



Stage III: Pureed/ Soft Foods

- Stage 3 Tips
- Fluid/Protein, Vitamin/Mineral Checklist
- Sample Meal Plan

Key tips for Stage 3:

- This stage gradually re-introduces soft foods to your system. You will still rely on protein shakes but will start experimenting with new textures.
- You may not be able to eat all the foods recommended in Stage 3. This is normal. **Work on eating as much protein as you can and keep hydrated.**
- Keep track of how much you are eating and drinking using a food log or this checklist.
- You may not feel hungry but you still need to eat regularly. Have some protein shake or food every 2-3 hours.
- Stop eating or drinking at the first sign of fullness. Sometimes this can feel like chest pressure or nausea.
- Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
- If food feels 'stuck' in your chest, don't panic and don't drink water. Stay calm, move around, and it will pass. Afterwards, think about what might have gone wrong... Were you eating too fast? Was the food dry? Too tough? Not chewed well?

Fluid and Protein Checklist for Weeks 2-3 After Weight-Loss Surgery (Stage 3)

Fluids

Aim for **64 oz (8 cups)** of sugar-free, low-calorie, non-carbonated, non-caffeinated liquid per day. This does **not** include your protein shakes.

Check off one box each time you drink an ounce. = 1 oz

GOAL = 64 oz

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Total ounces of fluid per day: _____

Protein Grams

Protein Shakes: Aim for **2-3 protein shakes daily** (see list online or in original packet)

Soft Texture Foods:

Protein – Choose 3-4 per day

- ✓ 3 oz fat-free Greek yogurt
- ✓ ¼ cup low-fat cottage cheese or part-skim ricotta cheese
- ✓ ½ cup tofu

Non-Protein – Choose 2-3 per day

- ✓ 8 oz fat-free or light yogurt
- ✓ ½ cup applesauce (unsweetened)
- ✓ ½ cup canned pears or peaches (in own juice or water; no syrup)
- ✓ ½ banana, mashed
- ✓ ½ cup cooked oatmeal, cream of wheat, or farina
- ✓ ½ cup sugar-free/fat-free pudding

****Note: Breads, rice, pasta, red meat, and most fruits and vegetables are not part of Stage 3.****

Check off each circle for every gram of protein you consume.

= 1 gram of protein GOAL = Minimum 60 grams YOUR GOAL = _____

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60 grams

Total grams of protein per day: _____

Physical Activity

Type of activity: _____ Minutes per day: _____

Supplements

Multivitamin: _____

- 2 Daily (can take 2 at the same time)
- Take two hours apart from Calcium
- Must be chewable or liquid (no gummies)
- Must have copper, zinc, iron

Calcium citrate: _____

- Take 1200 – 1500 mg of calcium citrate daily, divided in 2-3 doses.
- Separate each dose by 4 hours.
- Separate from multivitamin by 2 hours
- Calcium citrate (read supplement facts and ingredient list)
- No more than 600 mg of calcium per tablet

Vitamin B-12 (for Gastric Bypass): _____

- Take 350-500 micrograms of vitamin B12 daily.
- May take with other vitamins.
- Choose sublingual B12
- Included in Bariatric Advantage Advanced Multi EA Chewable (sold in office)

Additional Iron (for Gastric Bypass): _____

- May be needed- will recommend based on blood levels

Other supplements (if needed): _____

Sample Meal Plan:

8 AM	8 oz protein shake	2 Multivitamins, B ₁₂	3 PM	8 oz protein shake	
9 AM	8 oz fluid		4 PM	8 oz fluid	
10 AM	½ c oatmeal	Calcium Dose	5 PM	8 oz fluid	
11 AM	8 oz fluid		6 PM	¼ c ricotta cheese	Calcium Dose
12 PM	3 oz Greek yogurt		7 PM	8 oz fluid	
1 PM	8 oz fluid		8 PM	8 oz fluid	
2 PM	8 oz fluid	Calcium Dose	9 PM	1 protein popsicle	