

# Protein Supplements

Protein drinks will play a big role in your 2 week pre op diet and also in your post op diet, you will need a clear liquid protein supplement (must be see through) and a full liquid protein supplement (can be creamy). These shakes can also replace one meal per day once your diet is completely advanced if you choose. It is very important that you choose a high quality protein supplement to ensure good absorption.

What to look for in a protein shake is:

1. 20-30 grams of protein per shake
  - a. Anything over 30 grams is too much and not absorbed
  - b. This includes everything added into shakes (ex: milk, yogurt, peanut butter, etc)
2. 5 gram of total fat or less
3. 10 gram total carbohydrates or less
4. Whey protein isolate/ Soy protein isolate
  - a. This should be the first thing listed on the ingredient label
  - b. Avoid all shakes that says protein collagen on ingredient label

## Examples:

1. Isopure- **CLEAR LIQUID** pre made protein supplement
  - a. The vitamin shoppe, online, GNC, HEB
2. Unflavored protein powder- **CLEAR LIQUID** protein powder
  - a. Unjury (online), Jay Robb, Isopure – the Vitamin Shoppe
3. Premier- **FULL LIQUID** pre made protein shake
  - a. Sams, Costso, Here, Kroger, Tom Thumb
4. Jay Robb or Nectar- **FULL LIQUID** protein powder
  - a. The vitamin shoppe, Kroger, Sunflower shoppe, central market, etc
5. Unjury- **FULL LIQUID** protein powder
  - a. Unjury.com
6. Bariatric fusion- **FULL LIQUID** protein powder
  - a. Bariatricfusion.com
7. Celebrate vitamins- **FULL LIQUID** protein powder
  - a. Celebratevitamins.com
8. Bariatric advantage- **FULL LIQUID** protein powder
  - a. Bariatricadvantage.com

\*\* Options to mix your protein powders with (keep shakes under 250 calories):

- **Clear liquid:** powerade zero, vitamin water zero, crystal light, mio drops, propel zero – drink must be see through!
- **Full liquids:** Skim milk, soy milk, water, crystal light, mio drops, powerade zero, vitamin water zero