



get ready
Bariatric Course

WITH JAMIE MILLS, RDN, CD-N
THE SLEEVED DIETITIAN

Welcome!



Hi There! I'm Jamie, also known as "The Sleeved Dietitian." I'm so glad you're here! If you're reading this right now, it's because YOU are preparing for your upcoming weight loss surgery.

I have teamed up with your surgery center to bring you as much support as possible as you get ready for your bariatric journey. It's my job to help prepare you for what to expect and how to navigate post op life with confidence!

xoxo, Jamie

PURPOSE

The purpose of this course



The purpose of this course is to help get you prepared for surgery.

In order to do that, I have created a combination of self paced videos as well as some work books and guides so that you have the best education and resources available to you.

It's important to me and your bariatric team that you understand why you're being asked to make the changes expected of you. We want you to fully understand the importance of making the habit changes before your surgery date arrives.

HOW IT WORKS

how it will work



You will take the time to go through the videos and resources I have created for you in this course.

I have a checklist available to you in this guide to help keep you on task!

As you move through the videos, in each one, I ask you to start implementing a new habit.

It is YOUR job to start working these habits and concepts into your routine NOW so that you are fully prepared to implement all of these bariatric habits after surgery.

expectations



It is expected that you will go through this course in full before your surgery. This course takes approximately 115 minutes to complete (so just under 2 hours!)

The sooner you get started on the videos the more time you will have to implement the things I'm asking of you!

If you have any questions or concerns at all about anything in this course please be sure to reach out to your surgery center directly!

If you have any difficulty logging in or navigating this course please feel free to email me at support@thesleeveddietitian.com

bariatric surgery



Bariatric surgery is hard, but you were built to do hard things. Despite what anyone might say, this is NOT the easy way out.

Weight loss surgery requires dedication, discipline, and a willingness to change.

Having weight loss surgery isn't just about sticking to a diet, but also about changing your day to day lifestyle. This isn't just another fad diet - this is for the rest of your life.

You deserve the best support possible! At the end of this course, I will also be sharing with you additional support opportunities and resources if you feel like you need more guidance, support, and accountability on your journey.

get ready course outline

Below you will find an outline of all the modules in this course. Please use this list to check off the videos as you go through them to be sure you don't miss anything!

WELCOME MODULE

- ☐ Welcome Video
- ☐ About Me
- ☐ Why You're Here
- ☐ Navigating The Course

MINDSET MODULE

- ☐ Mindset and Journaling
- ☐ Conversations with Others
- ☐ Asking for Help

GET STARTED

- ☐ Get Started Intro
- ☐ Water
- ☐ 30 Minute Rule
- ☐ Eating Slowly
- ☐ Ghrelin and Portions

get ready course outline

Below you will find an outline of all the modules in this course. Please use this list to check off the videos as you go through them to be sure you don't miss anything!

NUTRITION AFTER WLS

- ☐ **Nutrition Intro**
.....
- ☐ **Protein**
.....
- ☐ **Carbs, Fats, and Pairing Nutrients**
.....
- ☐ **Dumping Syndrome**
.....
- ☐ **Vitamins**
.....

PATH TO SUCCESS

- ☐ **Intro to Success**
.....
- ☐ **Top Tips Part 1**
.....
- ☐ **Top Tips Part 2**
.....
- ☐ **How to Be Successful & The T.R.I.B.E.**
.....



IMPORTANT!

NEXT STEPS

- ☐ **Sneak Peak of The T.R.I.B.E.**
.....
- ☐ **How to Join**
.....

PLEASE MAKE
SURE YOU WATCH
THIS VIDEO
THROUGH THE END.



AS YOU MAKE YOUR
WAY THROUGH THIS
COURSE AND CHECK
OFF ALL THE
MODULES, I WANT
YOU KEEPING TRACK
OF THE HABITS YOU
ARE WORKING ON
IMPLEMENTING INTO
YOUR ROUTINE!

habits to work on

MINDSET

- Journal out your "Why"
- Get into a simple journaling routine and begin practicing gratitude and affirmations

MINDSET

GET STARTED

GET STARTED

- Eliminate straws, caffeine, bubbles and sugar sweetened drinks
- Sip slowly
- 30 minute rule
- Eat when hungry/stop when full
- Chew slowly, 20-30 minute meals
- Put food on a plate

NUTRITION AFTER WLS

- Make half your plate protein
- Avoid high fat/high sugar foods
- Pair your protein with a veggie
- Start taking vitamins

NUTRITION

PATH TO SUCCESS

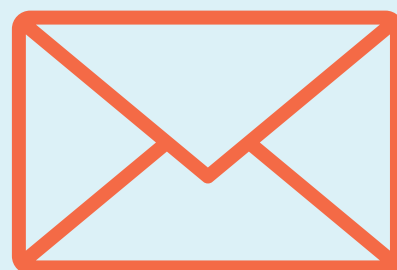
PATH TO SUCCESS

- In this section, I'd like you to reflect on my tips and see which ones might apply to you!

NEXT STEPS

- Follow the instructions in the video to join the T.R.I.B.E.!

NEXT STEPS



SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS HERE'S HOW TO CONTACT ME:

Email: support@thesleeveddietitian.com

AND DON'T FORGET TO FOLLOW ME ON INSTAGRAM!

[@thesleeveddietitian](https://www.instagram.com/thesleeveddietitian)

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DISCLAIMER: PLEASE BE SURE TO ALWAYS CHECK WITH YOUR SURGEON, DOCTOR, AND DIETITIAN BEFORE MAKING CHANGES TO YOUR HABITS AND ROUTINE. THIS PROGRAM AND THE MATERIALS WITHIN IT ARE NOT INTENDED TO REPLACE MEDICAL ADVICE. ALWAYS FOLLOW YOUR PRESCRIBED POST OP DIET AS OUTLINED BY YOUR TEAM.





Thank you so much for leaning into this program and trusting the process! I'm so proud of you for completing the get ready beginner course!

xoxo, Jamie