DIETBASHAYER

FREE GROCERY CHECKLIST

After Bariatric Surgery: The First 3 Months

Your stomach is smaller now, so every sip and every bite has to count. This list helps you stock your kitchen for each stage after a sleeve or bypass: fluids, protein first, and your vitamins every day.

Sleeve & bypass | Stage by stage | Print it before you leave hospital

Stock your kitchen before you come home.

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1 Start here: how to use this

1. **Follow your surgical team's plan.** Stages and timings differ between surgeons. This list helps you shop; it doesn't replace their instructions.
2. **Shop one stage ahead,** so the next stage's foods are ready when you move up.
3. **Keep the three daily rules:** fluids all day, protein first, vitamins every day.

THE THREE DAILY RULES

Sip 1.5-2 litres of fluid a day, away from meals. Eat protein first at every meal. Take your vitamins every day, for life.

2 The usual stages (your team sets the timing)

Clear liquids	**The first days**	Water, clear broth, sugar-free jelly
Full liquids	**Around weeks 1-2**	Protein shakes, milk, laban
Puréed	**Around weeks 3-4**	Smooth, spoonable protein
Soft	**Around weeks 5-8**	Moist, easy-to-chew foods
Regular	**From around week 8**	Small portions, protein first

3 The checklist

Fluids	TIP
☐ Water, naturally flavoured water (no sugar)	Small sips all day
☐ Clear broth, low salt	Chicken or vegetable
☐ Caffeine-free herbal tea, no sugar	Chamomile, mint
☐ Sugar-free jelly	Clear-liquid stage

Liquid protein	TIP
☐ Protein shake or powder, low sugar	Ask your team which type
☐ Low-fat or lactose-free milk	Lactose can feel heavier after surgery
☐ Laban, rob (plain)	Easy protein
☐ Plain Greek yoghurt	Thick, high protein

Puréed stage	TIP
☐ Eggs, softly scrambled	Very soft
☐ Cottage cheese, labneh	Smooth protein
☐ White fish, tuna in water	Blended with a little broth
☐ Smooth lentils, hummus	Puréed until smooth

Soft stage	TIP
☐ Minced chicken or turkey	Moist, never dry
☐ Cooked fish, salmon	Flakes easily
☐ Soft cooked vegetables: courgette, carrot, pumpkin	No skins or strings
☐ Soft fruit without skin: banana, melon	Small amounts

Pharmacy: not optional	TIP
☐ Chewable multivitamin	Every day
☐ Calcium citrate + vitamin D	Split into doses
☐ Vitamin B12	As prescribed
☐ Iron, if prescribed	2 hours apart from calcium

Kitchen tools	TIP
☐ Small plates and bowls	A dessert plate is perfect
☐ Small spoons	Slows each bite
☐ Measuring cups or a food scale	Learn your new portions
☐ A water bottle with time markings	Track your sips

4 Leave on the shelf

- ✕ Fizzy and carbonated drinks
- ✕ Juices and sweetened drinks
- ✕ Sweets and fried or greasy food (can cause dumping, especially after bypass)
- ✕ Bread, rice and pasta in the first months (they can feel stuck)

Most important: don't drink with meals. Stop drinking 30 minutes before you eat and wait 30 minutes after.

Want support after surgery?

The months after surgery are when habits are made. I help you through each stage and beyond, with a plan that fits real Gulf life. **Book a 1:1 consultation on WhatsApp: +965 5596 5181**

Educational guide, not medical advice. Always follow your surgeon's and bariatric team's instructions. Vitamin doses depend on your blood tests.

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