Soft Diet
(Weeks 3-4 Post Op)

BODY BY
BARIATRICS
SURGICAL WEIGHT LOSS

General Guidelines

- Continue to include ***at least*** 64 ounces of clear liquids daily
  - If you are struggling with fluid intake, try different temperatures and/or flavors
- Do not progress faster than outlined
- You can continue on any stage for longer if needed
- If a food causes any issues, avoid it for a few days and then try again
- Avoid starches for ***at least*** 6 months
- Focus on protein foods first!
- Incorporate high fiber foods as tolerated
- Do **NOT** consume raw vegetables or tough protein for at least 6 weeks post-op
- You may need to eat smaller, more frequent meals for some time
- Avoid alcohol for **1 year post-op**

Soft Texture Diet

- Food should be cooked to "fork tender" consistency
- Continue to focus on protein first
- Avoid dry cuts of meat and use sauces to improve tolerability
- Continue to include clear liquids, full liquids, and purees
- Do not drink while eating or for at least 30 minutes afterwards
- Continue to aim for at least 64 ounces of sugar- free clear liquids each day

- Chicken/Beef/Pork
  - Shredded/Pulled
  - Ground
- Dairy
  - Cheese
  - Cottage Cheese
  - Yogurt
- Eggs
- Fish/seafood
  - Any variety
  - Avoid fried
- Tofu
  - Any type
- Deli meats
- Fruit
  - Canned in water/juice
  - Bananas
  - Berries
  - Soft tropical fruits
- Soft cooked vegetables
  - Fresh
  - Frozen
  - Canned
- High fiber foods
  - Beans
  - Lentils

Chicken/Tuna Salad Recipe (makes 2 servings)

- 1 5 ounce can of chicken or tuna in water, drained
- 1/8th cup plain Greek yogurt
- 1 tsp mustard of choice
- Salt, pepper, garlic powder, onion powder, dill to taste

Add all ingredients to a mixing bowl and combine thoroughly. Add more yogurt as needed. Use any spices you like!

Slow Cooker Beef Casserole

1 lb	Lean Ground Beef
1 1/2 cups	Coleslaw Mix
1/2	Red Bell Pepper (large, sliced)
6	White Button Mushrooms (halves)
1 stalk	Celery (chopped)
1 tbsp	Tamari
1 1/2 tsps	Arrowroot Powder
1/2 cup	Beef Broth

Place all the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low.

Serve and enjoy!

Serving Size

One serving is equal to approximately one cup.

✓ Hannah Approved

Calories	316	16%
Fat	23g	35%
Carbs	6g	2%
Fiber	2g	7%
Sugar	3g	0%
Protein	22g	44%

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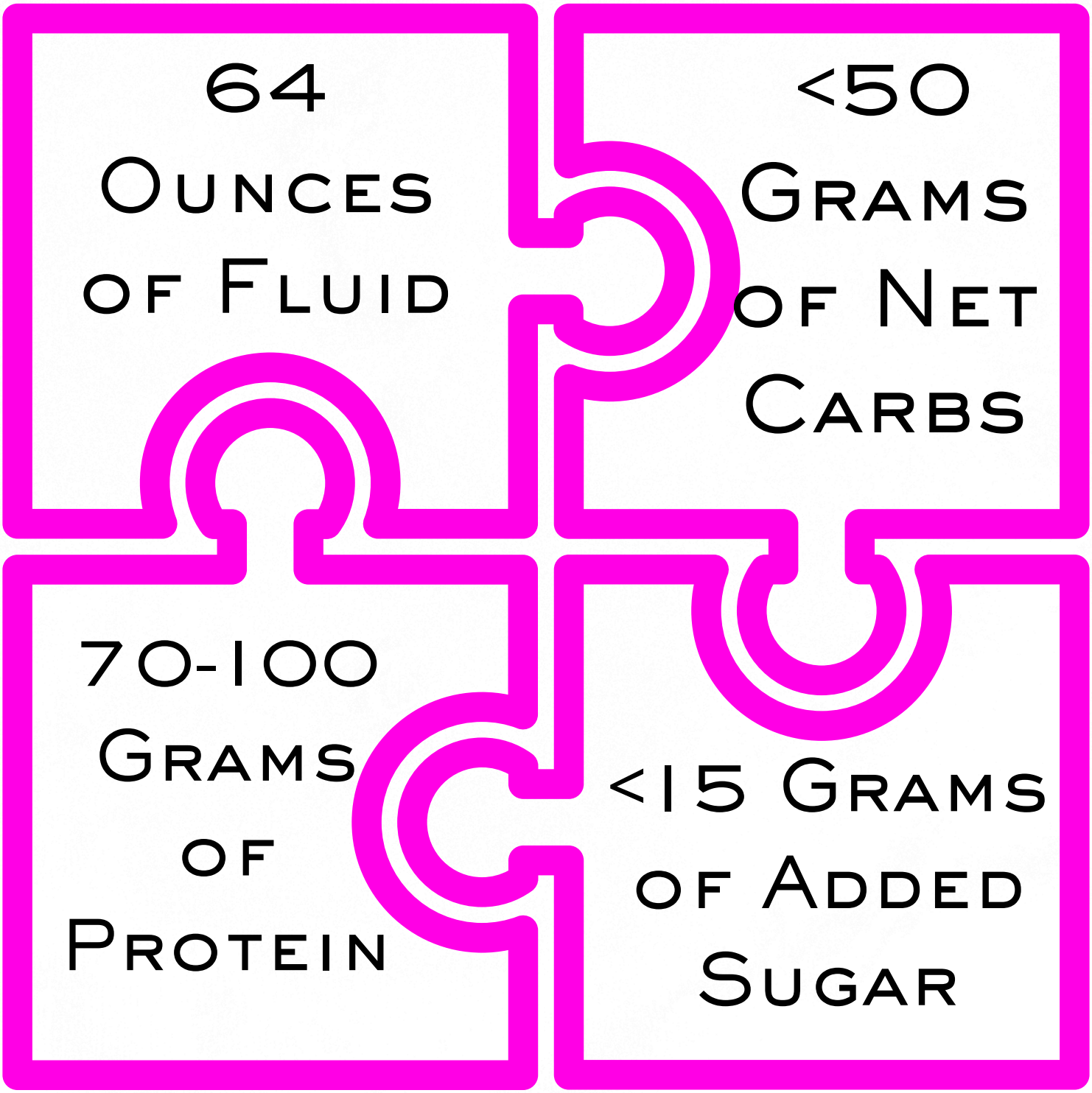
The Pieces of Success



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