

# PHASE II (Lap-Band)

## Semi Soft Food Phase

(Duration will be at least 2 weeks possibly up to 4 weeks)

During this phase you will introduce semi soft foods. Semi soft fruits and vegetables should be the consistency of applesauce; protein foods should be the consistency of tuna fish in a can. These foods can be canned, raw or cooked. It is recommended that you continue to replace 2 meals per day with protein shakes and eat only 1 meal per day. **Drink all liquids slowly** and wait to make sure all the fluid has gone down without any discomfort before drinking more fluids. Restrict intake to **ONE ounce over 5 minutes**. If you are hungry and / or not losing weight while following phase II, please call our office for assistance.

### Daily Requirements:

- At least 40 - 60 grams of protein per day (the exact amount of protein for your body will be provided by our staff)
- A minimum of 64 ounces of very low calorie beverage per day (Water, Crystal-Light, sugar free Kool-Aid, Diet Snapple, and tea)
- You should be taking your **vitamins as recommended**
  - Gastric Sleeve: chewable multivitamin twice daily, chewable or liquid iron and sublingual B12 once daily, chewable calcium citrate with vitamin D twice daily.
  - Lap-Band: chewable or liquid multivitamin daily, chewable calcium citrate with vitamin D twice daily.

### Breakfast

- ✓ 1 protein shake

### Lunch

- ✓ 1 protein shake

### Snack if needed

- ✓ 1 semi soft fresh fruit with NO skin **or**
- ✓ 1 low fat yogurt (60-90 calories) **or**
- ✓ 3 oz of 1% low fat cottage cheese

### Dinner

- ✓ 3 oz semi soft chicken, tofu, turkey, tuna or fish **and**
- ✓ 3 oz semi soft vegetables



**NO** bread, rice, pasta, cookies, cakes, crackers, chips, potatoes, or pizza

**NO** peas, corn, or beans.

**NO** oatmeal, baby food, soup

**NO** beef, hamburger, hot dogs, pork, or fried foods

**NO** soda, juice, or sugar-sweetened beverages