

PRE SURGICAL WEIGHT LOSS GUIDELINES FOR VLCD

Prior to your surgery, you may need to go on a Very Low Calorie Diet (VLCD) such as Optifast for a number of weeks. Your surgeon and dietitian will discuss with you when to start this and for how many weeks you will need to do it. Most people need to do it for 2 weeks, sometimes longer.

Start date	_____
Number of Weeks	Per day _____
Number of serves of Optifast®	_____

OPTIFAST OFFERS A CHOICE OF:

- + Chocolate, Strawberry, coffee and vanilla milkshakes
- + Berry crunch, cappuccino, cereal or chocolate bars
- + Chocolate and Lemon desserts
- + Chicken and Vegetable soups
- + You may vary the choices between the four types of Optifast® or just have multiple serves of the one type

IN ADDITION TO OPTIFAST, YOU MAY HAVE

- + One serve of fruit per day
- + 2 serves of low starch vegetables, salad and steam vegetables
- + Clear soups or vegetable soups made from low starch vegetables
- + Herbs and spices, particular condiments
- + Calorie free fluids

SAMPLE MEAL PLAN: (EXAMPLE ONLY)

Breakfast	Lunch	Evening Meal
Optifast® milkshake OR Fruit smoothie using Optifast® with allowed fruit e.g. strawberries or mango	Optifast® bar plus salad (from list) OR Optifast® Chocolate pudding with allowed fruit (1 serve per day)	Optifast® Chicken Soup with cooked low starchy vegies (added). OR Optifast® Chocolate pudding with allowed fruit (1 serve per day)
Calorie free fluids	Calorie free fluids	Calorie free fluids

** Drink at least 2 litres of calorie free fluids per day (preferable water).

Optifast® is a very low calorie/ kilojoule diet, leading your body to utilise fat/ lipid stores as the major source of energy. You may wish to discuss transient side effects with your doctor or Dietitian.

If you have diabetes/ hypertension you may need to be more closely monitored by your doctor.



ADDITIONAL ALLOWANCES

1 teaspoon of vegetable oil is recommended with daily serve of vegetables in the INTENSIVE phase.

Allowed				Avoid
FRUIT	A serve of fruit should contain around 50-70 calories and 10-15g of carbohydrate. A serve of fruit could be: one of – 200g strawberries, 4 lychees, 2 apricots, 200g cooked rhubarb, 2 slices of pineapple, 2-3 passionfruit, 100g grapes, 1 small apple, 10 cherries, 1 small orange, 1 peach, 1 small pear, 120g pear in natural juice, 120g plums or 3 prunes.			
LOW STARCH AND GREEN VEGETABLES	alfalfa sprouts asparagus beans bok choy broccoli brussel sprouts celery cabbage capsicum carrots	cauliflower cucumber eggplant garlic lettuce leeks mung beans mushrooms onions	radish shallots silver beet snow peas spinach squash tomato watercress zucchini	corn green peas legume lentils potato pumpkin sweet potato
SOUPS	stock cubes bonox (in moderation)	vegetable soups (using allowed vegetables)	Miso soup	All others
SAUCES AND CONDIMENTS	lemon juice vinegar worcestershire sauce	soy sauce (in moderation) chilli	mustard tomato paste	
SPICES AND HERBS	all spice basil celery flakes chilli chives cinnamon cloves coriander cumin curry powder	dill fennel garlic ginger lite salt mint mustard seed nutmeg	oregano paprika parsley pepper rosemary sage thyme tumeric taragon	
MISCELLANEOUS	artificial sweeteners	Unsweetened lollies/gum	Diet Jelly Essence – banana, mint, strawberry	
CALORIE- FREE FLUIDS (at least 2 litres extra per day)	water tea diet soft drink	diet cordial mineral water		fruit juice alcohol

RECIPE IDEAS

RATATOUILLE

Preparation Time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 1 finely chooped clove garlic (3 grams)
- ½ medium thinly sliced red capsicum (75grams)
- 1 small thinly sliced unpeeled zucchini (100 grams)
- 1 small thinly sliced onion (75 grams)
- 1 teaspoon unsaturated oil (5ml)
- 1 Table Spoon water (20ml)
- 1 teaspoon of finely chopped fresh oregano or ½ tsp of dry
- 1 medium chopped tomato (100 grams)
- Salt and pepper to taste

Stir fry garlic, capsicum, zucchini, and onion in oil and water for 5- 10 minutes or until soft.

Stir in oregano and tomato and cook for 3 more minutes.

Season to taste with salt and pepper and serve.

Serves 2

Nutrient analysis

Kj 232, Calories- 56, Protein- 2-3 g, CHO- 5g, Fat-2.85g

Variations: Vegetables could be varied by substituting baby squash for zucchini and using yellow or green capsicum instead of red. Green beans or asparagus could be chopped and added. Choose according to what is in season.



BALSAMIC VEGETABLE BAKE

Preparation time: 20 minutes

Baking time: 20 minutes

Ingredients:

- 2 baby thinly sliced eggplant with skin (200 grams)
- 4 baby zucchini, cut into strips (200 grams)
- ½ large cubed red capsicum (150 grams)
- ½ large cubed yellow capsicum (150 grams)
- 1 medium red onion cut into wedges (100 grams)
- 1 teaspoon of olive oil (5 grams)
- 1 Tablespoon of balsamic vinegar (20ml)
- 2 chopped cloves garlic (6 grams)
- 1 tablespoon chopped parsley
- 1 tablespoon chopped basil
- Salt and pepper to taste

Mix Prepared eggplant, zucchini, red and yellow capsicum, onion, oil, balsamic vinegar and garlic together. Place on a lightly oiled baking tray. Cover with foil and bake in 220 C° oven for 15 minutes, stirring a couple of times. Remove and stir in Basil and parsley. Reserve a little basil to garnish.

Serves 6

Nutrients per serve:

Kj- 151, Cal- 36, Pro- 1.88g, CHO- 4.32g, Fat- 1.15g



STUFFED BABY SQUASH

Preparation time: 12 minutes

Baking time: 20 minutes

Ingredients:

- 12 baby squash (500 grams)
- 1/2 small finely chopped white onion (50 grams)
- 1/2 finely chopped red capsicum (50 grams)
- 1 finely chopped clove garlic (3 grams)
- 1 teaspoon unsaturated oil (5ml)
- Freshly ground black pepper (to taste)

Wash and cut off the tops of the baby squash. Remove any discoloured areas and cut a small slice off the bottom so that they will sit flat.

Scoop out the flesh and save.

Stir-fry the onion, capsicum, garlic and 1/2 the flesh of the baby squash for 4 minutes.

Refill the squash and bake for 20 minutes at 180° C.

Serve immediately allowing 3 squash per serve

Serves 4

Nutrients per serve:

Kj- 205, Cal- 49, Pro- 3.78g, CHO- 5g, Fat- 1.52g

