

THE 14-28 DAY LIVER SHRINKING DIET

It is crucial to start your 14-28 Day Liver Shrinking Diet as *prescribed* before surgery to help shrink your liver, potentially speed surgery time, and help your recovery after surgery. The amount of time you will be on the Liver Shrinking Diet depends on your BMI. Generally, if your BMI ≥ 50 you will be on it for 28 days. The surgeons may also recommend a different length of time depending on your medical conditions (i.e. size of the liver) or your body shape and/or size. Keep in mind, if you gain weight during your Liver Shrinking Diet, your surgery may be cancelled or rescheduled.

Guidelines: 800-900 calories/day, 60-80grams of protein (slightly more is okay), 50-100 grams of carbohydrate (not more), at least 64 ounces of water/day.

PICK ONE:

OPTION 1:

- **3 Bariatric Fusion®** Meal Replacement shakes/day (sold in the office). Mix 2 scoops powder with ¾ cup (6oz) 1% milk.
- The Lean and Green Meal:
 - 3 ounces (deck of cards) of chicken, turkey or fish with
 - 1 cup cooked vegetables (not potatoes, peas, corn or beans/lentils) OR 2 cups salad green or raw veggies.
 - 1 tsp of butter/oil OR 1 Tbsp. salad dressing.
- 1 cup sugar free Jell-O OR 1 sugar free popsicle.
- Make sure to consume 64 ounces of water per day. You may also drink artificially sweetened beverages with **no** calories, sugar, caffeine, or carbonation (i.e. Crystal Light®, decaf tea). NO alcohol.

Sample Meal Plan:

Breakfast	2 scoops of Bariatric Fusion® meal replacement mixed with ¾ cup (6oz) 1% milk.
Snack	½ cup sugar free Jell-O or 1 sugar free popsicle
Lunch	2 scoops of Bariatric Fusion® Meal Replacement mixed with ¾ cup (6oz) 1% milk.
Snack	½ cup sugar free Jell-O / 1 sugar free popsicle
Dinner	<i>Lean and Green Meal (see above)</i>
Snack	2 scoops of Bariatric Fusion® Meal Replacement mixed with ¾ cup (6oz) 1% milk.
<i>*If you chose to mix the powder with unsweetened almond milk or water, eat ½ cup applesauce per day as well.</i>	

Note: For a 14 day Liver Shrinking Diet, you will need 2 containers of Bariatric Fusion Meal Replacement powder. For 28 days, you will need 4 containers.

OPTION 2:

- 2 Slim Fast® Original **AND** 2 Premier™ Nutrition shakes per day and a Lean and green meal consisting of:
- The Lean and Green Meal:
 - 3 ounces (size of a deck of cards) of Chicken, turkey or fish with
 - 1 cup cooked vegetables (not potatoes, peas, corn or beans/lentils) OR 2 cups salad greens or raw veggies.
 - 1 tsp of butter/oil OR 1 Tbsp. salad dressing.
- 1 cup sugar free Jell-O OR 1 sugar free popsicle.
- Make sure to consume 64 ounces of water per day. You may also drink artificially sweetened beverages with **no** calories, sugar, caffeine, or carbonation (i.e. Crystal Light®, decaf tea). NO alcohol.

Sample Meal Plan:

Breakfast	Slim Fast® Original shake
Snack	Sugar free Jell-O
Lunch	Premier™ Nutrition shake
Snack	Slim Fast® Original shake
Dinner	<i>Lean and Green Meal (see above)</i>
Snack	Premier™ Nutrition shake

In addition to whichever VLCD option you choose:

- Avoid consuming any other food or beverages during these 14-28 days.
- **CONSTIPATION:** Constipation can be common on the liver shrinking diet. Try sugar free Citracel® when starting on this diet. Take as directed on the bottle. If stools are too loose, stop fiber. If constipation persists, we recommend taking Colace per instructions on bottle. If no relief in 48 hours, try Miralax® (1 scoop) with 4 ounces (1/2 cup) of Sunsweet® Plum Smart Light® (found near juices at grocery store) and 4 ounces of water.
- If you have **diabetes:** BEFORE starting the VLCD, contact the doctor who prescribes your medication to see if it needs adjustment.