



### Dr. Goers's Pre-op Diet

Start today, replace 2 of your 3 daily meals with one of the below liquid protein supplements. For the third meal, choose a low fat, low calorie frozen entrée (ex. Healthy Choice, Lean Cuisine, Smart Choice).

**\*\*\* Also, drink 64 ounces or more every day of low calorie, non-carbonated liquids such as water, crystal lite, propel, sugar-free Jell-O, sugar-free popsicles or broth\*\*\*** (These are unlimited, so utilize these things when you are feeling hungry!)

#### How to choose a Supplement:

- 15-20 grams of protein per serving
- No more than 200 calories per serving
- No more than 1,200 calories per 24 hour time period

#### Examples of Products that meet these Guidelines:

1. **EAS AdvantEdge, Complete Nutrition Shake (11 oz.)**  
17 grams of Protein, 200 calories
2. **EAS Myoplex Lite (11 oz.)**  
25 grams of Protein, 1900 calories
3. **Slim Fast- High Protein (11 oz.)**  
15 grams of Protein, 190 calories
4. **Slim Fast- Low Carb Diet (11 oz.)**  
20 grams of Protein, 190 calories
5. **Boost-Glucose Control (8 oz.)**  
16 grams of Protein, 190 calories
6. **Atkins Advantage (11 oz.)**  
18 grams of Protein, 170 calories
7. **Sugar-free Carnation Instant Breakfast (1 pkg. 8 oz. skim milk)**  
12 grams of Protein, 150 calories
8. **Muscle Milk Light (8.5 oz) \*\*\*Lactose Free\*\*\***  
20 grams of Protein, 160 calories