

Pre-operative Meal Plan

		Fluids
7-7:30 am	1 serving protein shake	
7:30-8:30 am		8 oz sugar-free fluid
8:30-9:30 am		8 oz sugar-free fluid
9:30-10 am	1 small orange	
10 am-12 pm		8 oz sugar-free fluid
12-12:30 pm	1 serving protein shake	
12:30-2:30 pm		8 oz sugar-free fluid
2:30-3 pm	1 small apple	
3-4 pm		8 oz sugar-free fluid
4-4:30 pm	1 serving protein shake	
4:30-6 pm		8 oz sugar-free fluid
6-6:30 pm	4 oz grilled chicken breast 2 cups lettuce with 1 cup diced tomato and cucumber 2 tablespoons light Italian dressing	
6:30-8:30 pm		8 oz sugar-free fluid
8:30-9 pm	1 serving protein shake	
9 pm		8 oz sugar-free fluid