headache
- d. Fatigue
- e. This does not require an ER visit as it can be treated at an infusion center

If you experience any of these symptoms, make sure to call our office first, but if the office is closed and you feel like you need immediate care, please go to Colquitt Regional ED so your surgeon can be contacted.

## EXERCISE TAB

# BEGINNER'S WALKING SCHEDULE

Here is an easy-to-follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Be sure to stretch before and after your walks. Consistency is key in creating a new habit, so be sure that you get something in at least 5 days a week.

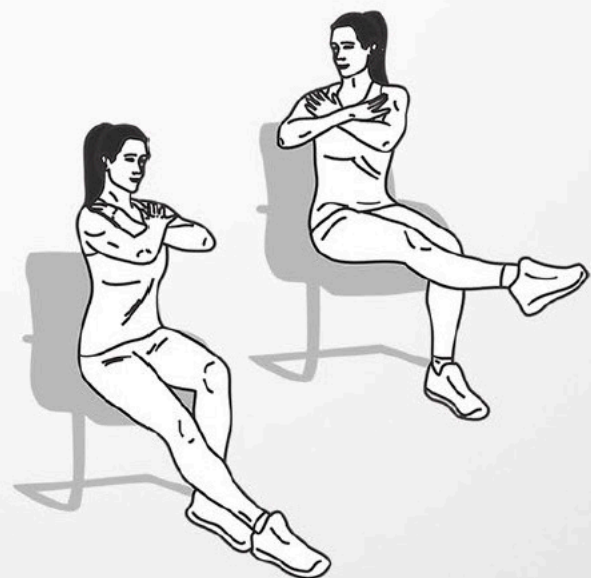
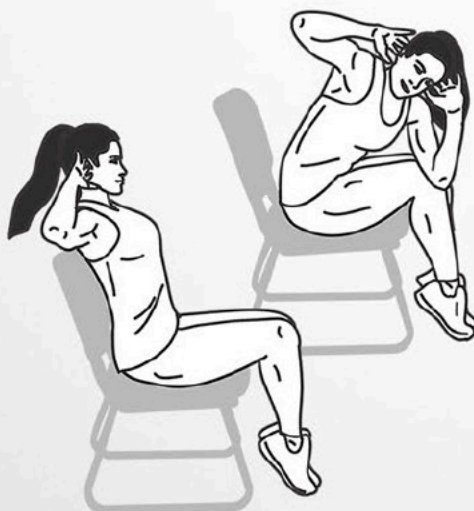
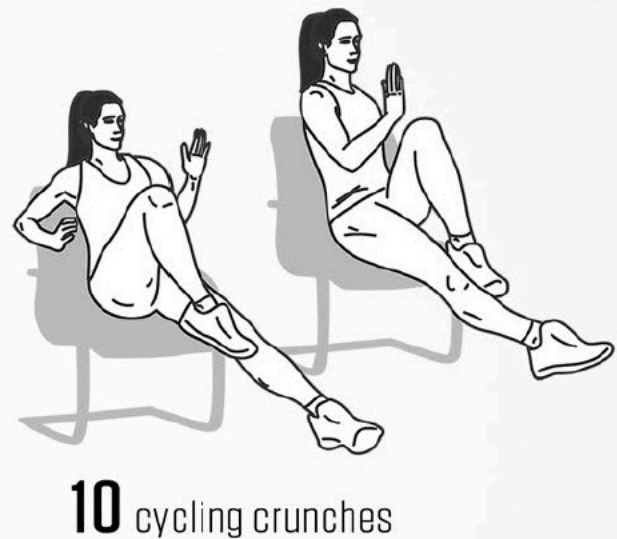
WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	off	15 min	20 min	15 min	20 min	15 min	20 min
2	off	20 min	20 min	15 min	20 min	15 min	25 min
3	off	25 min	20 min	15 min	25 min	20 min	25 min
4	off	30 min	20 min	20 min	25 min	20 min	30 min
5	off	30 min	30 min	20 min	30 min	20 min	35 min
6	off	30 min	30 min	25 min	30 min	25 min	40 min
7	off	30 min	40 min	30 min	30 min	30 min	40 min
8	off	30 min	40 min	30 min	40 min	30 min	50 min
9	off	40 min	40 min	30 min	40 min	40 min	50 min
10	off	40 min	50 min	30 min	50 min	40 min	50 min
11	off	40 min	50 min	40 min	50 min	40 min	50 min
12	off	40 min	60 min	40 min	60 min	40 min	60 min

\*\*\*Every day includes a 5 minute warm up and a 5 minute cool down period

# cardio chair

DAREBEE  
WORKOUT

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# Catch & Release

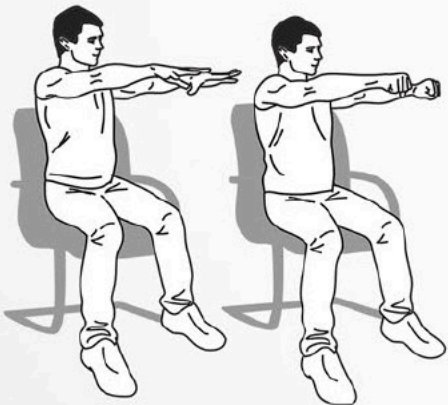
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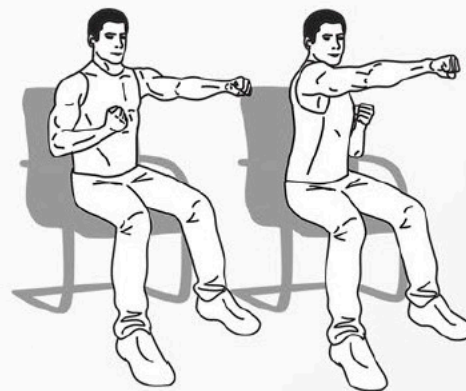
overhead clench  
20



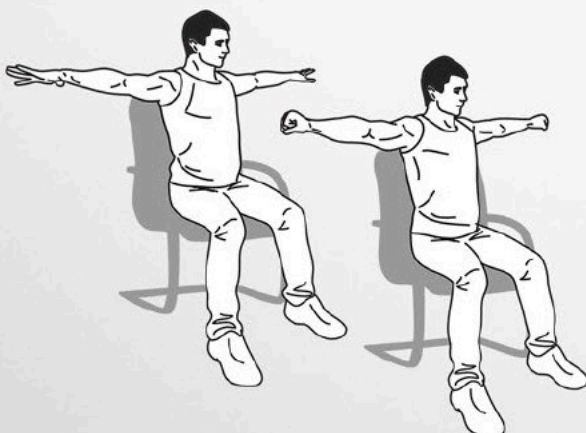
overhead punches  
20



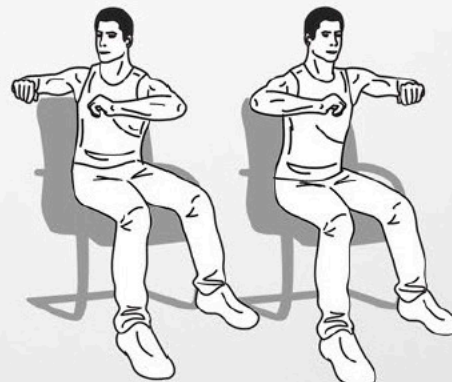
extended clench  
20



punches  
20



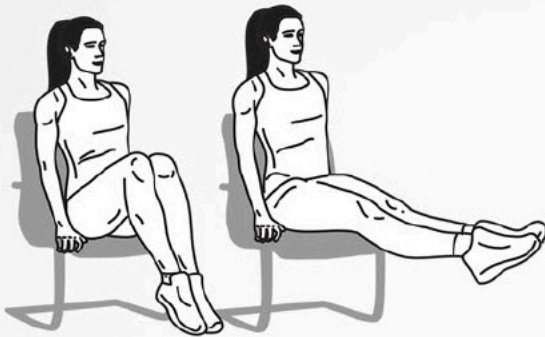
side extended clench  
20



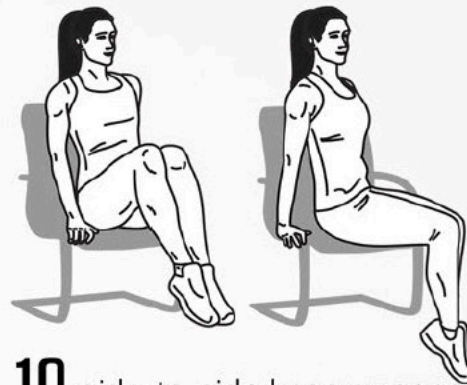
torso twists  
20

# chair abs

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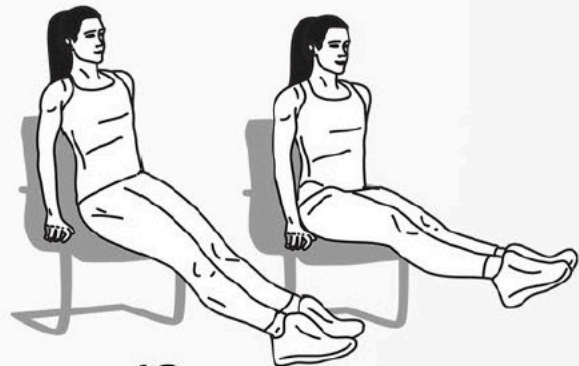
**10** crunch kicks



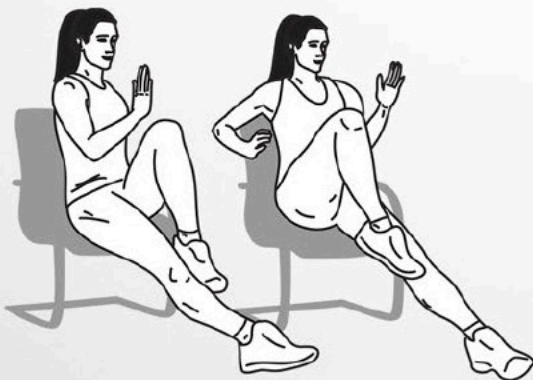
**10** side-to-side knee sweeps



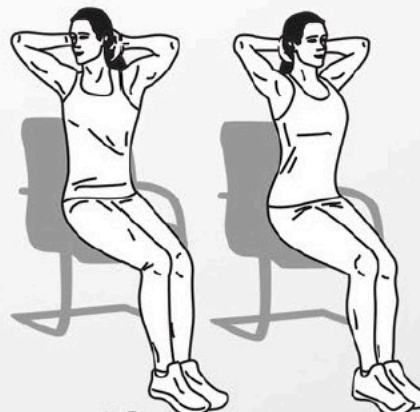
**10** knee-to-elbows



**10** leg raises



**10** cycling crunches



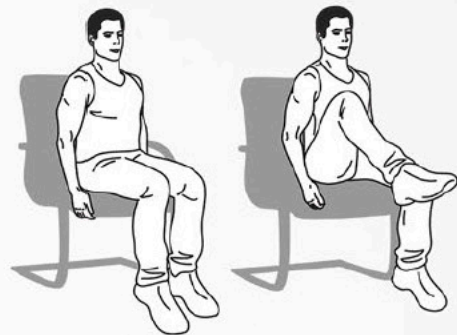
**10** sitting twists

# chair cycle

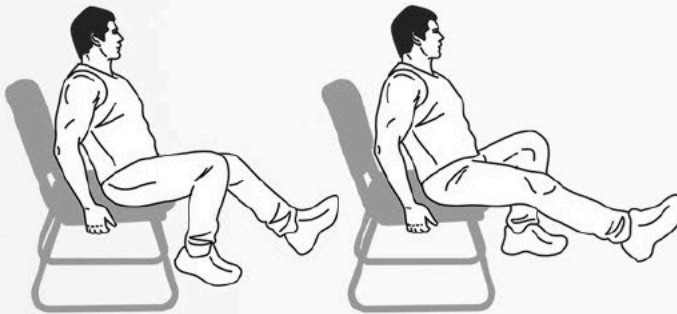
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



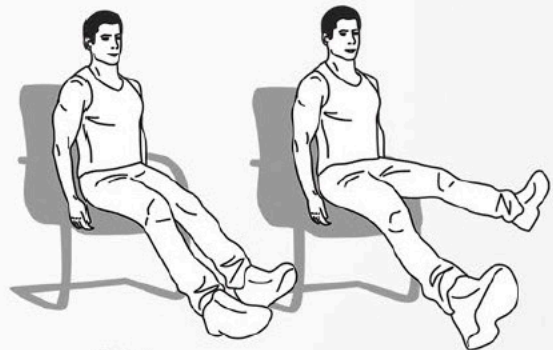
**20** cycling



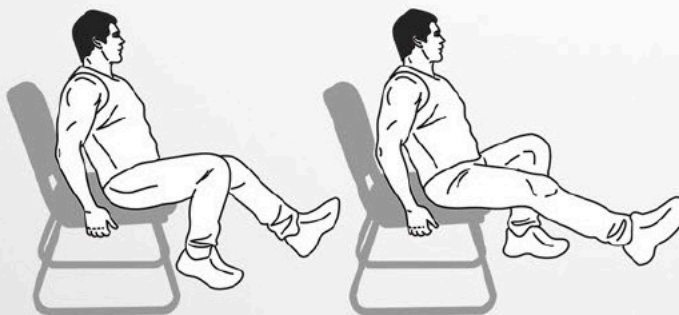
**10** knee-ins



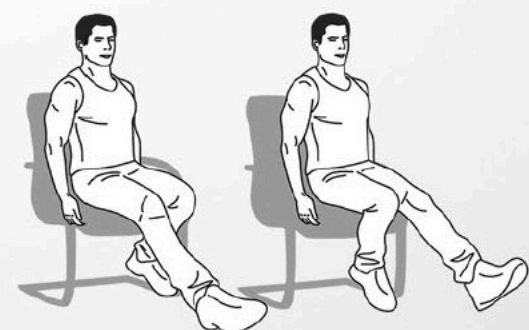
**20** cycling



**10** leg extensions



**20** cycling

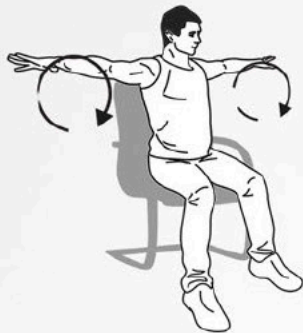


**10** slow kicks



# rainmaker

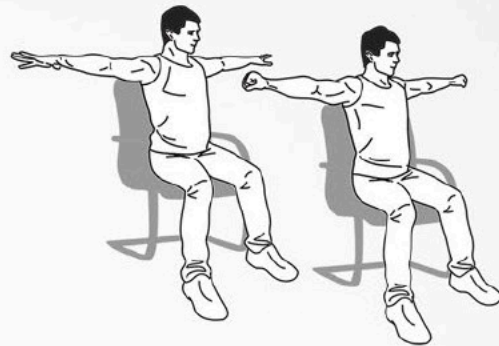
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**20** side circles



**10-count** hold



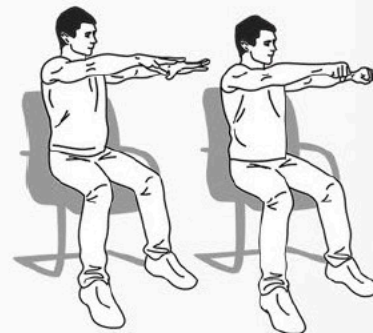
**20** side clenches



**20** forward circles



**10-count** hold



**20** forward clenches



**20** overhead circles



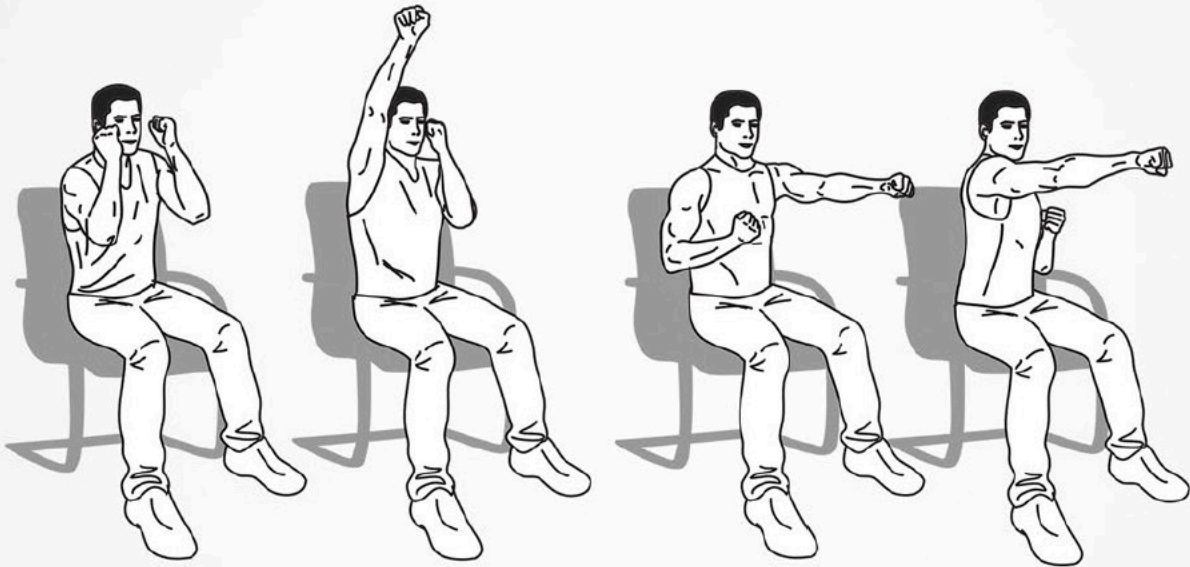
**10-count** hold



**20** overhead clenches

# *seated* **boxer**

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**10** overhead punches

**10** punches

**10** overhead punches

**10** punches

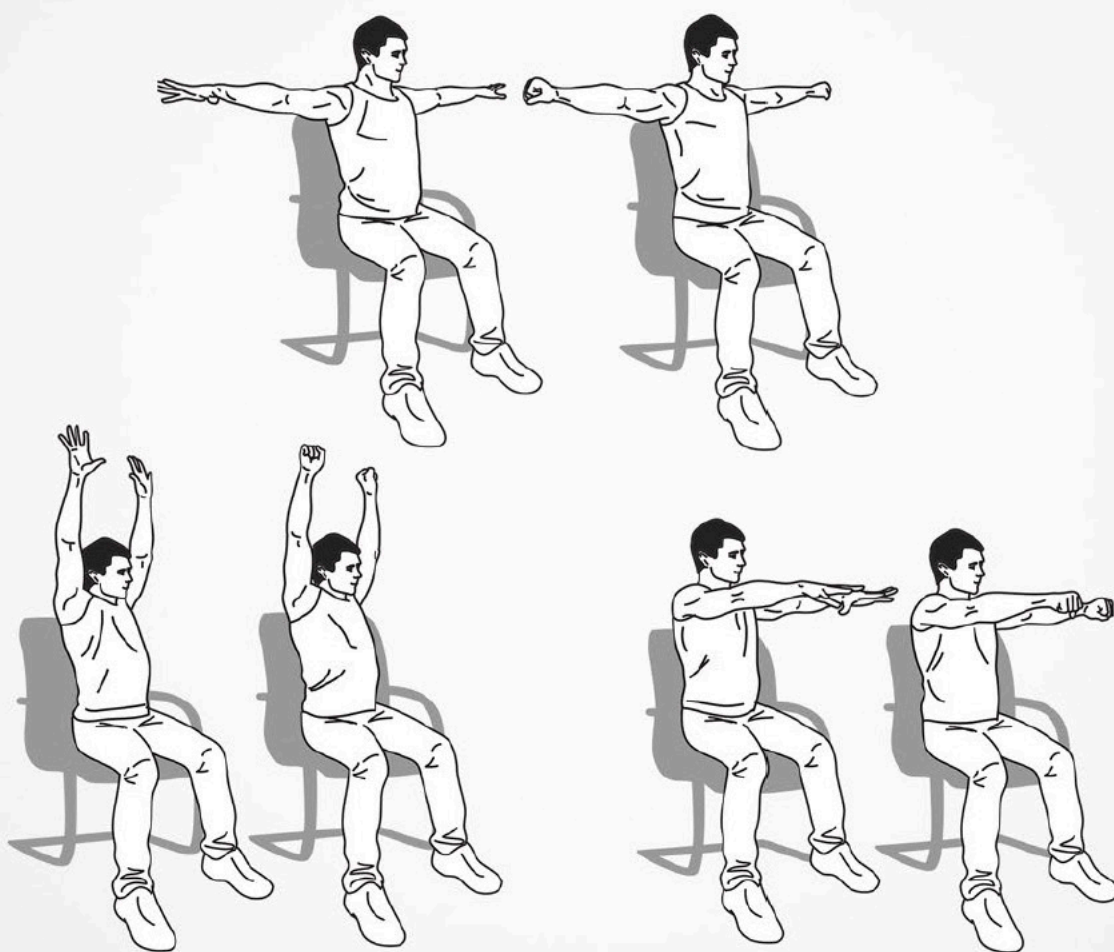
**10** overhead punches

**10** punches

done

# STAPLER

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**20** arms to the side clench / unclench

**20** arms overhead clench / unclench

**20** arms to the front clench / unclench

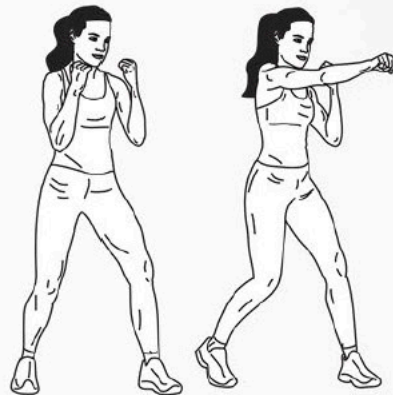
rest & repeat

# ***Fast & Dangerous***

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)



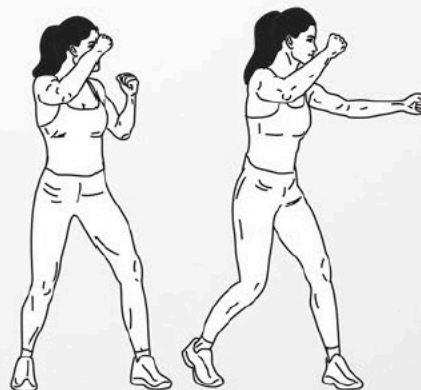
**15sec** high knees



**15sec** punches



**15sec** high knees



**15sec** backfists

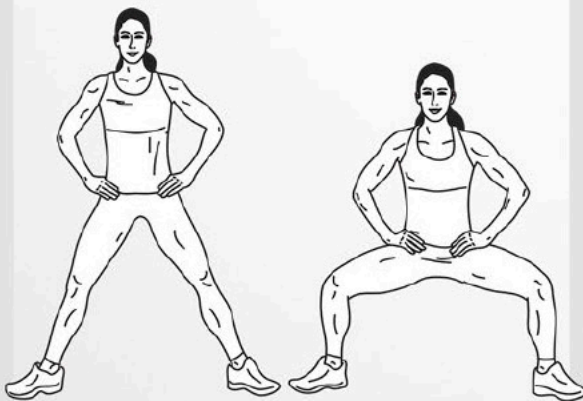


# Hero **Maker**

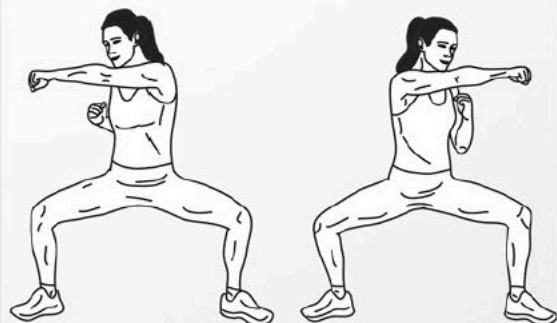
DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)



**20sec** high knees



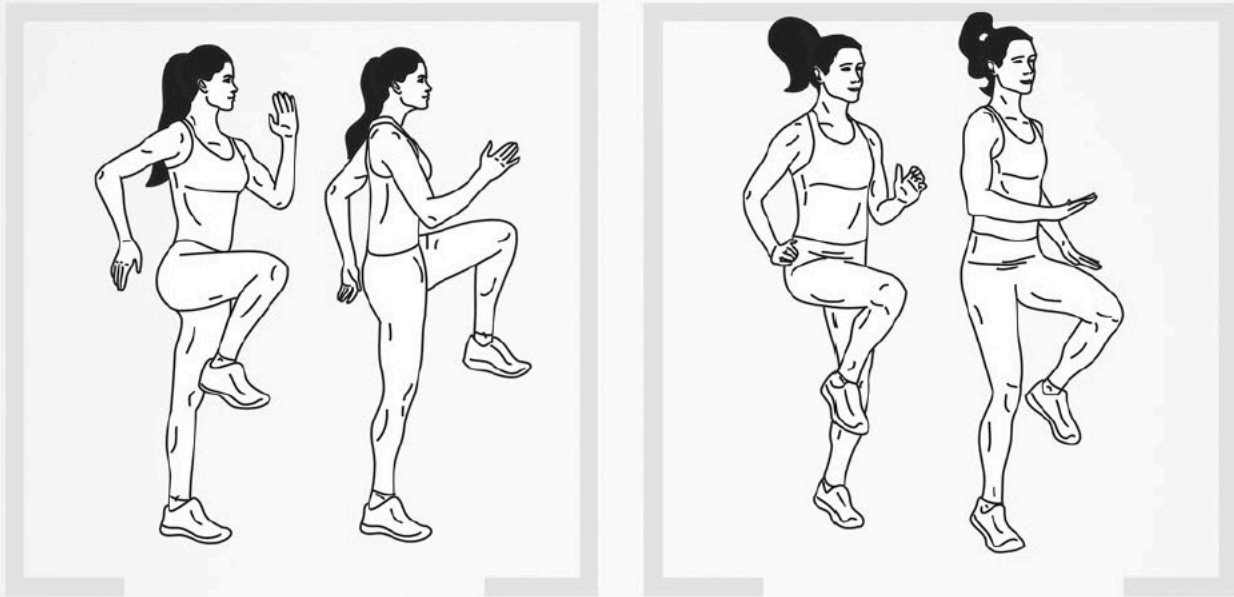
**20sec** squats



**20sec** squat hold punches

# *thunderbolt*

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)



**10sec** march steps

**10sec** high knees

**10sec** march steps

**10sec** high knees

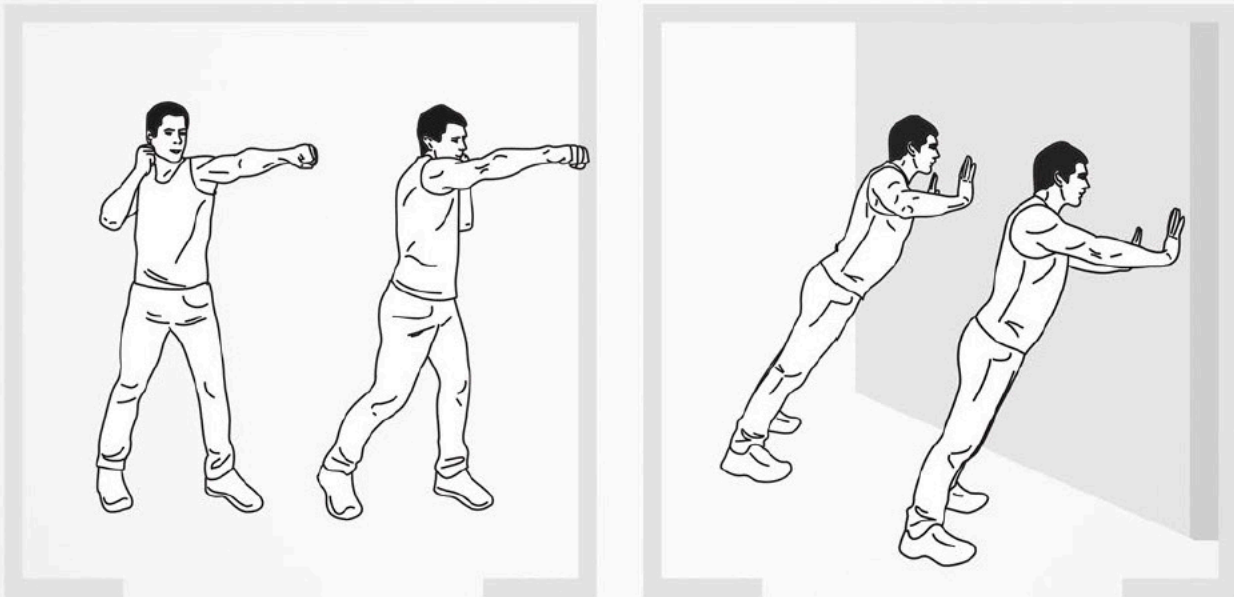
**10sec** march steps

**10sec** high knees

done

# *upperbody* ***press***

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)



**15sec** punches (jab + cross)

**15sec** wall push-ups

**15sec** punches (jab + cross)

**15sec** wall push-ups

done

# Legs & Core

DAREBEE  
WORKOUT

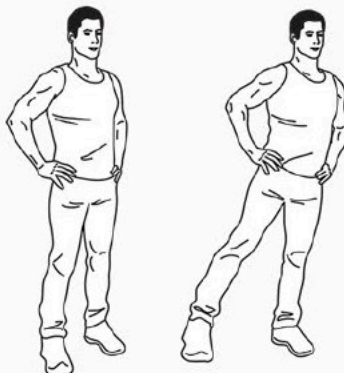
@ [darebee.com](http://darebee.com)

repeat 3 times

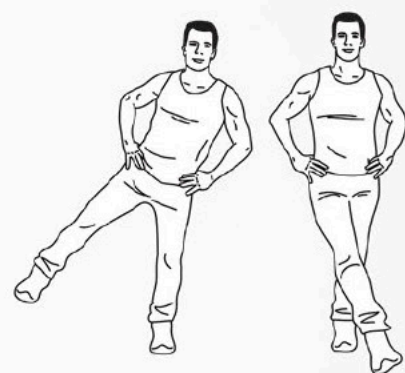
1 minute rest in between



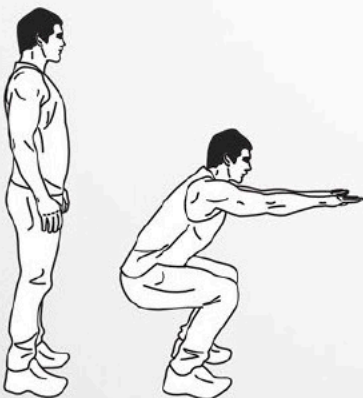
**20** forward leg swings



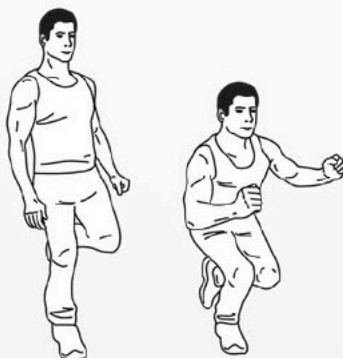
**20** side leg swings



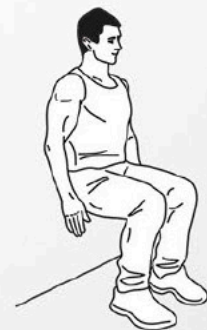
**20** cross leg swings



**20** squats



**20** single leg squats



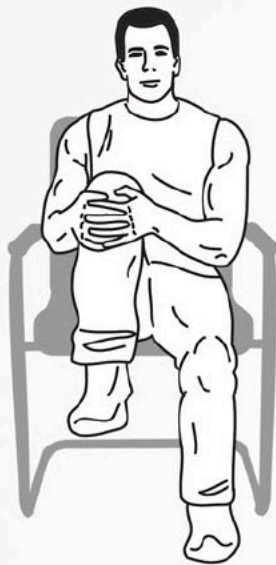
**20sec** wall-sit



# lower **back**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
20 seconds each exercise.

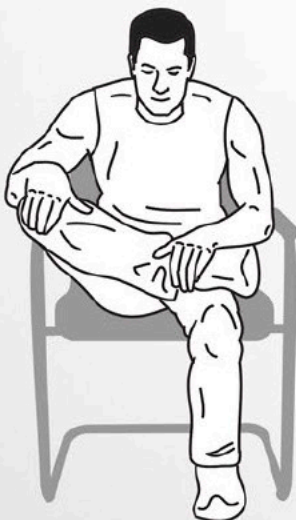
**chair edition**



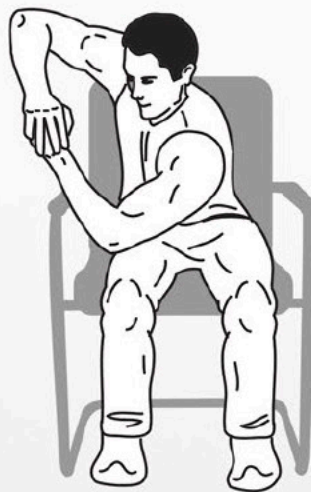
knee in stretch



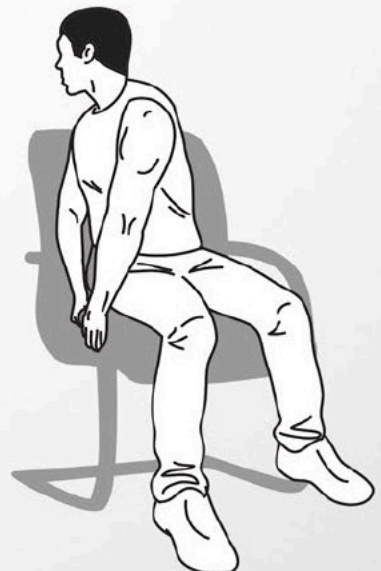
side stretch



knee fold forward stretch



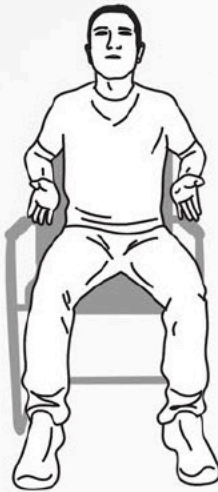
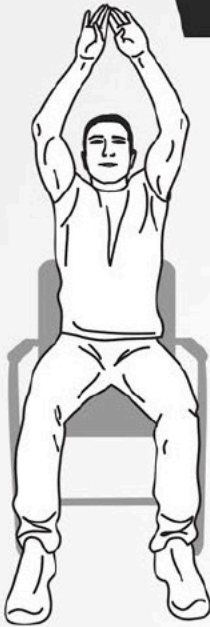
knee-to-elbow stretch



side twist

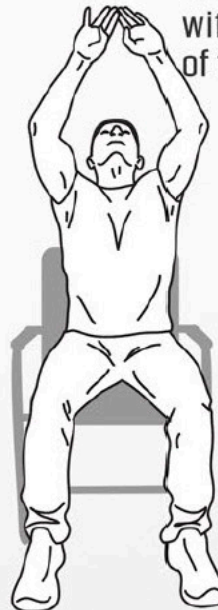
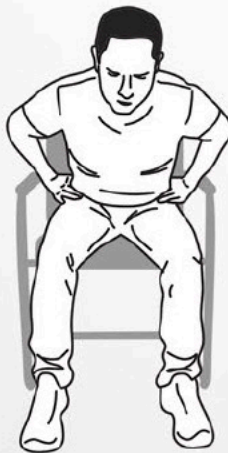
# Breathing Workout

by DAREBEE @ [darebee.com](http://darebee.com)



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

# 60-second **de-stress** stretching

by DAREBEE @ [darebee.com](http://darebee.com)  
Repeat each one for 10 seconds.

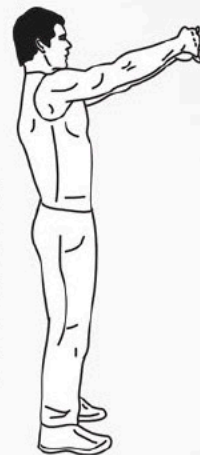
back stretch



shoulder rotations



arm stretch



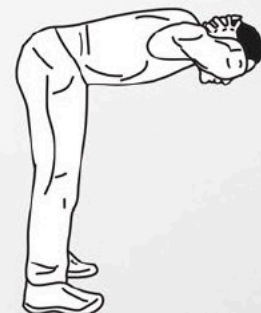
chest expansion



overhead reach



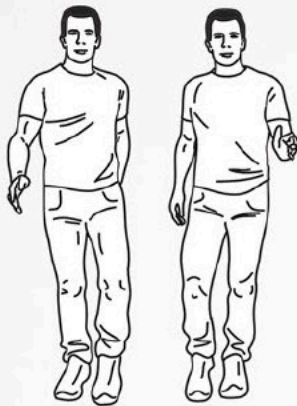
forward bend





# the WALK

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**20sec** walk on the spot

**10sec** heel to toe (left foot)

**step to the right**

**20sec** walk on the spot

**10sec** heel to toe (right foot)

**step to the left**



**20sec** walk on the spot

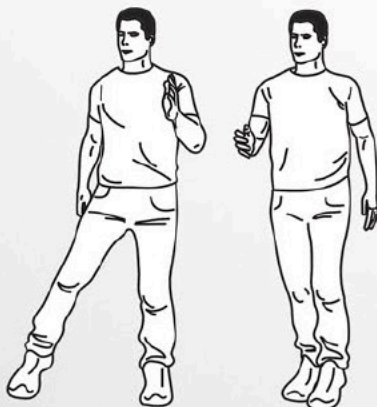
**10sec** heel to toe (left foot)

**step to the right**

**20sec** walk on the spot

**10sec** heel to toe (right foot)

**step to the left**



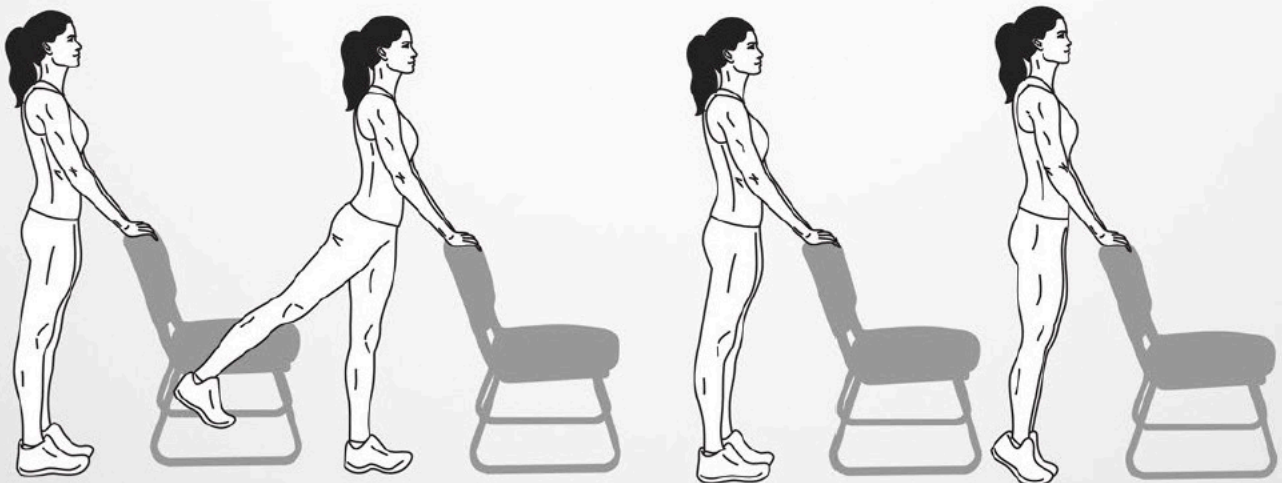
Done.

# Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE  
@ darebee.com



**40** side leg raises



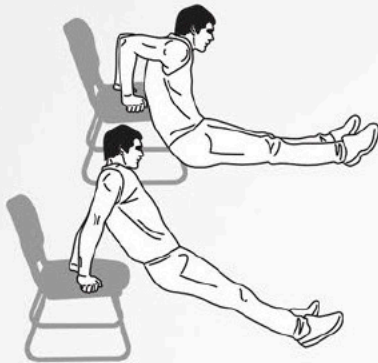
**40** back kicks

**40** calf raises

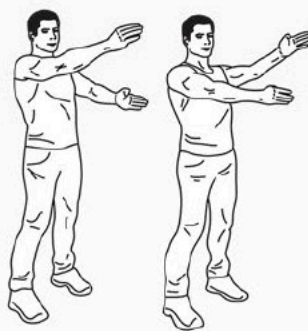
# arms 360

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

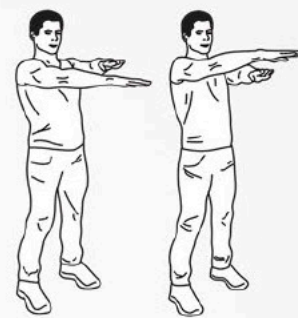
repeat 3 times with 1 minute rest in between



**5** tricep dips



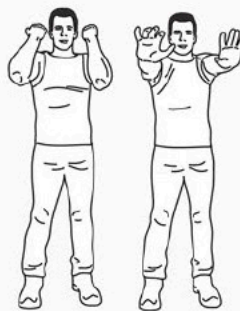
**10** arm chops



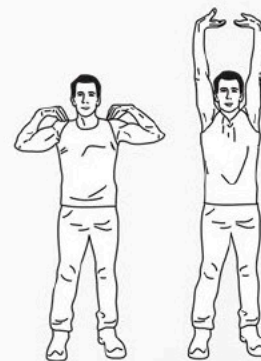
**10** arm scissors



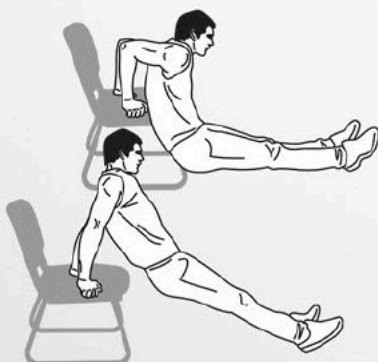
**5** tricep dips



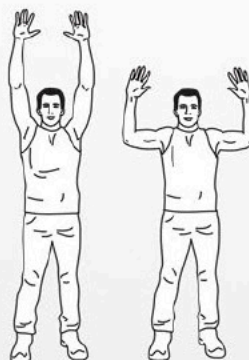
**10** bicep extensions



**10** shoulder taps



**5** tricep dips



**10** W-extensions



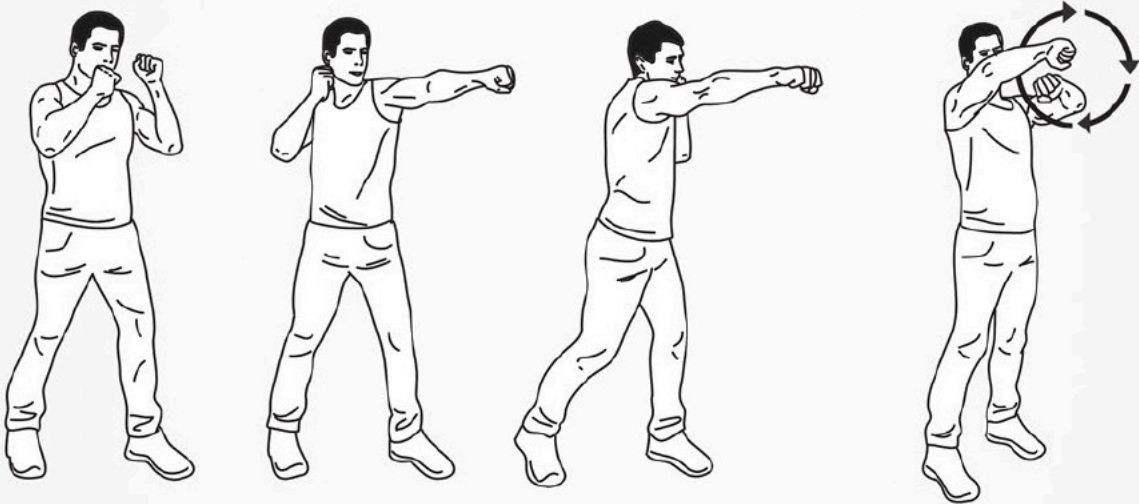
**10** elbow clicks

# Boxer Arms

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



**10** punches (jab + cross)

**10** speed bag punches

**20** punches (jab + cross)

**20** speed bag punches

**40** punches (jab + cross)

**40** speed bag punches

done

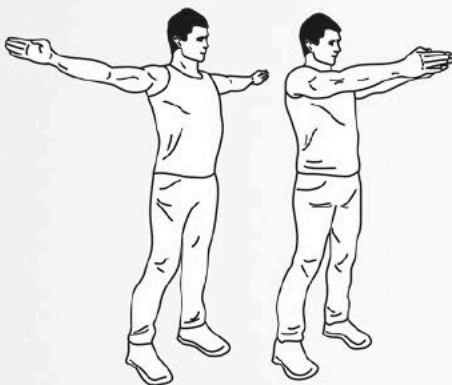


# *shoulder* *work*

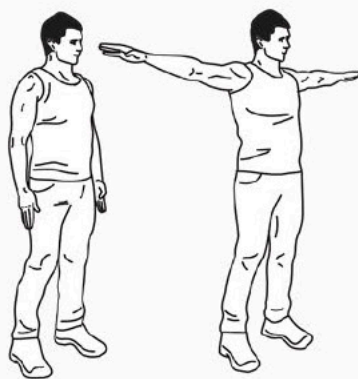
DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

repeat 3 times | 1 minute rest



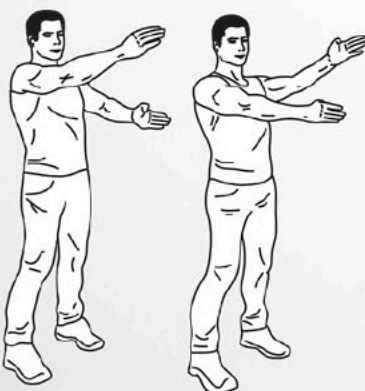
**20** chest expansions



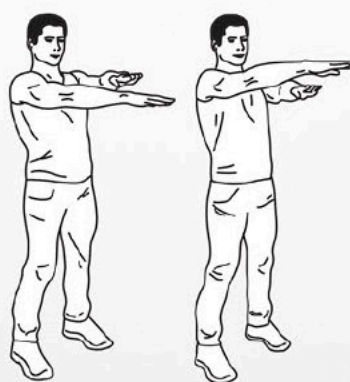
**20** side arm raises



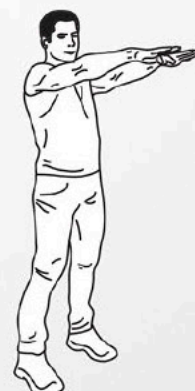
**20sec** raised arm hold



**20** arm chops



**20** arm scissors



**20sec** raised arm hold

## RECIPES TAB

# DR. HOLT'S FAMOUS CHICKEN BROTH

Nutrition per 1 cup: Protein 7 g and Carbs 1 g

Ingredients:

- 3 boneless, skinless chicken breast
- 3 celery stalks, halved
- 3 carrots, peeled and cut in half
- 1 white onion, halved
- 3 cloves garlic, peeled but left whole
- 6 fresh thyme sprigs
- 2 sprigs fresh rosemary
- 4 sprigs fresh parsley
- 1 bay leaf
- 4 cups water
- 1 tsp salt
- ½ tsp pepper

Instructions:

1. Place all ingredients into a large stock-pot or Dutch oven and bring this to a boil. Be sure to keep all ingredients in large pieces and herbs on stems for easy removal.
2. Once boiling, cover with tight fitting lid, reduce heat to low, and simmer for 30-35 minutes until chicken is fork tender.
3. Strain broth well removing all whole ingredients only leaving cooked broth.

\*\*Extra Tips:

1. Make ahead in anticipation of surgery. You can freeze the broth in 1 gallon Ziplock freezer bags, lay flat to freeze, then stand up straight to save space.
1. After cooking broth, use chicken breast to make chicken salad or any other low carb chicken dish.
1. When advancing to full liquid diet, make as instructed below but then cube chicken breast and add this chicken, 1 carrot, 1 celery stalk, ½ onion, and 1 cup of heavy cream back to broth and then blend in a blender until no solid chunks remain and enjoy a creamy chicken soup that's packed with protein and flavor.



# BASIC CHAFFLE

## Ingredients:

- 1 egg
- 1/2 cup freshly grated cheddar cheese (you can use jack and mozzarella too)

## Directions:

- Preheat waffle iron to the highest setting.
- In a small bowl whisk egg then add grated cheese and mix well.
- Spray waffle maker with non-stick spray
- Pour mixture over the center of the hot waffle maker (1/4 cup for mini waffle maker and 1/2 cup for standard waffle maker) and close lid.
- Cook until the outside is to your desired crispiness about 3-4 minutes.
- Carefully remove from waffle maker, chaffle will continue to crisp as it rests.

# BASIC CHAFFLE FOR SANDWICHES

## Ingredients:

- 1 egg
- 1/2 cup freshly grated cheddar cheese
- 2 tbsp Almond Flour
- 1/4 tsp Baking Powder
- 1/2 tsp Husk Powder (optional, but suggested for texture)

## Directions:

- Make chaffle using basic chaffle instructions above adding additional ingredients listed above.
- Cook until the outside is to your desired crispiness.

# SALT & VINEGAR ZUCCHINI CHIPS

## Ingredients:

- 4 cups thinly sliced zucchini about 2-3 medium
- 2 tablespoons extra virgin olive oil avocado oil or sunflower oil
- 2 tablespoons white balsamic vinegar
- 2 teaspoons coarse sea salt

## Directions:

1. Use a mandolin or slice zucchini as thin as possible.
2. In a small bowl whisk olive oil and vinegar together.
3. Place zucchini in a large bowl and toss with oil and vinegar.
4. Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt.
5. Depending on how thin you sliced the zucchini and on your dehydrator the drying time will vary, anywhere from 8-14 hours. My temperature setting was 135 degrees F.
6. To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200 degrees F for 2-3 hours. Rotate half way during cooking time.
7. Store chips in an airtight container.

# HOMEMADE KETO GOLDFISH CRACKERS

## Ingredients:

- 1¼ cup blanched almond flour (not almond meal)
- teaspoon celtic sea salt
- teaspoon baking soda
- 1 cup freshly grated cheddar cheese
- 1 tablespoon olive oil
- 1 large egg

## Directions:

1. In a food processor, combine almond flour, salt, baking soda, and cheese
2. Pulse in oil and eggs until well combined
3. Divide dough into 2 pieces
4. Place 1 piece of dough between 2 sheets of parchment paper and roll to ¼-inch thick
5. Remove top layer of parchment paper
6. Use a goldfish cookie cutter to cut out little fish
7. Transfer goldfish to a parchment lined baking sheet
8. Roll leftover dough and place in refrigerator; repeat process with second piece of dough
9. Bake at 350°F for 13-15 minutes
10. Serve

# LOW-CARB SALAMI AND CHEESE CHIPS

## Ingredients:

- 4 oz. salami, about 5 slices per serving
- 4 oz. parmesan cheese, grated
- 1 tsp paprika powder

## Directions:

1. Preheat the oven to 450°F (225°C), or set your oven to broil (high heat).
2. Place the salami slices on a baking sheet lined with parchment paper. Allow some space between the slices.
3. Place a mound of shredded cheese on top of every slice, about 1–2 tablespoons. Sprinkle paprika powder or dry herbs on top for additional flavors.
4. Place in the oven; bake until the cheese turns bubbly and golden brown. Check often so they don't burn.
5. Remove from the oven and let cool. Once cool, the chips are crunchy and ready to be enjoyed!

## Tip!

You can use any kind or shredded cheese you want – mild or sharp cheddar, aged cheddar, shredded mozzarella cheese, parmesan cheese or you can mix different cheeses. You'll get best results from a mix of cheddar and parmesan cheese. For additional toppings, you might add taco mix, onion or garlic powder or black pepper.

# BACON-WRAPPED HALLOUMI CHEESE

## Ingredients:

- 8 oz. halloumi cheese
- 6 oz. bacon, in slices

## Directions:

1. Preheat the oven to 450°F (225°C).
2. Cut cheese into 8–10 pieces.
3. Wrap a piece of bacon around each piece of cheese.
4. Place on a baking sheet and bake in oven until golden brown for 10–15 minutes, flipping halfway through.

## Tip!

Don't want to turn on your oven tonight? You can always fry the cheese in a frying pan over medium high with some oil or butter. Switch it up a little bit, by subbing pancetta in for the bacon.

# LOW-CARB ZUCCHINI NACHO CHIPS

## Ingredients:

- 1 large zucchini
- salt
- 1½ cups coconut oil
- 1 tbsp Tex-Mex seasoning

## Directions:

1. Cut the zucchini crosswise into thin, round slices using a mandolin.
2. Place slices in a colander in the sink and sprinkle with lots of salt. Let sit for 5 minutes, then press out water.
3. Heat the oil in a fryer or skillet to 350°F (180°C).
4. Drop the sliced zucchini into the hot oil, working in batches of about 20 chips at a time.
5. Once the zucchini turns golden brown, remove from fryer and place onto a paper towel.
6. Sprinkle with taco seasoning and enjoy!

# KETO CHEESE CRACKERS

## Ingredients:

- 4 pieces thinly sliced cheese (I use the Sargento brand)

## Directions:

1. Preheat oven to 300° F. Line a baking sheet with parchment paper; set aside.
2. Cut cheese into quarters. Each slice of cheese will yield 4 pieces.
3. Transfer each of the squares of cheese to the baking sheet. Place them about 1/2 inch apart so that when they melt they won't melt together.
4. Place the baking sheet into the oven and bake for about 15 – 20 minutes, or until crispy.
5. Carefully take the baking sheet out of the oven and allow the crackers to cool for a few minutes before removing from the parchment paper.
6. I think these low carb cheese crackers are best when eaten right away.

## Notes

You can also sprinkle with a little salt or taco seasoning before baking to get different flavors

You can use thicker slices but they will melt down more and in my experience, you don't always get a nice crisp cracker.

If you make too many, you can store them in an airtight container and eat them the next day. I think the texture changes slightly but they're still good.

# BACON ROASTED BRUSSELS SPROUTS

## Ingredients:

- 1lb (450g) Brussels sprouts, stems trimmed
- 10-12 slices of thick cut smoked bacon
- 1 teaspoon Dijon mustard + 1 teaspoon wholegrain Mustard
- Freshly ground black pepper
- A pinch of salt

## Directions:

1. Preheat the oven to 400°F (200°C), rack in the middle and line a rimmed baking sheet with foil. Soak toothpicks in a bowl of water.
2. Blanch Brussels sprouts in boiling water for 2 or 3 minutes, then drain and transfer to iced water to stop cooking.
3. Wrap bacon tightly around the Brussels sprout ensuring the ends overlap by half an inch. Depending on the size of the Brussels sprouts you can cut your bacon strips in half or thirds.
4. Secure the bacon with a toothpick and lay the sprout in the baking pan. Place in the oven and roast for 10 minutes.
5. In the meantime, whisk together the Dijon mustard, whole grain mustard, salt and black pepper.
6. Remove the pan from the oven and gently brush the Brussels sprouts with the glaze. Roast for another 10 minutes or until the bacon has crisped up and the sprouts are cooked through (they will pierce easily with a knife). Remove from oven and drizzle with remaining glazer.

Enjoy!



# CHEESY LOW CARB CAULIFLOWER TOTS

## Ingredients:

- 1 1/2 lb Cauliflower (riced, measured after ricing, about 1 head)
- 1/4 cup Avocado oil (or any oil; divided)
- 1 large Egg
- 1 1/2 cup Mozzarella cheese
- 2 cloves Garlic (minced, optional)
- 3/4 tsp Sea salt

## Directions:

1. Stir fry cauliflower rice in 2 tbsp (30 mL) oil in a large sauté pan or wok over medium-high heat, until soft and lightly browned, with no moisture left in the pan.
2. Meanwhile, whisk the egg in a large bowl. Mix in the mozzarella, garlic, and sea salt.
3. When the cauliflower rice is done, stir it into the bowl right away while it's hot. It will melt the cheese in the bowl and make the mixture sticky.
4. Use a small cookie scoop to pick up balls of the "dough". Form small tater tot sized patties and flatten slightly. (Make sure they are not too thick so that they'll cook through.)
5. Wipe the pan lightly with a paper towel to get rid of any cauliflower rice pieces.
6. Heat the remaining 2 tbsp (30 mL) avocado oil in the pan over medium heat. Add the tater tots in a single layer, trying not to have them touch, and fry for about 2 minutes, until golden on the bottom. Flip and repeat until golden on the other side. Transfer to paper towels to drain.
7. Repeat with all tater tots. (You may need to add more oil between batches.)

# BEEF STUFFED ZUCCHINI BOATS

## Ingredients:

- 4 zucchini medium
- 1 pound ground beef
- 1 tablespoon olive oil + a little for brushing zucchini
- 1/2 cup onion chopped
- 2 cloves garlic minced
- 1 cup petite diced tomatoes
- 1/2 cup Marinara (low carb, sugar free version)
- 1 tablespoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup mozzarella cheese or 1/2 cup mozzarella and 1/2 cup cheddar for more flavor
- 1 tbs parsley

## Directions:

1. Preheat oven to 375F.
2. Slice zucchini in half, and hollow them out with a spoon.
3. Brush zucchini with olive oil, and sprinkle with salt and pepper. Then place on a baking tray lined with parchment, cut side down and bake for 5-10 minutes, flip and turn oven to broil, and broil for one 1 minute.
4. Meanwhile, chop the part you scraped out of the zucchini up and set it aside.
5. Heat olive oil in a non-stick skillet. Cook onion for 2-3 minutes or until it begins to golden.
6. Add the garlic and cook for a few seconds. Add meat and cook until it's no longer pink, 3-5 minutes.
7. Add the marinara sauce, and petite diced tomatoes, 1 cup zucchini pulp, Italian seasoning and salt and pepper. Simmer for 8-10 minutes.
8. If not already in a line, line baked zucchini boats up on the baking sheet lined with parchment paper. Spoon mixture into zucchini boats and top each with cheese.
9. Bake for 15-20 minutes or until the cheesy is fully melted and bubbly.

# STIR FRY WITH LEFT OVERS

## Ingredients:

- Cooked leftover meat (Chicken, HB meat, steak, etc.)
- 3 strips chopped bacon
- 1 diced onion
- 2 cups Cole slaw mix or plain cabbage
- Any additional veggie of your choice

## Directions:

1. Sauté bacon, onion, slaw mix and any other veggies you choose
2. Cook until bacon is cooked and veggies are soft
3. Add meat and seasoning of your choice cook until leftover meat is hot.

# 9 KETO EGG CUPS RECIPES

**\*BREAKFAST EGG MUFFINS - START WITH THIS BASE AND INSTRUCTIONS FOR ALL FLAVORS FIRST\*:**

## Ingredients:

- 10 large eggs
- 1 - 1 1/2 teaspoons sea salt or to taste
- 1/4 - 1/2 teaspoon black pepper or to taste

## Directions:

1. Preheat oven to 400 F. Line a 12 count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
2. In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.

# BROCCOLI AND CHEDDAR CHEESE

## Ingredients:

- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 1 1/2 cups broccoli steamed and chopped (or frozen and thawed)
- 2/3 cup grated cheddar cheese plus more for topping

## Directions:

1. Whisk in garlic powder and thyme until combined. Stir in broccoli and cheddar. Divide evenly into muffin tins<sup>1</sup> filling each about 2/3 full.
2. Sprinkle with more cheddar if desired. Bake in preheated oven for 12-15 minutes, or until set.

# BUFFALO CHICKEN

## Ingredients:

- 1/3 cup Buffalo Sauce I used Frank's
- 1/3 cup chopped green onions
- 1 cup chopped cooked or rotisserie chicken

## Directions:

1. Whisk in garlic powder and buffalo sauce until combined. Stir in green onions. Divide evenly into muffin cups filling each about 2/3 full.
2. Use a spoon to evenly distribute chicken into muffin cups (about 2-3 tablespoons each). Bake in preheated oven for 12-15 minutes, or until set. Serve with a drizzle of buffalo sauce if desired.

# HAM AND CHEDDAR CHEESE

## Ingredients:

- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 tsp dried mustard or Dijon Mustard optional
- 2/3 cup grated cheddar cheese plus more for topping
- 3/4 cup chopped cooked or deli ham

## Directions:

1. Whisk in garlic powder and onion powder until combined. Stir in ham and cheddar cheese. Divide evenly into muffin cups filling each about 2/3 full.
2. Top with more ham and cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

# KIMCHI

## Ingredients:

- 1/2 teaspoon toasted sesame oil
- 1/3 cup finely chopped kimchi
- 1/4 cup diced red peppers
- 1/3 cup crumbled cooked bacon optional

## Directions:

1. Whisk in sesame oil until combined. Stir in kimchi, cheese and bacon (if using). Divide evenly into muffin cups filling each about 2/3 full.
2. Top with more chopped kimchi & bacon if desired. Bake in preheated oven for 12-15 minutes, or until set.

# JALAPEÑO POPPER

## Ingredients:

- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 3-4 Jalapeño peppers de-seeded and chopped, plus round slices for topping (if desired)
- 1/3 cup softened cream cheese
- 1/2 cup grated cheddar cheese
- 1/3 cup cooked crumbled bacon

## Directions:

1. Whisk in garlic powder, onion powder and cream cheese until combined. Stir in cheddar cheese, chopped jalapeño and bacon. Divide evenly into muffin cups filling each about 2/3 full.
2. Place 1 round jalapeño slice on top in each muffin cup, if desired. Bake in preheated oven for 12-15 minutes, or until set.

# MUSHROOM, PEPPER AND SPINACH

## Ingredients:

- 1/2 tsp smoked paprika
- 1/4 tsp chili powder optional or to taste
- 1 cup chopped mushrooms white button or cremini
- 1/2 cup diced green bell peppers
- 1 cup chopped spinach
- 1/4 cup diced cooked sausage optional

## Directions:

1. Whisk in Italian seasoning until combined. Stir in mushrooms, peppers and spinach (Add sausage if using). Divide evenly into muffin cups filling each about 2/3 full.
2. Bake in preheated oven for 12-15 minutes, or until set.



# SPINACH AND CHEESE

## Ingredients:

- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 2 cups chopped spinach
- 1 1/2 cups grated Parmesan cheese plus more for topping

## Directions:

1. Whisk in garlic powder and basil until combined. Stir in spinach and cheese. Divide evenly into muffin cups filling each about 2/3 full.
2. Sprinkle with more cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

# SUN-DRIED TOMATO, PARMESAN AND SPINACH

## Ingredients:

- 1/2 tsp garlic powder
- 3/4 tsp Italian seasoning
- 1 cup diced ripe tomatoes
- 1 cup chopped spinach
- 3/4 cup grated Parmesan cheese plus more for topping

## Directions:

1. Whisk in garlic powder and Italian seasonings until combined. Stir in tomatoes, spinach and cheese. Divide evenly into muffin cups filling each about 2/3 full.
2. Sprinkle with more cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

# NOTES

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