



Nolimits Nutrition & Wellness, LLC
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Essentials for Success Post Surgery

1. Eat **3 meals per day**, consisting of **4oz.** each [by weight not by volume].
2. **NO SNACKING! NO MEAL SKIPPING!**
3. Other than protein shake liquid meals, stick with the most intact, least processed forms of food. The more you have to chew, the better the satiety signal to the brain.
4. Prior to eating, cut food into pinky size bites and chew food until it is applesauce consistency before swallowing.
5. Identify protein on your plate; do 3 bites of protein to every one bite of other food.
6. Minimize processed foods, especially those containing WHITE FLOUR or SUGARS.
7. Take a minimum of 20 minutes to eat.
8. **No drinking with your meals.** Stop drinking 30 minutes before, during, and for 30 minutes after your meal.
9. Maintain adequate fluid intake: at least 80 oz. Sip primarily H2O between meals throughout day. **DON'T DRINK SUGAR CALORIES!**
10. Maintain adequate vitamin and mineral supplementation
11. Use artificial sweeteners to a minimum. More natural alternatives are *Just Like Sugar, Erythritol, & Sweet Leaf Stevia*