

Dr. Hollis Post Instructions

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Liquids (Thin Liquids) Week 1

1-2 of any of the following: Advant Edge 18 grams of protein/Dr. Atkins Advantage 18 grams of protein, Optifast Shakes, Unjury Protein Shakes, Myoplex, Smoothie King Gladiator Shakes

*****Start your protein shake tomorrow (Day 2)...NOT day of surgery*****

Cranberry, apple, white grape juice (dilute) – try to get no sugar added

Coffee, tea water, crystal light, sugar free Kool-Aid, sugar free Jell-O, and sugar free popsicles

Chicken/beef broth

Propel Water

Drink at least 2 quarts of water per day

Thicker Liquids Week 2

One of any of the following: : Advant Edge 18 grams of protein/Dr. Atkins Advantage 18 grams of protein, Optifast Shakes, Unjury Protein Shakes, Myoplex, Smoothie King Gladiator Shakes

(Everyday)

Tomato soup but watch the sodium!!!

Plus anything from week 1

Don't worry the next week is better

Watch calorie intake very important!!

Soft Foods Week 3

One of any of the following: : Advant Edge 18 grams of protein/Dr. Atkins Advantage 18 grams of protein, Optifast Shakes, Unjury Protein Shakes, Myoplex, Smoothie King Gladiator Shakes

(Everyday)

Baked fish, mashed potatoes, sugar free pudding/Jell-O, chicken salad - chicken in a can but mashed up very well or taken through a food processor with light mayo

Soft scrambled eggs

Cooked vegetables (broccoli for example)

Soft Fruit (mashed up) melon, cantaloupe, bananas, potted meat, baby food

Solid Foods Week 4

One of any of the following: : Advant Edge 18 grams of protein/Dr. Atkins Advantage 18 grams of protein, Optifast Shakes, Unjury Protein Shakes, Myoplex, Smoothie King Gladiator Shakes

(Everyday)

Lunch: char-grilled chicken toss salad or meat (any turkey, chicken, fish/vegetables)

- ❖ Eating protein is a necessity because we need 60 grams of protein a day!
- ❖ Eat meat first then vegetables....
- ❖ Take a bite of meat, chew 20-35 times then swallow then wait for 2 minutes in between bites for the first two bites.

Dinner: same as above

- ❖ Give yourself 30 minutes to eat
 - ❖ Stop when you feel full or satisfied...Remember to eat protein first then vegetables.
 - ❖ Everyday for 30 minutes a day: walking/biking or any type of cardio but no weights or sit-ups for a couple of months.
- You can also go to ivillage.com or fitday.com for calorie count/calorie burned on every exercise by entering your weight and what kind of exercise and intensity of activity.
- Every Morning take chewable/liquid multi-vitamins; all prescription pills are to be crushed up.