

Bariatric Surgery Post-Operative Protein List

For the first 2 weeks post-operative, patient is to drink 2 ounces of Premier Protein and 64 ounces of water 4 times a day

Food Name	Portion	Protein, grams per serving	When to add after surgery
Cheese, cottage 1% milk fat	1/4 cup	7 grams	Week 3
Cheese, ricotta, part-skim	1/4 cup	8 grams	Week 3
Cheese, mozzarella, part-skim	1/4 cup	8 grams	Week 3
Cheese, parmesan, shredded	1/4 cup	11 grams	Week 3
Cheese, cheddar, 2% milk	1/4 cup	8 grams	Week 3
Cheese, feta	1/4 cup	4 grams	Week 3
Eggs, hard boiled, poached or scrambled	1/4 cup	6 grams	Week 3
Milk, skim or 1%	1/4 cup	2 grams	Week 3
Soy milk, plain	1/4 cup	1 gram	Week 3
Yogurt, plain, non-fat	1/4 cup	2 grams	Week 3
Yogurt, greek, plain, non-fat	1/4 cup	5-7 grams	Week 3
Peanut butter, smooth or chunky (higher fat item)	2 tbsp	8 grams	Week 3
Hummus (plain)	1/4 cup	3 grams	Week 3
Beans, black	1/4 cup	4 grams	Week 4
Beans, kidney	1/4 cup	4 grams	Week 4
Beans, navy	1/4 cup	4 grams	Week 4
Beans, pinto	1/4 cup	4 grams	Week 4
Beans, great northern	1/4 cup	4 grams	Week 4
Beans, white	1/4 cup	5 grams	Week 4
Beans, lima	1/4 cup	3 grams	Week 4
Beans, re-fried, fat free	1/4 cup	4 grams	Week 4
Soy burger (choose patties with less than 5 grams of fat)	1/2 patty or 1/4 cup	7-10 grams	Week 4
Soy breakfast sausage (choose product with less than 5 grams of fat)	1/2 a link or 1/4 cup	4 grams	Week 4
Fish, cod, flounder, tilapia	1 oz. or 1/4 cup	7 grams	Week 4
Salmon and Tuna (these are higher fat fishes and may cause some GI distress)	1 oz. or 1/4 cup	7 grams	Week 4
Tuna canned in water	1/4 cup	8 grams	Week 4
Steamed shrimp, scallops, lobster, crab	1 oz. or 1/4 cup	6-8 grams	Week 4
Nuts, peanuts, cashews, mixed Chew these well!	1/4 cup	10-14 grams	Week 4
Soy nuts	1/4 cup	15 grams	Week 4

Quinoa	1/4 cup	5 grams	Week 4
Chicken (white meat)	1 oz. or 1/4 cup	7 grams	Week 5
Turkey (white meat)	1 oz. or 1/4 cup	7 grams	Week 5
Pork Tenderloin	1 oz. or 1/4 cup	7 grams	Week 6
Center cut pork chops	1 oz. or 1/4 cup	7 grams	Week 6
Ham, lean (look for lower sodium ham)	1 oz. or 1/4 cup	7 grams	Week 6
Beef, ground 93% lean	1 oz. or 1/4 cup	7 grams	Week 6
Beef, sirloin steak	1 oz. or 1/4 cup	7 grams	Week 6
Beef, roast	1 oz. or 1/4 cup	7 grams	Week 6