



Meal Planner

Optimize Pre Labs and Lower BMI

Weight Loss and Pre Op Nutrition Program

Day	Breakfast	Lunch	Dinner	Snacks
MON	Oatmeal with Berries 40g oats, 100g berries, 15g chia seeds, 10g walnuts, 250ml almond milk	Chicken Salad 100g grilled chicken, 50g mixed greens, 50g cherry tomatoes, 1 tbsp olive oil	Salmon & Veggies 150g salmon, 100g steamed broccoli, 75g quinoa, 10g lemon juice	Greek Yogurt 200g Greek yogurt, 50g mixed nuts
TUE	Green Smoothie 200ml almond milk, 30g spinach, 1 small banana (100g), 20g peanut butter	Quinoa Bowl 100g quinoa, 50g black beans, 50g bell peppers, 30g avocado, 1 tbsp salsa	Stir-Fried Tofu 150g tofu, 50g carrots, 50g bell peppers, 1 tsp sesame oil	Apple & Almonds 1 medium apple (150g), 20g almonds
WED	Egg & Avocado Toast 2 eggs (100g), 1 slice whole-grain toast (50g), 50g avocado	Turkey Wrap 100g turkey breast, 50g lettuce, 30g hummus, 1 whole-grain tortilla (50g)	Chicken Stir-fry 150g chicken, 100g mixed veggies, 75g brown rice, 1 tsp olive oil	Carrot Sticks & Hummus 100g carrot sticks, 50g hummus
THUR	Yogurt & Fruit 200g Greek yogurt, 100g mixed berries, 20g chia seeds	Vegetable Soup & Salad 200g vegetable soup, 50g mixed greens, 20g nuts, 1 tbsp olive oil	Lentil Stew 150g cooked lentils, 100g spinach, 50g tomatoes, 1 tsp chives or onions	Cottage Cheese & Berries 150g cottage cheese, 100g berries
FRI	Smoothie Bowl 150g frozen berries, 100ml almond milk, 20g almond butter, 10g flaxseeds	Grilled Fish Salad 150g white fish, 50g mixed greens, 50g cucumber, 1 tbsp olive oil	Beef Stir-fry 100g lean beef, 50g broccoli, 50g carrots, 75g quinoa, 1 tsp soy sauce	Trail Mix 50g mixed nuts and dried fruit
SAT	Avocado & Berry Toast	Egg Salad 2 boiled eggs	Shrimp & Veggies 150g shrimp,	Celery Sticks & Nut Butter

	1 slice whole-grain bread (50g), 50g avocado, 50g strawberries	(100g), 50g lettuce, 20g Greek yogurt, 1 tbsp mustard, 50g whole-grain toast	100g zucchini, 75g brown rice, 10g lemon juice	100g celery, 20g almond butter
SUN	Egg Omelet with Veggies 2 eggs (100g), 50g spinach, 50g mushrooms, 1 slice whole-grain toast	Chickpea Salad 100g chickpeas, 50g mixed greens, 50g cucumber, 1 tbsp olive oil	Baked Chicken 150g chicken breast, 100g roasted sweet potato, 50g asparagus, 1 tsp olive oil	Cucumber & Cheese 100g cucumber, 50g low-fat cheese

Guidelines

1. Protein Intake

- **Why:** Protein helps in tissue repair and speeds up recovery.
- **How Much:** Aim for 1-1.2 grams of protein per kilogram of body weight daily.
- **Protein Sources:**
 - Lean meats (chicken, turkey, lean beef)
 - Fish and seafood (salmon, tuna)
 - Eggs and low-fat dairy (Greek yogurt, cottage cheese)
 - Plant-based proteins (tofu, lentils, beans)
- **Tip:** If needed, use protein shakes or supplements to meet your daily intake, but focus on whole foods as much as possible.

2. Vitamins and Minerals

- **Vitamin C:** Boosts collagen production for skin health and healing.
 - **Sources:** Citrus fruits, bell peppers, strawberries, and broccoli.
- **Vitamin A:** Supports immune health and skin repair.
 - **Sources:** Carrots, sweet potatoes, spinach, and kale.
- **Zinc:** Plays a key role in wound healing.
 - **Sources:** Nuts, seeds, shellfish, whole grains.
- **Iron:** Helps oxygenate tissues, which is essential for recovery.
 - **Sources:** Lean red meat, beans, fortified cereals, and spinach.

Tip: Consider taking a multivitamin to ensure you're getting all the essential nutrients, but avoid taking high doses of specific vitamins without consulting your surgeon.

3. Hydration

- **Why:** Staying hydrated supports skin elasticity, reduces swelling, and helps your body recover faster.
- **How Much:** Drink at least 8-10 glasses of water daily (about 2-2.5 liters).
- **Tip:** Avoid sugary drinks and caffeinated beverages as they can dehydrate you. Stick to water, herbal teas, and electrolyte drinks (without added sugars).

4. Healthy Fats

- **Why:** Healthy fats reduce inflammation and aid in cell repair, which is essential for healing.
- **Sources:**
 - Avocados, olive oil, fatty fish (salmon, mackerel), nuts, and seeds.
- **Tip:** Limit saturated fats (found in fried foods, butter, and processed meats) as they can increase inflammation.

5. Carbohydrates

- **Why:** Complex carbohydrates provide long-lasting energy and support the immune system.
- **Sources:** Whole grains (brown rice, oats, quinoa), sweet potatoes, fruits, and vegetables.
- **Tip:** Avoid simple carbs (white bread, pastries, sugary snacks) as they can cause blood sugar spikes and contribute to inflammation.

6. Avoid Certain Foods and Substances

- **Sugary Foods:** Excess sugar can impair immune function and slow healing.
- **Alcohol:** Avoid at least 1-2 weeks before surgery, as alcohol can thin the blood and interfere with anesthesia.
- **Caffeine:** Limit caffeine intake to prevent dehydration. Keep it to one cup of coffee or tea per day.
- **Salt:** Too much salt can lead to water retention and swelling, which may worsen after surgery. Opt for low-sodium foods.

7. Meal Planning

- **Balanced Meals:** Ensure each meal includes protein, healthy fats, and complex carbohydrates. This will help keep your energy stable and provide the nutrients needed for healing.
- **Timing:** Avoid eating heavy meals late at night to aid digestion and prevent discomfort.

Supplements and Medications

1. **Multivitamins:** Consider taking a general multivitamin, especially if your diet lacks essential nutrients. However, some supplements should be stopped before surgery.
2. **Vitamin E, Fish Oil, Herbal Supplements:** Stop taking these at least 2-4 weeks before surgery, as they can increase the risk of bleeding. Common herbal supplements to avoid include garlic, ginkgo biloba, and St. John's Wort.
3. **Pain Relievers:** Avoid NSAIDs (like ibuprofen and aspirin) one week before surgery to prevent increased bleeding risk.

Lifestyle Recommendations

1. Smoking

- **Why:** Smoking drastically reduces blood flow, slows wound healing, and increases the risk of complications.
- **Action:** Stop smoking at least 4-6 weeks before surgery. Nicotine in all forms (including vaping and nicotine patches) should be avoided.

2. Exercise

- **Pre-Surgery:** Engage in regular exercise leading up to surgery to improve circulation, maintain muscle mass, and support your cardiovascular system.

- **Post-Surgery:** Your surgeon will guide you on when and how to gradually return to exercise after recovery.

3. Weight Management

- **Why:** Maintaining a healthy weight before surgery can improve surgical outcomes and help you recover more quickly. Rapid weight gain or loss can affect healing and the final results.
- **Action:** Stick to a balanced diet and regular exercise routine before surgery to ensure you're at a stable, healthy weight.

4. Stress Management

- **Why:** High levels of stress can compromise your immune system and slow recovery.
- **Action:** Practice relaxation techniques such as meditation, deep breathing, or yoga in the weeks leading up to surgery to reduce stress.

Guidelines Summary

1. Focus on a diet high in protein, vitamins, and healthy fats to support healing.
2. Hydrate well, and avoid alcohol, caffeine, and excessive salt.
3. Stop smoking and avoid certain supplements that may interfere with surgery.
4. Maintain regular exercise and a healthy weight leading up to surgery.
5. Manage stress with relaxation techniques for a smoother recovery.

These guidelines will help you prepare your body for surgery and optimize your recovery process. Be sure to follow your surgeon's specific advice, as they may have additional recommendations tailored to your surgery and medical history.