

SLEEVE DIET PROGRESSION

Clear LIQUIDS (Week one)

- Only Foods Allowed:
 - Broth
 - Sugar-free Jello
 - Sugar-free popsicles
 - Crystal light, sugar-free decaf tea or coffee (no cream), powerade zero, vitamin water zero, Mio drops, other non-carbonated sugar free beverages
 - Clear liquid protein supplements (pick one)
 - Isopure
 - Found at The Vitamin Shoppe
 - Unjury chicken soup
 - Found online
 - Unflavored protein powders
 - Found online or The Vitamin Shoppe
 - Isopure
 - Unjury
 - Jay Robb

** Follow this diet for week one of your diet. Take your time and drink slowly since these foods will be easier to get down than solid foods. We don't want to go too fast and overeat and cause complication to your sleeve. **Do not progress your diet on your own**, no matter how great you feel. Stick to only foods on this sheet for one whole week.