

Liver Shrinking Diet

Start date must be 1-3 weeks prior to procedure. This is a medical diet that will shrink your liver.

GUIDELINES

- Use measuring cups or use a food scale that measures ounces for meats/proteins.
- Continue taking all vitamin and mineral supplements prescribe by your Physician or Surgeon. You do not need to start you Bariatric vitamins prior to surgery. Start Bariatric vitamins when you are no longer experiencing nausea after surgery.
- Completely eliminate carbonated beverages from your diet.
- Get plenty to drink during the day. Drink 64 ounces of low-calorie (15 calories or less per serving), non-carbonated beverages each day. Beverages can include: Crystal light, water, Hint water, Sobe Lifewater, PowerAde Zero, Gatorade Zero, diet flavored water, or other calorie free drink. NO diet sodas (no carbonation allowed).
- Start eating "dry" meals. Stop drinking fluids 30 minutes before eating and do not drink anything for 30 minutes after you eat. "Dry meals" are how you will have to eat after your procedure, so it would be a good idea to start practicing now.

Note: Expected weight loss is 10-15 pounds

BMI: 35-39.9 follow for one (1) week

40-49.9 follow for two (2) weeks

50-59.9 follow for three (3) weeks

YOUR BMI: _____

If you have questions, call our dietitian at office: (208) 782-3722 or cell: (208) 680-3694.

DAILY MEAL PATTERN

Eat one food item from each choice listed below. Example: 1st meal: 2 eggs, 1 cup fresh pineapple and a mozzarella cheese stick. 2nd meal: 3oz pork, 1 cup of carrots, 1 cup of broccoli. 3rd meal: 3oz Chicken and 2 cups of salad.

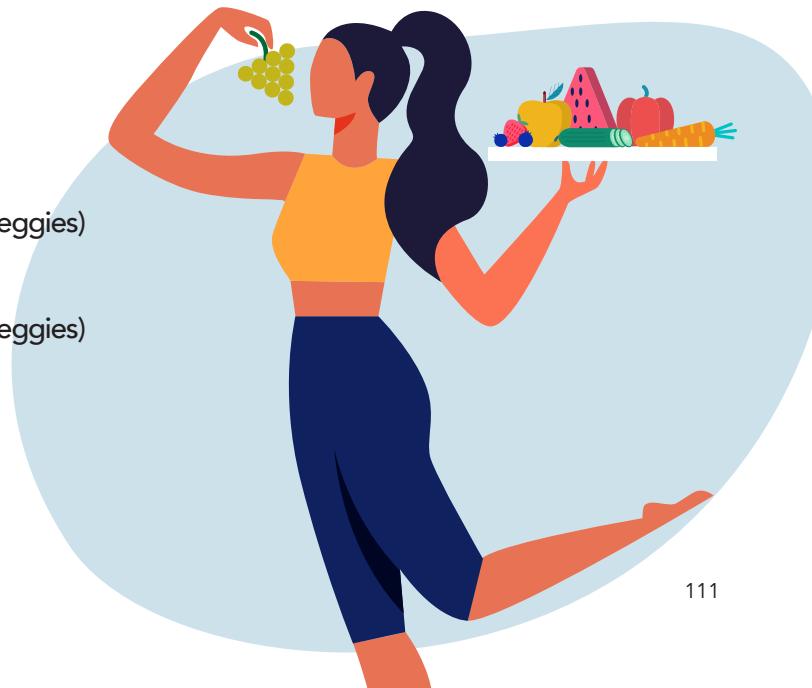
1ST MEAL 1 protein choice
 1 fruit choice
 1 dairy choice

2ND MEAL 1 protein choice
 2 vegetable choices (this equals 2 cups of veggies)

3RD MEAL 1 protein choice
 2 vegetable choices (this equals 2 cups of veggies)

DAILY TOTALS

Calories = approx. 700 - 800. Carbohydrates = 40 - 50.



GUIDELINES FOR CHOOSING A PROTEIN SUPPLEMENT: YOUR PROTEIN CAN BE FROM A POWDERED PROTEIN SUPPLEMENT OR IN "READY-TO-DRINK" FORM

1. It should contain 20-30 grams of PROTEIN per serving.
2. The grams of TOTAL CARBOHYDRATES per serving should be less than half the amount of protein per serving.
Do not look at the amount of sugar in the supplement- it is already included in the total carbohydrates.
3. Look on the ingredient list and purchase a shake made with Whey protein or Whey protein isolate. If you have lactose intolerance, use a pea protein shake.

Remember: Vegetables may be fresh, frozen or canned. Do not add any calories in form of fat or carbohydrates to vegetables (during cooking or after). You may use Salad Spritzer (5 sprays) or 2 teaspoon of a light vinaigrette for a salad dressing for 2 cups of veggies. You can try lemon juice, vinegar, mustard, herbs, spices, Mrs. Dash on your veggies. It is recommended that you limit your salt intake during the pre-op diet so weight loss is not masked by fluid retention. Excessive artificial sweetener intake MAY cause fluid retention/bloat in some people.

BEVERAGE IDEAS

Water	Crystal Light
Hint Water	Sobe Lifewater
Propel Water	PowerAde Zero
Gatorade Zero	Mio Drops
True Citrus	Bai Waters (in bottle only)

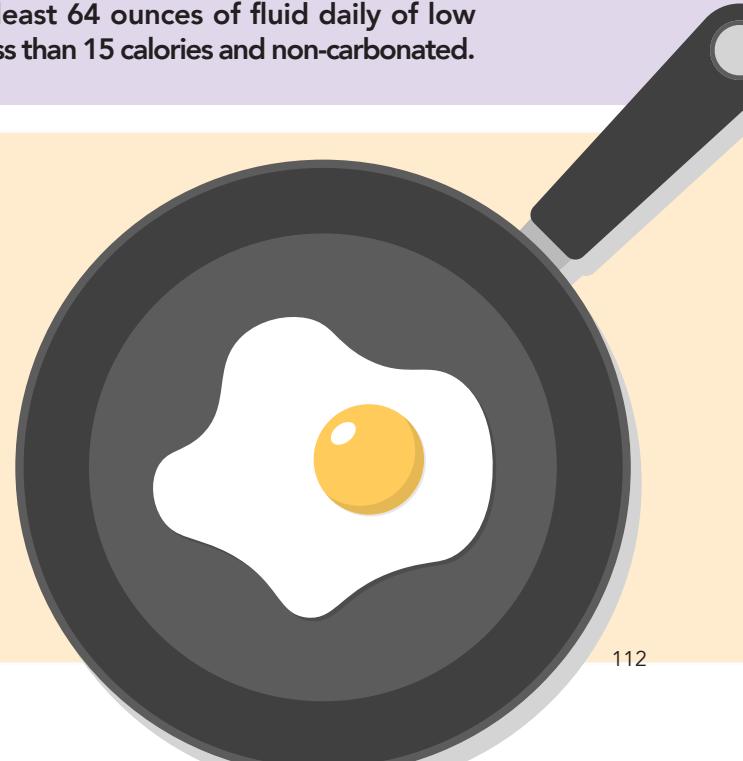
This is not an inclusive list.

Drink at least 64 ounces of fluid daily of low calorie, less than 15 calories and non-carbonated.

PROTEIN CHOICES

3 ounces cooked meat
¾ cup low fat cottage cheese
¾ cup egg substitute
2 whole eggs
Protein shake

Low calorie protein choices. No breaded or fried meats. Remove any fat or skin from meat. No bacon, sausage, hotdogs, bologna, or salami.





FRUIT

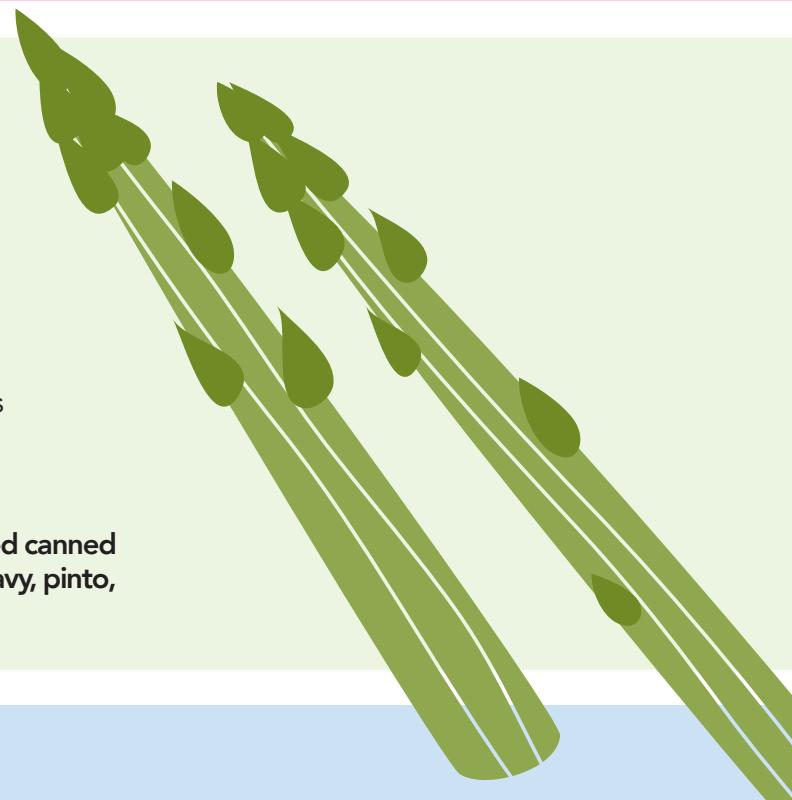
½ cup unsweetened applesauce	1 cup cherries
½ cup canned fruit	1 small orange
1 cup berries	4 apricots
½ banana	2 plums
1 cup melon	½ grapefruit
1 cup grapes	1 medium peach
	2 kiwi
	1 small nectarine

Fruits can be fresh, frozen or canned. Drain off juice of all canned fruit. Canned fruit must be canned in fruit juice or water. No fruit juices.

VEGETABLES

Asparagus	Celery	Mushrooms
Beans, green & wax	Cucumbers	Onions
Bean sprouts	Eggplant	Okra
Broccoli	Green onions	Peppers
Brussels sprout	Romaine	Radishes
Cabbage	Lettuce Greens	Salad greens
Carrots	Leeks	Squash
Cauliflower	Mixed veggies	Zucchini

Vegetables can be fresh, frozen or canned. Use no salt added canned veggies. Avoid all potatoes, peas, corn, legumes or lentils (navy, pinto, black, red beans)



DAIRY

8 ounces fat free or 1% milk, plain soymilk, unsweetened almond milk
1 oz. mozzarella string cheese stick

6-8 ounces yogurt with no more than 15 grams of carbs
1 oz. Swiss or Provolone cheese



7 DAY



DAY ONE

1ST MEAL

eggs, 1 string cheese, 1 cup berries

2ND MEAL

2 cups of salad vegetable, 3 ounces of grilled chicken chopped and 2 TBSP vinaigrette dressing

3RD MEAL

3 ounces grilled steak with choices of seasonings, 1 cup asparagus and 1 cup bell pepper strips

DAY TWO

1ST MEAL

2 eggs, 1 string cheese, 1 cup berries

2ND MEAL

2 cups of salad vegetable, 3 ounces of grilled chicken chopped and 2 TBSP vinaigrette dressing

3RD MEAL

3 ounces grilled steak with choices of seasonings, 1 cup asparagus and 1 cup bell pepper strips

DAY THREE

1ST MEAL

Broccoli and Swiss Frittata (eat 1/3 of recipe) and 1/2 cup canned peaches (canned in water or 100% juice)

2ND MEAL

Chicken salad (use low calorie mayo), 2 cups lettuce

3RD MEAL

3 ounce hamburger patty, 2 cups of chopped cucumbers and tomatoes seasoned with garlic salt and 1 TPBS olive oil

DAY FOUR

1ST MEAL

3/4 cup cottage cheese, 1/2 cup canned peaches in fruit juice and 6 ounces of yogurt

2ND MEAL

1/2 of Real Good brand chicken crust pizza and 2 cups lettuce with 2 TBSP vinaigrette

3RD MEAL

3 ounces salmon, 1 cup green beans, 1 cup Honey Balsamic glazed Brussels sprouts

DAY FIVE

1ST MEAL

2 hardboiled eggs, 1 cup grapes, 8 oz glass of milk

2ND MEAL

3 ounces pot roast, 2 cups carrots/celery/onions

3RD MEAL

3 ounces Skinny orange chicken and 2 cup cauliflower fried rice

DAY SIX

1ST MEAL

High Protein Cottage Cheese Pancake (use 1/2 the recipe), 1 cup blueberries, and 8 ounce glass of milk

2ND MEAL

2 ounces of deli meal, 1 ounce of cheese wrapped in lettuce, 1 cup raw cucumbers and 1 cup celery

3RD MEAL

3 ounces Cornish Game hens with Garlic and Rosemary

DAY SEVEN

1ST MEAL

1 protein shake, 1 small apple, 1 mozzarella cheese stick

2ND MEAL

3 ounces pork chop, 1 cup cabbage and 1 cup carrots

3RD MEAL

3 ounces of Chicken Caprese, 2 cups salad mix with 2 TBSP vinaigrette dressing

RECIPES

SHRIMP SCAMPI WITH ZUCCHINI PASTA

4 garlic cloves, sliced

2 tablespoons olive oil

Juice of $\frac{1}{2}$ lemon

$\frac{1}{2}$ cup white wine or chicken broth

$\frac{1}{4}$ teaspoon crushed red pepper

1 teaspoon Tuscan Seasoning or Italian Seasoning, to taste

Sea Salt and black pepper

1 pound medium shrimp, peeled and cleaned

2 medium zucchini, cut using a spiralizer or gadget into long spaghetti type noodles, pat with paper towels to remove liquid and set aside (*do this just before cooking*)

"I broke down and bought a veggie spiral gadget. It's a giant pencil sharpener for zucchini. The strands are super tender and easy to eat. This a really tasty dish as the sweetness of the shrimp, toasted garlic lemon and seasonings coat the veggie pasta, yum! It comes together fast, so make sure that you have everything out before you start cooking."

Author: Susan Maria Leach, Before & Aftert

Cook the garlic in the olive oil in a deep wok or skillet over medium high heat until toasted and golden, 2 to 3 minutes. Remove to a medium bowl and set aside.

Turn heat to high, add the shrimp and toss until just turning pink, 1 to 2 minutes. Remove to bowl with the garlic.

Add the lemon juice, wine, crushed red pepper, Tuscan seasoning, $\frac{1}{2}$ teaspoon salt, lots of freshly ground black pepper to the hot pan and boil until slightly thickened and reduced, 3 to 4 minutes.

Add the zucchini pasta and toss until well coated and softened, 1 to 2 minutes.

Add the shrimp, garlic chips and give a final toss to combine.

RECIPES

BROCCOLI & SWISS FRITTATA, PERFECT BARIATRIC EATING!

1 medium onion, cut in half,
thinly sliced

1 garlic clove, minced

1 small broccoli crown, separated
(or use leftover from supper)

1 tablespoon olive oil

6 eggs, lightly beaten

Sea salt and freshly ground
black pepper

$\frac{1}{4}$ teaspoon freshly grated
whole nutmeg

$\frac{1}{4}$ cup freshly grated Parmesan

2 ounces shredded Swiss cheese
(about one cup shredded)

"This dish should be the mainstay of a bariatric diet, a 'go to' dish to whip up on any weeknight, or a Saturday after a hectic day at the supermarket, any time we would normally reach for takeout or fast food. I make this dish for morning, noon and evening... I also love it with baby spinach subbed for broccoli. Heats beautifully in the microwave. Go easy on the cheese, you don't want to turn healthy into a fat bomb. Once you master the frittata, it's a twelve minute meal!"

Preheat oven to 400 degrees.

Beat the eggs with $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon black pepper, a few grates of fresh nutmeg, Parmesan and Swiss cheeses. Set aside.

In a 10 inch medium nonstick skillet, over medium high heat, sauté the onion, garlic and broccoli in olive oil 4 to 6 minutes until broccoli is fork tender and onion begins to brown at edges. Season with salt and pepper.

Pour the egg and cheese mixture into the hot skillet with the cooked onions and broccoli, lightly stir and arrange with fork; cook for 2 to 3 minutes until edges begin to bubble. Place into hot oven and cook for 6 to 8 minutes, until center is set. Loosen at edges and transfer to a large serving plate to cut into wedges. Serve room temp or cold.

RECIPES

HONEY BALSAMIC GLAZED BRUSSELS SPROUTS

1 lb. Brussels sprouts, cleaned and halved

2 tbsp. extra-virgin olive oil

1/2 c. balsamic vinegar

2 tsp honey

1 tbsp dijon mustard

2 cloves garlic, minced

Kosher salt

Freshly ground black pepper

In a large skillet over medium heat, heat oil. Add Brussels sprouts, cut side down, and cook undisturbed, 3 to 4 minutes, until golden on the bottom. Add 1/4 cup water and cover. Let Brussels sprouts steam until tender, 3 minutes. If the skillet seems dry, add more water a tablespoon at a time.

Remove sprouts from skillet and set aside on a plate. Add vinegar, honey, mustard, and garlic and whisk to combine. Bring to a simmer and cook until thick and syrupy, 6 to 8 minutes. Return sprouts to pan, toss to coat, and heat through, 2 to 3 more minutes. Season with salt and pepper and serve immediately.

RECIPES

SKINNY ORANGE CHICKEN

1½ pounds boneless, skinless, chicken breasts, cut into 1 inch pieces

1 tablespoon peanut or vegetable oil

Orange Sauce

½ cup Smucker's Sugar Free Orange Preserves (now that's unexpected!)

Zest and juice of one large orange (about 1/3 cup juice)

1/2 cup chicken broth (Swanson Natural Goodness is best)

1 tablespoon Truvia

1/4 cup rice wine vinegar

1/3 cup soy sauce

2 garlic cloves, minced

1 teaspoon Sriracha or ¼ teaspoon crushed red pepper flakes

1/2 teaspoon freshly grated ginger (or Garden Gourmet tube in produce)

1/4 teaspoon black pepper

1 tablespoon cornstarch

Orange Chicken is a Chinese restaurant favorite that does not work after bariatric surgery as it's both deep fried and loaded with sugar. A total no-no. Our 'Skinny' Orange Chicken has the flavors of the original cooked in a way that makes it a great food choice and easy to eat. This no sugar and snappy sauced dish has amazing flavor from an unexpected ingredient - Smucker's Sugar Free Orange Preserves - that adds lots of orange flavor, sweetness, and honey like thickness! The original OC is a stark chicken only dish, but we've brightened ours up with broccoli - totally delish with the orange sauce.

Whisk together the preserves, orange zest & juice, broth, Truvia, vinegar, soy sauce, garlic, Sriracha, ginger, pepper and corn starch in a small bowl and set aside.

Heat the peanut oil in a non stick skillet or wok. Season the chicken with salt and black pepper and saute, stirring occasionally until the chicken is browned and nearly cooked through. Add the orange sauce and stir to combine scraping up the browned bits from pan bottom. Let the sauce come to a boil, and cook for 2 to 3 minutes until thickened.

Serve with fresh broccoli - cut off florets and steam in 1 inch water with 1/2 teaspoon salt in covered pot until tender when stem is poked with sharp knife tip. Drain very well on paper towels.

RECIPES

CAULIFLOWER FRIED RICE

Peanut oil

½ cup diced maple Ham or raw

shrimp, diced

1 tsp grated ginger

2 garlic cloves, minced

½ cup diced shiitake or white mushrooms

½ small head of cauliflower, pulsed in food processor or grated on medium holes of a box grater, about 5 cups.

3 TBSP soy sauce

½ tsp sesame oil

½ cup chopped baby bok choy or spinach

4 scallions, sliced

2 eggs, well beaten

Heat a film of peanut oil in a wok or skillet over high heat. Toss around the ham or shrimp, ginger, garlic, and mushrooms for 1 to 2 minutes, until fragrant. Add the cauliflower and toss while stir frying for 2 to 3 minutes. Add the soy sauce, sesame oil, bok choy, and scallions. Continue to toss and cook until cauliflower is tender.

Move mixture to the side of the wok. Add another teaspoon of peanut oil and add the eggs. Cook until scrambled. Chop using your spatula and mix into your fried rice.

Season with additional soy sauce if needed.

RECIPES

HIGH PROTEIN COTTAGE CHEESE PANCAKES

1/3 cup protein powder chocolate or cinnamon flavor
1/2 tsp baking soda
1 cup low fat cottage cheese
1/2 TBSP canola oil
3 eggs, lightly beaten

Combine protein powder and baking soda in a small bowl.

Combine remaining ingredients in a large bowl. Pour flour mixture into cottage cheese mixture and stir until just incorporated.

Heat a large skillet over medium heat, coat with cooking spray.

Pour 1/3 cup portions of batter onto skillet and cook until bubbles appear on the surface.

Flip and cook on the other side until brown.

Serve with low calorie syrup.

RECIPES

CORNISH GAME HENS WITH GARLIC AND ROSEMARY

4 Cornish game hens

24 garlic cloves

Salt and pepper to taste

1/3 cup white wine

1 lemon, quartered

1/3 cup low sodium chicken broth

8 sprigs fresh rosemary

3 TBSP olive oil

Preheat oven to 450 degrees F

Rub hens with 1 TBS of olive oil. Lightly season hens with salt and pepper. Place 1 lemon wedge and 1 sprig Rosemary in cavity of each hen. Place hens in a large, heavy roasting pan, and arrange garlic cloves around hens. Roast in preheated oven for 25 mins.

Reduce oven temperature to 350 degrees F. In a mixing bowl, whisk together wine, chicken broth, and remaining 2 TBSP olive oil; pour over hens. Continue roasting for about 25 mins longer, or until hens are golden brown and juices run clear. Baste with pan juices every 10 mins.

Transfer hens to a platter, pouring any cavity juices into the roasting pan. Tent hens with aluminum foil to keep warm. Transfer pan juice and garlic cloves to a medium sauce pan and boil until liquids reduce to a sauce consistency, about 6 mins. Cut hen in half-length wise and arrange on plates, Spoon sauce and garlic around hens.

Garnish with rosemary sprigs and serve.

RECIPES

CHICKEN CAPRESE

1 lb boneless chicken

1 TBSP olive oil

1 tsp dry Italian seasoning

4 thick (1/2") slices ripe tomato

4, 1-ounce slices of mozzarella cheese

3 TBSP balsamic vinegar

2 TBSP thinly slice basil

Pepper to taste

Heat a grill or grill pan over medium high heat.

Drizzle 1 TBSP of olive oil over chicken and season to taste with pepper.

Sprinkle Italian seasoning over the chicken.

Place the chicken on the grill and cook for 3-5 minutes per side, or until done. (Cook time will vary depending on the thickness of your chicken breast.)

When chicken is done, top with a slice of mozzarella cheese and cook for 1 more minute.

Remove from heat and place chicken breast on a plate.

Top each breast with once slice of tomato, thinly sliced basil and pepper to taste.

Drizzle with balsamic vinegar or balsamic glaze and serve.

Frequently Asked Questions (FAQs)

Q: Can I snack?

A: You cannot add more foods to your day than is listed on the diet. If you would like, take a cup of veggies out of your meals and use it for a snack. that is okay.

Q: Can I eat nuts?

A: No. Nuts are high in calories and do not fit into the liver shrinking diet. Only eat foods and amount of foods listed on the diet.

Q: Can I drink caffeine while on the liver shrinking diet?

A: No. It is important to be off caffeine prior to surgery. Caffeine is a diuretic and can contribute to dehydration after your surgery.

Q: Can I skip a meal?

A: No. You should be eating 3 meals daily to build a habit of eating on a regular basis prior to surgery. This will help you after surgery to remember to eat 3 meals every day.

Q: Can I rearrange the choices for each meal?

A: Yes. You can rearrange your food choices as long as you are not adding additional foods and are eating 3 meals daily.

Q: Can I drink V-8 juice in place of my vegetables?

A: You can replace low sodium V-8 juice for your vegetables twice weekly.

Q: Can I use seasonings on my protein and vegetables?

A: Seasonings are okay to use. Try to pick seasonings that are lower in sodium.

Q: Can I cheat, even a little, on the liver shrinking diet?

A: No. Cheating on this diet may cause your liver to be too big and your surgery will be canceled. It is very important to follow this diet exactly as it was written.

Q: Do I have to eat everything on the diet?

A: Yes. The liver shrinking diet is only 700-800 calories per day. Not consuming everything on this diet will make you feel hungrier.