



## WHEN TO EAT WHAT: Approved Foods List Stages 1 to 3

The following is a list of all the approved foods up until Stage 3 of your Post-Op Diet. We have organized all ingredients by post-op stage and added notes that should help guide you to buy the right products. If an ingredient is not listed please let us know and we will add it. Thanks! [www.GastricSleeveRecipes.com](http://www.GastricSleeveRecipes.com)

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Liquids	Apple juice, natural	1: Clear Liquids	WEEK 1	No pulp. No added sugar.
Liquids	Coconut water	1: Clear Liquids	WEEK 1	Make sure it does not have any added sugar. It will have some sugar because it is naturally found in it.
Liquids	Gatorade G2 or other low sugar electrolyte drinks	1: Clear Liquids	WEEK 1	
Liquids	Jell-O	1: Clear Liquids	WEEK 1	Sugar free.
Liquids	Popsicles	1: Clear Liquids	WEEK 1	Sugar free.
Liquids	Tea, unsweetened, caffeine free	1: Clear Liquids	WEEK 1	
Liquids	Vegetable broth, low sodium	1: Clear Liquids	WEEK 1	Make sure it is low sodium.
Other	Vegetable stock cube, low sodium	1: Clear Liquids	WEEK 1	Dissolve in water. Make sure it is low sodium.
Liquids	Water	1: Clear Liquids	WEEK 1	
Other	Agave syrup	2: Full Liquids	WEEK 2	Use sparingly to avoid increasing calorie content
Nuts	Almond butter, blended in protein drink or soup	2: Full Liquids	WEEK 2	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted almonds (a bit of salt is ok).
Nuts	Almond meal	2: Full Liquids	WEEK 2	Finely ground almonds.
Liquids	Almond milk, unsweetened	2: Full Liquids	WEEK 2	Make sure it has no added sugar.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Fruit	Banana, blended in smoothie	2: Full Liquids	WEEK 2	
Spice	Basil, dried or ground leaves	2: Full Liquids	WEEK 2	Mixed in soup or other foods.
Spice	Black pepper, ground	2: Full Liquids	WEEK 2	In small amounts; may cause some irritation
Fruit	Blueberries, blended	2: Full Liquids	WEEK 2	
Vegetable	Carrot, boiled, completely blended or liquefied	2: Full Liquids	WEEK 2	
Spice	Cinnamon, ground	2: Full Liquids	WEEK 2	
Liquids	Coconut milk, light, for cooking (<10% fat)	2: Full Liquids	WEEK 2	
Liquids	Coconut milk, unsweetened	2: Full Liquids	WEEK 2	Should not contain added sugars.
Other	Coconut oil	2: Full Liquids	WEEK 2	
Spice	Dill, dried	2: Full Liquids	WEEK 2	
Vegetable	Garlic clove, cooked, blended in soup	2: Full Liquids	WEEK 2	
Spice	Garlic powder	2: Full Liquids	WEEK 2	
Other	Honey, raw and unfiltered, mixed with food or shakes	2: Full Liquids	WEEK 2	
Spice	Italian seasoning	2: Full Liquids	WEEK 2	
Dairy	Milk, non-fat or 2% fat	2: Full Liquids	WEEK 2	Dairy is the most commonly developed intolerance after surgery so introduce gradually into your diet.
Spice	Nutmeg, ground	2: Full Liquids	WEEK 2	
Other	Olive oil	2: Full Liquids	WEEK 2	Do not drink by itself.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Spice	Onion powder	2: Full Liquids	WEEK 2	
Spice	Oregano, dried leaves	2: Full Liquids	WEEK 2	
Spice	Parsley, dried leaves	2: Full Liquids	WEEK 2	
Nuts	Peanut butter, blended in protein drink or soup	2: Full Liquids	WEEK 2	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Other	Protein powder	2: Full Liquids	WEEK 2	Recommended to opt for plant-based powders. Suggested brand: Vega Clean Protein Powder.
Other	Pure maple syrup	2: Full Liquids	WEEK 2	Use sparingly to avoid increasing calorie content
Other	Pure vanilla extract	2: Full Liquids	WEEK 2	
Other	Raw cacao powder	2: Full Liquids	WEEK 2	
Vegetable	Red onion, cooked, blended	2: Full Liquids	WEEK 2	
Spice	Rosemary, dried leaves	2: Full Liquids	WEEK 2	
Spice	Sea salt	2: Full Liquids	WEEK 2	
Other	Sesame oil	2: Full Liquids	WEEK 2	Do not drink by itself.
Vegetable	Shallot, cooked, blended with soup	2: Full Liquids	WEEK 2	
Liquids	Soy milk, unsweetened	2: Full Liquids	WEEK 2	
Vegetable	Spinach, cooked, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Spinach, fresh, completely blended with liquids	2: Full Liquids	WEEK 2	
Other	Spirulina, dried powder	2: Full Liquids	WEEK 2	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Sundried tomatoes, drained of oil, blended	2: Full Liquids	WEEK 2	
Spice	Thyme, dried leaves	2: Full Liquids	WEEK 2	
Liquids	Vegetable juices	2: Full Liquids	WEEK 2	Make sure they have no added sugars. Avoid juices with citrus or acidic fruits.
Vegetable	Yellow onion, cooked, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Zucchini, boiled, blended with soup	2: Full Liquids	WEEK 2	
Nuts	Almond butter, pureed with other foods	3: Pureed Foods	WEEK 3	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted almonds (a bit of salt is ok).
Other	Applesauce, unsweetened	3: Pureed Foods	WEEK 3	Should not have any added sugars. Will have sugar because it is naturally found in apples.
Fruit	Avocado	3: Pureed Foods	WEEK 3	
Fruit	Banana, mashed	3: Pureed Foods	WEEK 3	
Vegetable	Beetroot, boiled, pureed	3: Pureed Foods	WEEK 3	
Fruit	Brown pear, mashed or pureed, without skin	3: Pureed Foods	WEEK 3	
Dairy	Butter	3: Pureed Foods	WEEK 3	Should be avoided as much as possible due to its high level of calories and saturated fat.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Butternut squash, cooked, mashed or pureed and moist	3: Pureed Foods	WEEK 3	
Vegetable	Carrot, boiled, pureed	3: Pureed Foods	WEEK 3	
Poultry	Chicken breast, skinless, cooked, pureed or blended	3: Pureed Foods	WEEK 3	
Poultry	Chicken thigh, skinless and boneless, cooked, pureed or blended	3: Pureed Foods	WEEK 3	
Seafood	Cod, cooked, pureed	3: Pureed Foods	WEEK 3	
Dairy	Cottage cheese, lowfat 2%	3: Pureed Foods	WEEK 3	
Grain	Cream of wheat	3: Pureed Foods	WEEK 3	Avoid any with added sugars.
Vegetable	Cremini mushrooms, cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Spice	Cumin, ground	3: Pureed Foods	WEEK 3	
Egg	Egg, white	3: Pureed Foods	WEEK 3	Prepare scrambled first.
Egg	Egg, whole	3: Pureed Foods	WEEK 3	
Egg	Egg, yolk	3: Pureed Foods	WEEK 3	Should be avoided as much as possible due to its high level of calories and saturated fat.
Fruit	Fig, blended or mashed	3: Pureed Foods	WEEK 3	
Seeds	Flax seeds, ground	3: Pureed Foods	WEEK 3	
Dairy	Greek yogurt, non-fat, plain	3: Pureed Foods	WEEK 3	Avoid flavored Greek yogurt because it tends to have lots of added sugars.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Green beans (string beans), cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Fruit	Green pear, mashed or pureed, without skin	3: Pureed Foods	WEEK 3	Make sure it is very ripe.
Seeds	Hemp seeds, blended	3: Pureed Foods	WEEK 3	
Vegetable	Parsnip, boiled, pureed or blended	3: Pureed Foods	WEEK 3	
Nuts	Peanut butter, pureed with other foods	3: Pureed Foods	WEEK 3	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Vegetable	Peas, blended or pureed	3: Pureed Foods	WEEK 3	Make sure it is well blended.
Vegetable	Red potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Grain	Rolled oats, cooked or prepared as oatmeal	3: Pureed Foods	WEEK 3	Keep it moist.
Vegetable	Russet potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Seafood	Salmon, cooked, mashed or pureed	3: Pureed Foods	WEEK 3	
Poultry	Smoked turkey breast (deli meat), pureed	3: Pureed Foods	WEEK 3	
Other	Soy sauce, low sodium	3: Pureed Foods	WEEK 3	Make sure it is low sodium.
Fruit	Strawberries, blended in smoothie	3: Pureed Foods	WEEK 3	
Vegetable	Sundried tomatoes, drained of oil, pureed	3: Pureed Foods	WEEK 3	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Sweet potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Other	Tahini	3: Pureed Foods	WEEK 3	Ground sesame paste. Mix in with food. Do not eat by itself.
Seafood	Tilapia, cooked, mashed or pureed	3: Pureed Foods	WEEK 3	
Other	Tofu, unflavored, extra firm, mashed or pureed	3: Pureed Foods	WEEK 3	
Vegetable	Turnip, boiled, pureed or blended	3: Pureed Foods	WEEK 3	
Vegetable	White mushrooms, cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Vegetable	White potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Vegetable	Zucchini, boiled, pureed	3: Pureed Foods	WEEK 3	

NOTE: The recommended reintroduction date for each ingredient takes more factors into consideration than just texture. These include fiber and protein content, among other determining factors. As your recovery progresses, it is ideal to add food that is high in protein to gradually reduce the dependence on liquid protein stage. This is one reason why some foods might seem appropriate for earlier stages of the post-op diet but in reality they aren't.

\*List is subject to revisions.

\*Results may vary among patients depending on recovery speed, new intolerances developed after surgery, and other factors.

\*If a certain ingredient is not tolerated well in the listed stage, then skip eating it and try again in the next one. If it still not tolerate well, you can continue to try it as you progress in the next stages or consider the possibility that you may have become intolerant to it.

\*Common new intolerances include dairy, eggs, seafood, certain whole grains, citrus or acidic foods, spicy foods, among others, so eat them with precaution. Try them in small quantities first to see how your body reacts.

\*For gastric sleeve friendly recipes, meal plans, learning material, and nutritionist support, please visit us at [www.GastricSleeveRecipes.com](http://www.GastricSleeveRecipes.com)

