

Gastric Band Stage 3 (Bariatric Soft)

When your surgeon allows you to move to Stage 3, soft foods can gradually be added to your diet. Remember:

- Protein goal is 60-70 grams protein/day. Eat three meals of quality high-density protein foods. If needed to meet protein goal, you may have one 4-8 oz whey protein supplement drink between meals.
- Do not drink fluids 15-30 minutes before you start the meal. Do not drink fluids during your meal, and do not drink fluids for 30 minutes after you finish your meal.
- Take small bites. **CHEW WELL.** Food must be almost liquefied before swallowing.
- Sip liquids below between meals to a goal of 48-64 oz/day.
 - Water, Crystal Light, or NutraSweet Kool-Aid
 - Non-carbonated diet drinks
 - Fat-free broth, herbal tea, or decaffeinated tea
 - Skim or 1% milk, skim or 1% Lactaid milk, or soy milk
 - Sugar-free Jell-O® or sugar-free Popsicles®

High protein soft foods allowed on Stage 3:

Note: Protein from animals, such as foods listed in this group, are the best choice.

- Eggs, scrambled, moistened with skim or 1% milk
- Soft cooked or canned fishes such as tuna, tilapia, and salmon
- Soft or canned turkey or chicken

Low protein soft foods allowed on Stage 3:

Note: Foods listed in this group are not as good a choice for protein as foods listed in the high protein list.

- Spreadable low-fat or light cheese such as Laughing Cow Light Original Swiss or Brie
- Soft cooked beans, bean soup, or bean puree
- Light, sugar-free yogurt with added protein powder
- Sugar-free pudding with added protein powder

Non-protein soft foods allowed on Stage 3:

Note: Have only one or two bites only after you've eaten your protein. These should not be a significant portion of your meal while you are losing weight (your window of opportunity).

- Soft fruit (banana, ripe melon, strawberries, or rinsed canned fruit)
- Soft canned vegetables

Gastric Band Stage 3 (Bariatric Soft) Sample Menu

- Take small bites, chew well, no liquids with meals, and stop when you feel full.
- No fluids 30 minutes before meals, no fluids with meals, and wait 30 minutes after meals before sipping fluids again.

Day 1

Breakfast: 2-4 ounces scrambled eggs

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 2-4 ounces low-fat cottage cheese

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 2-4 ounces tuna casserole (*See recipe below)

- *Consider adding a small amount of low-fat cheese to your eggs if desired.*
- *You may also add a small amount of applesauce to your low-fat cottage cheese as well as Splenda and cinnamon for flavor.*
- **Mix mashed tuna with 1-2 tablespoons of concentrated cream of mushroom soup and sprinkle with low-fat cheddar cheese. Warm and stir. Salt and pepper to taste.*

Day 2

Breakfast: 2-4 ounces part-skim ricotta cheese

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 2-4 ounces fat-free refried beans topped with low-fat cheese

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 2-4 ounces part-skim tilapia filet (season as desired)

- *Consider topping your ricotta cheese with a small amount of low sugar spaghetti sauce and low-fat mozzarella cheese; then warm. Classico and Barilla are good choices because they do not have sugar or high fructose corn syrup in their ingredient list (read labels).*
- *Chicken broth can be added to refried beans to thin. Top with low-fat cheddar cheese and a dollop of low-fat sour cream.*
- *One way to season your tilapia is to brush with olive oil, sprinkle with soy sauce and lemon juice. Use lemon pepper to taste.*

Day 3

Breakfast: 2-4 ounces light, sugar-free yogurt with added protein powder

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 2-4 ounce salmon filet (season as desired)

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 1-2 wedges soft cheese (e.g., Laughing Cow Light Original Swiss)

- *Sugar-free puddings can be made with ready-to-drink protein supplements (such as Micellar Milk or EAS Myoplex) instead of skim milk to increase protein content.*
- *Try brushing salmon with olive oil and sprinkle with lemon juice, or make your own rub out of your favorite herbs and spices.*

Day 4

Breakfast: 1-2 deviled eggs (with light mayonnaise)

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 2-4 ounces light fruit yogurt with added protein powder

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 2-4 ounces canned chicken*

- *Try adding low-fat mayonnaise or low-fat Miracle Whip, mustard, salt, pepper, pickle juice, or any combination to flavor deviled eggs. You can make a small batch (use 6 eggs) and eat over several days.*
- *Add about 1-3 tsp of fruit-flavored protein powder (such as Nectar) to light vanilla yogurt for flavor and protein.*
- **Mash chicken chunks and mix with a small amount of low fat (light) mayonnaise.*

Day 5

Breakfast: 2-4 ounces part-skim ricotta cheese

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 1 slice lean (99% fat-free) lunch meat

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 2-4 cocktail shrimp

- *Try spreading small amount of low-fat cheese spread (such as Laughing Cow Light Original Swiss) on lunch meat and roll.*
- *Consider blending a small amount of sugar-free preserves to your ricotta cheese and sprinkle with Splenda if desired.*

Day 6

Breakfast: 1-2 egg low-fat cheese omelet

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 1-2 ounces turkey salad made with light mayo

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 2-4 scallops

- *For omelet, sauté about 1 tablespoon finely diced onions and mushrooms. Add chicken broth to soften. Simmer and reduce; mix with small amount (about 1 tablespoon) black beans and place inside omelet.*
- *Sauté scallops in small amount of olive oil, add garlic and lemon pepper. Splash with wine vinegar (for moisture) and finish cooking. This can also be done with shrimp.*

Day 7

Breakfast: 1-2 egg omelet

A.M. Snack: 4-8 ounces whey protein supplement drink

Lunch: 2-4 ounces tuna salad

P.M. Snack: 4-8 ounces whey protein supplement drink

Dinner: 1-2 ounces skinless chicken thigh

- *Add low-fat cheese, salt, pepper, salsa, and/or small amount of low-fat sour cream to omelet if desired.*
- *For tuna salad, try adding ½ mashed boiled egg and 1 tablespoon pureed low-fat cottage cheese. Add garlic, lemon pepper, and salt to taste.*
- *Marinate chicken in fat-free Italian dressing. Cook on grill for a half hour or until done. Brush chicken with marinade while cooking to help maintain moisture.*