

Very Low Calorie Diet Using Prepared Foods

Your doctor has asked you to follow a Very Low Calorie Diet for 3 weeks before your surgery. This diet will make your liver smaller and help make your surgery safer.

The meal plan in this handout, along with exercise and support from your dietitian, will help you lose several pounds before your surgery.

Getting Started

Your Very Low Calorie Diet (VLCD) is simple and easy to remember. In this diet, you will eat premade frozen meals and protein meal replacement drinks. Following this diet will help you lose weight and make your liver smaller.

Premade frozen meals should have:

- Fewer than 350 calories
- 15 to 20 grams or more of protein

Some brands include Kashi, Lean Cuisine, and Healthy Choice.

Protein meal replacement drinks should have:

- Fewer than 220 calories
- 15 grams or more of protein

Some brands are Carnation Instant Breakfast, EAS Myoplex Lite, Slimfast, or Premier.

Meal Options for the Very Low Calorie Diet

Option 1:

- *Breakfast:* Protein meal replacement drink
- *Lunch:* Protein meal replacement drink
- *Dinner:* Premade frozen meal



Ask your dietitian if you have any questions about the Very Low Calorie Diet.

Each day, you may also have:

- 1 serving of fruit or 1 serving of fat-free yogurt or fat-free cottage cheese (90 calories)
- 1 cup cooked or 2 cups raw vegetables

Option 2:

- *Breakfast:* Protein meal replacement drink
- *Lunch:* Protein meal replacement drink
- *Dinner:* Protein meal replacement drink
- *Snack:* Protein meal replacement drink

Each day, you may also have:

- 1 serving of fruit or 1 fat-free yogurt or fat-free cottage cheese (90 calories)
- 1 cup cooked or 2 cups raw vegetables

Option 3:

- *Breakfast:* Protein meal replacement drink
- *Lunch:* Premade frozen meal
- *Dinner:* Premade frozen meal

Each day, you may also have:

- 1 serving of fruit, or 1 fat-free yogurt or fat-free cottage cheese (90 calories)
- 1 cup cooked, or 2 cups raw vegetables

Other Guidelines

- You will need to drink at least 64 ounces (8 cups) of fluids each day.
- Begin taking your vitamins and minerals:
 - 1 multivitamin/mineral with iron
 - 1,500 mg calcium (750 mg twice a day)
 - 2,000 IU vitamin D

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management Center: 206.598.2274