

Stage 2: Soft Protein Foods

You will begin this stage 2 weeks after surgery, and continue this stage for 2 weeks. The purpose of this stage is to transition to softer foods, while allowing for healing of the stomach pouch. In this stage, you will eat soft protein-rich foods (not liquid supplements).

➤ Step 1 (first 1-7 days of soft food stage)

- Light or reduced fat cheese - cottage/ricotta/sliced/cubed/string (any flavor)
- Plain Greek yogurt OR Dannon Light and Fit Greek
- Eggs - scrambled/egg substitute
- Refried beans
- Modified tuna/chicken/egg salad - meat & condiment only (no vegetables)

➤ Step 2 (remainder of the 2 week period)

- Eggs- hard boiled/omelet/deviled/scrambled/etc
- Whole beans- navy/pinto/black/black eyed peas/cannellini/chickpeas/lima/kidney
- Skinless dark meat poultry - thigh/leg/wing
- Canned meat without condiments - chicken/tuna/flavored tuna/salmon
- Deli meats (shaved/thinly sliced) - chicken/turkey/roast beef/ham
- Fish (broiled/baked, no breading) - salmon/cod/tilapia/halibut/catfish/trout/tuna
- Tofu

➤ Tips:

- Stick with the foods listed above. If it isn't on the list, don't eat it!
- Your post op diet progression is designed for optimal healing and best possible outcomes. Do not deviate from the recommended diet progression unless specifically instructed by your surgeon and/or dietitian.

➤ Sample Day Stage 2

- 24 oz hydrating fluids
 - Breakfast- String cheese (*wait 60 minutes*)
- 24 oz hydrating fluids
 - Lunch- Modified chicken salad (*wait 60 minutes*)
- 24 oz hydrating fluids
 - Dinner- scrambled egg (*wait 60 minutes*)
- 24 oz hydrating fluids