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Acceptable Protein Drinks:

Bariatric Advantage:

Available to purchase in office or on our E-store online- this is a high quality supplement designed for the pre and post-surgical nutritional needs of the bariatric patient. Strawberry, Vanilla and Chocolate can be purchased in our office; additional flavors can be found on our website in the E-Store

Optifast:

Complete meal replacement diet program- ask our staff about this physician designed formula for pre-op diet control. Available for online purchase and shipping.

If you are unable or unwilling to purchase protein drinks from our office the following are acceptable alternative. **RTD means: ready to drink products

- Myoplex Advantedge Carb Control
- Smoothie King: Gladiator (20oz)
- Cytosport Whey Isolate RTD
- Syntrax Nectar protein powder
- Jay Robb protein powder
- Pure Protein RTD chocolate
- Isopure

Available at Vitamin Shoppe: (ask our staff to receive a \$5 off coupon)

- JavaPro protein shake RTD
- Body Tech Whey Protein
- Yes Whey (also called protein shots)
- Musclempharm MuscleGel Shot- available in many flavors

Protein Powder: When selecting a protein powder look at the nutrition label to meet recommendations below:

- 25 grams of protein per scoop/serving
- 7 grams or less of carbohydrate/sugars per scoop/serving
- 5 grams or less of fat per scoop/serving

Acceptable Calorie-Free Liquids:

- Water, Crystal Light, Sugar Free Kool-Aid, Minute Maid Light
- Broths/Soup Base: Chicken, beef, vegetable
- Coffee and unsweetened teas: use sugar substitute to sweeten to taste
- Sugar-Free Popsicles, Sugar-Free Jell-O, Crystal Light Frozen Pops
- Diet V8 Splash
- Any water-based, noncarbonated drink that has less than 10 calories per serving and less than 2g sugars