



BODY GENESIS INSTITUTE

WEIGHT LOSS AND GUT HEALTH SOLUTIONS



FOOD BASED VLCD DIET

This booklet is written to help you prepare yourself for your forthcoming bariatric surgery. Losing some weight in the first 2-4 weeks before having surgery greatly helps with your recovery. The booklet is a guide only and it is best to follow the specific guidance of your surgeon and bariatric team.

About the VLCD diet

The very low calorie diet (VLCD) is generally advised for 2 to 4 weeks prior to having surgery. This diet aims to reduce the size of your liver, making it easier and safer for your surgeon to operate. The liver, which is located near the stomach, stores carbohydrates (glycogen).

The food-based diet, is an alternative option for people who cannot tolerate a meal replacement diet, such as Optifast.

What will my diet consist of?



Sample meal plan

To be used as a guide for structuring your meals to include the above food groups.

	Option 1	Option 2	Option 3
Breakfast	2 weetbix with low fat milk	45g rolled oats with low fat milk	2 egg omlette with spinach and tomato
Morning Tea	1 cup berries	1 peach	1 kiwi fruit
Lunch	100g chicken and salad	100g beef with salad 1 ryvita	Tinned fish and salad
Dinner	100g steak and stir fried vegetables	100g Fish and vegetables	100g chicken with Low vegetables Carrot sticks
Supper	Nil	Nil	

Dietary Guide

	ALLOWED	AVOID
VEGETABLES Minimum 2 cups per day	Alfalfa Sprouts Asparagus Bok Choy Bean Sprouts Brussel Sprouts Broccoli Cabbage Carrot Capsicum Cauliflower Cucumber Celery Eggplant Fennel Green beans	Garlic Lettuce Mushroom Mung Beans Onion Radish Spinach Shallots Silver Beet Snow Peas Squash Tomato Watercress Zucchini
PROTEIN 2 serves max per day	2x Eggs 100g Lean Meat (Beef, chicken, lamb, pork) 100g Fish (Grilled/steamed/tinned)	100g Tofu 50g Legumes (Chickpeas/kidney beans)
GRAINS/ CEREALS 1 serve max per day	45g Plain rolled oats (2 biscuits) Weetbix Noodles (50-100g) 1 Wholegrain ryvitas Bread	Sausages Burgers Salami Ham Fried meat
FRUIT 1 serve max per day	Slendier Konjac 45g Plain rolled oats (2 biscuits) Weetbix Noodles (50-100g) 1 Wholegrain ryvitas Bread	Dry/Sweet Biscuits Rice/Pasta Pastry Products
FRUIT 1 serve max per day	Blackberries (1 cup) Raspberries (1 cup) Kiwi (1 fruit)	Passionfruit (1 fruit) Strawberries (1 cup) Peach (1 fruit)
DAIRY 1 serve max per day	Max 250mL low fat milk per day for either cereal OR coffee	All other fruit
FATS	Max 250mL low fat milk per day for either cereal OR coffee	Cheese Yoghurt Custard
	1 teaspoon of oil (e.g. olive oil, grapeseed oil)	Butter Coconut Oil

ALLOWED		AVOID
FLUIDS Aim for a minimum of 2L/day	Water Coffee/Tea, Dash of milk (no sugar) Soda Water Mineral Water	Vegetable Juice Fruit Juice Regular Soft Drink Milk Drinks Alcohol
SAUCES/ CONDIMENTS	Chilli Fresh herbs/spices Lemon and lime juice Mustard Fish sauce	Stock Soy sauce Tabasco sauce Vinegar Worcestershire sauce
OTHER	Artificial Sweeteners Flavour/Essence	Sugar Free Lollies/ Gums Chocolate Ice-Cream Regular Lollies Jellies

Will I feel hungry?

Yes, you may feel hungry. It takes approximately 2-3 days for the body to deplete the carbohydrate stores and begin to produce ketones. Ketones are natural appetite suppressants. During this time common symptoms include hunger, lack of concentration and irritability. Use the sample meal plan as a guide (page 1), and avoid skipping meals as we want to ensure adequate protein to induce ketosis and suppress hunger.



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