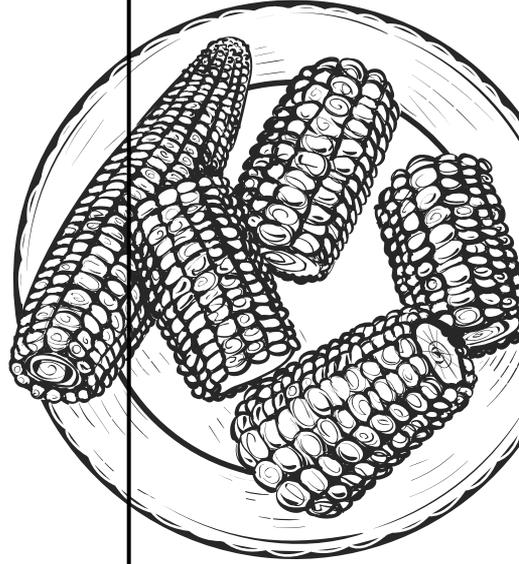
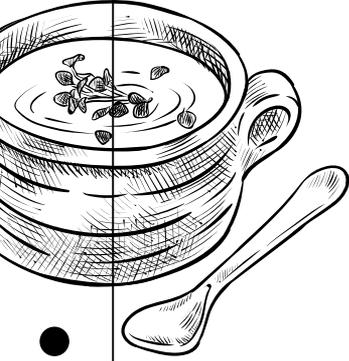


PRE -OP DIET

"RECOMMENDATIONS
FOR YOUR PRE-
OPERATIVE DIET"



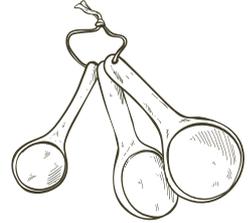
Obesity
goodbye center

Goal:

Reduce the percentage of fat around your organs, especially the liver, as well as reduce total body weight for a successful procedure.

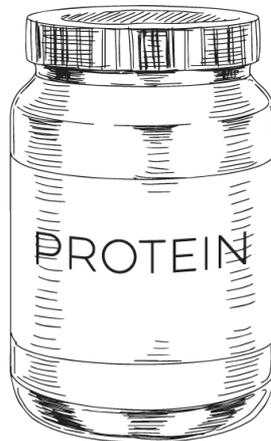
Recommended electrolyte drinks:

- Gatorade Active (MEX).
- Gatorade Zero (USA).
- Powerade ION-4 sin azúcar (MX).
- Powerade Zero (USA).
- Propel electrolyte water (USA).



Recommended protein supplements:

- Isopure zero carb.
- Optimum Nutrition Gold standard 100% isolate o 100% Whey.
- Premier Protein.
- Dymatize Nutrition Iso 1000 Hidrolized.
- Muscletech Nitro-tech protein.



DAY 1



- **06:00 a.m. a 09:00 a.m.**

"Omelet" —

Egg whites (2 pieces) stuffed with sliced mushrooms.

- **09:00 a.m. a 12:00 p.m.**

Jamaica — (1 cup)

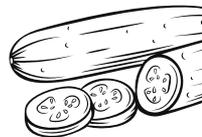
- **12:00 p.m. a 03:00 p.m.**

"Chicken Tinga" —

Cooked chicken (30 grams) stewed with onion, tomato and chipotle accompanied with green salad.

- **03:00 p.m. a 06:00 p.m.**

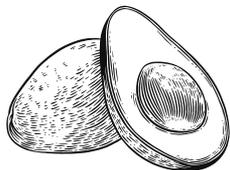
Cucumber (1 cup)



- **06:00 p.m. a 09:00 p.m.**

"Mexican zucchini" —

Stewed zucchini, tomato, onion, accompanied with panela cheese (40mg) and avocado (1/3 of a piece).

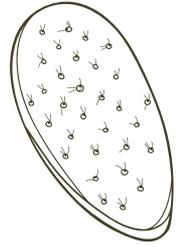


DAY 2

- **06:00 a.m. a 09:00 a.m.**

"Starry Whites" —

Egg whites (2 pieces) accompanied by roasted cactus.



- **09:00 a.m. a 12:00 p.m.**

Cucumber (1 cup)

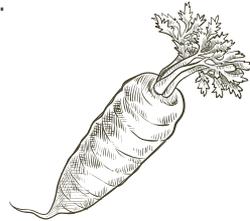
- **12:00 p.m. a 03:00 p.m.**

"Hash" —

Ground turkey meat (30 grams) stewed with peas and carrots.

- **03:00 p.m. a 06:00 p.m.**

Carrots (½ cup)



- **06:00 p.m. a 09:00 p.m.**

"Chicken broth" —

Cooked chicken (30 grams), carrot, pumpkin, chayote squash and celery.



DAY 3

- **06:00 a.m. a 09:00 a.m.**

"Mexican style egg" —

Egg whites (2 pieces) scrambled in chili, tomato and onion.

- **09:00 a.m. a 12:00 p.m.**

Jamaica — (1 cup)

- **12:00 p.m. a 03:00 p.m.**

"Chicken Fajitas" —

Sliced chicken (30 grams) stewed with pea carrots and cream (1 teaspoon).

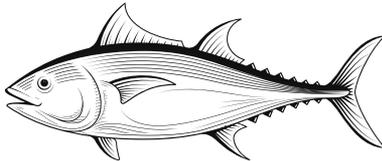
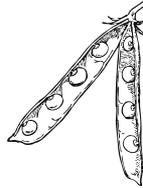
- **03:00 p.m. a 06:00 p.m.**

Carrots (½ cup)

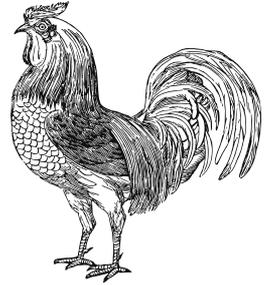
- **06:00 p.m. a 09:00 p.m.**

"Tuna salad" —

Tuna (30 grams) with spinach, lettuce, carrot, pea and cream (one tablespoon).



DAY 4



- **06:00 a.m. a 09:00 a.m.**

"Scrambled eggs"—

Egg whites (2 pieces) scrambled with spinach.

- **09:00 a.m. a 12:00 p.m.**

Cucumber (1 cup)

- **12:00 p.m. a 03:00 p.m.**

"Grilled chicken breast" —

Grilled chicken breast (30 grams) accompanied by steamed carrot and pumpkin.

- **03:00 p.m. a 06:00 p.m.**

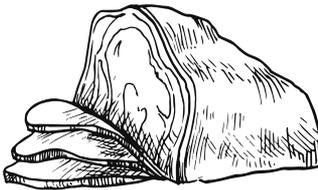
Jamaica (1 cup)



- **06:00 p.m. a 09:00 p.m.**

"Ham Rolls" —

Turkey ham (2 slices) stuffed with panela cheese (2 slices).

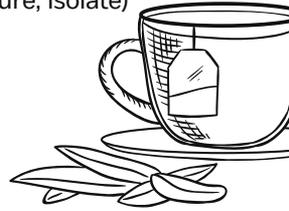


LIQUID DIET

It is essential to follow this liquid diet for the days that the doctor tells you.

Liquids on free demand

Natural water, juice, tea, bouillon, light gelatin (sugar-free), gatorade, Electrolite, vitamin water (zero), natural yogurt (Vita-linea Greek style/ light and fit Greek, natural Chobanni, Kirdland Greek style, Lala light natural), protein shakes (Premier, Whey protein, Isopure, Isolate) and supplemented probiotics of your choice.



Example of a day:

- **06:00 a.m. a 09:00 a.m.**
 - Juice (apple, pear or carrot).
 - Tea (chamomile or peppermint).

- **09:00 a.m. a 12:00 p.m.**
Protein supplement.

- **12:00 p.m. a 03:00 p.m.**
 - Sports drink (Gatorade or Powerade).
 - Light gelatin (sugar free).



- **03:00 p.m. a 06:00 p.m.**
 - Plain Greek yogurt.

- **06:00 p.m. a 09:00 p.m.**
 - Broth and defatted consommé (chicken or vegetables).



RECOMMENDATIONS

1. Adherence to the nutritional plan.
2. Maintain fixed meal times.
3. Respect food portions.
4. The recommended dairy products are: Almond milk, rice, yogurt, natural (Greek style can be; natural Chobanni, Vitalinea, Greek Yoplait 0% sugar or Danone light & fit).
5. Chew food very well, at least 25 to 30 times.
6. Be physically active for at least 15 to 30 minutes a day.
7. Stop eating when you feel full.
8. Stay constantly hydrated.
9. In case of headache consume a portion of fruit.
10. Accompany food with Jamaica water, lemon or cucumber (without sugar, you can use substitutes such as Splenda or Stevia), tea, juices, vitamin water.
11. Do not fry your food (cook on the grill, steam or oven)
12. You can season with lemon salt and tajin at your discretion.
13. Natural water on free demand.
14. From 10 to 15 days prior to your surgery do not take: Ibuprofen, Diclofenac, Naproxen, etc. Not even aspirin as these can irritate your stomach and mess with your clotting.

