

TWO-WEEK WEIGHT LOSS DIET

The following High Protein, low calorie diet is recommended to begin 2 weeks prior to your weight loss surgery. This program will promote weight loss and will reduce the liver size to make your procedure technically easier for your surgeon. Please inform your Bariatric Surgeon, Primary Care Physician or Dietitian before beginning this Liver Reduction Diet.

Daily Requirements:

4 Bariatric Fusion Shakes

Take one Bariatric Fusion Protein shake for Breakfast, Lunch, and Dinner. You may have an additional protein shake in the evening.

Water vs. Skim, Soy, Lactaid Comparison

Calories and amount of protein daily

Mixed with Water

Calories: 600 | Protein: 108g

Mixed with Skim Milk, Soy, or Lactaid

Calories: 960 | Protein: 144g



Minimum of 64oz of clear liquids

[to be consumed between Bariatric Fusion shakes] Choose from the following clear liquids:

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

Adequate Bariatric Fusion Meal Replacement supply for 2 week period is 3 tubs.

BARIATRIC
fusion®
COMPLETE NUTRITION

HIGH PROTEIN, LOW CARB MEAL REPLACEMENT

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

