

Protein Bars and Shakes

Protein is a large emphasis of the pre-op and post-op diets for multiple reasons:

1. Protein promotes healing after the surgery
2. Protein intake prevents loss of lean muscle mass and helps ensure that weight loss is due to fat loss
3. Protein helps keep you fuller longer



Recommended intake of protein is at least **70-100g/day**. Your body can not absorb all of this at one time, so it must be split up into meals containing 20-30g of protein each.

The first week after surgery, you will be on a **liquid diet** and protein supplements (shakes/drinks/powders) will be necessary to help you reach the recommended protein intake. After that first week, they may serve as a supplement if you are unable to hit your protein goals, but the goal is to eventually consume most of your protein from food sources.

How To Select Your Protein Supplement



Recommended Protein Supplements

(see following pages for images and more examples)

Recommended Protein Powders

- Muscle Milk 100% Whey Protein Powder
- Unjury (fruity and savory flavors available)
- Syntrax Nectar (available in fruity flavors)
- Isopure Protein Powder Whey Protein Isolate
- Body Fortress Isolate Protein Powder
- Dymatize ISO 100 Hydrolyzed Whey Protein Isolate
- Six Star Pro Nutrition Whey Isolate
- GNC AMP Pure Isolate
- Chike Nutrition Protein
- NOW Foods Whey Protein Isolate
- Bariatric Fusion High Protein Meal Replacement (savory option available)
- Clean Simple Eats
- Inspire Protein Powder by Bariatric Eating
- Ascent Protein Powder
- Bariatric Advantage HPMR
- Celebrate High Protein Meal Replacement Powder

Recommended Protein Shakes

- Muscle Milk Genuine Protein Shake
- Unjury Protein Shake
- Six Star Clean Protein Shake
- Fairlife Nutrition Plan
- CorePower Protein Shakes
- Nurri Ultra-Filtered Milkshake
- Pure Protein Complete Protein Shake

Recommended Clear Protein Powders

- Clean Simple Eats Clear Protein Powder
- Isopure Infusions
- Seeq Protein Powder
- MyProtein Clear Protein Isolate
- 1Up Nutrition Clear Protein Isolate
- Oath Nutrition Clear Whey Protein
- Ascent Clear Whey Isolate
- Inspire Protein Powder Clear Whey Isolate

Recommended Clear Protein Drinks

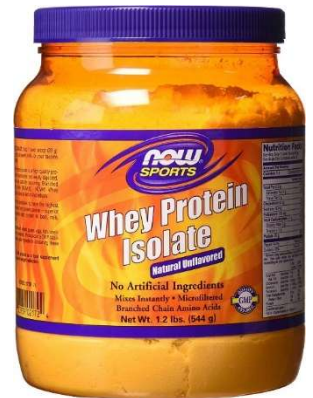
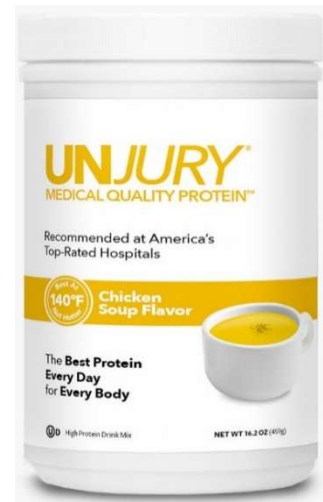
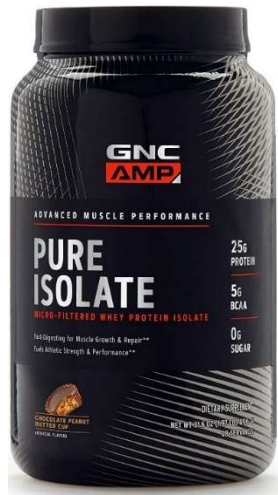
(Can also use these for clear liquid diet 48 hours before surgery)

- Isopure Zero Carb Protein
- Protein2O (also available in single servings packets)
- READY Protein Water
- Bariatric Advantage Clearly Protein
- Celebrate Vitamins CLR Protein Water

Recommended Protein Bars *(not to be used until week 3 post-op)*

- Quest Protein Bar
- ONE Protein Bar
- Fit Crunch
- Think! Crisp Protein Bars
- Built Puff Bars
- Pure Protein Bars
- Celebrate Bariatric Protein Bars
- Wonderslim Protein Bars

Recommended Protein Powders



Recommended Pre-Made Protein Shakes



Recommended Clear Protein Supplements



Recommended Protein Bars



Helpful Tips

Where to Purchase: Amazon, Google, GNC, Vitamin Shoppe, Target, Walmart, grocery store, BJ's, Sam's Club, Costco

Try GNC or Vitamin Shoppe to purchase individual products

Discount Codes:

Bariatric Advantage: use validation code "GBMC" (this is NOT a discount code)

Celebrate Vitamins: shop the GBMC page at

<https://celebratevitamins.com/collections/GBMC?aff=348>

DO NOT use collagen-based protein supplements as your primary protein supplement; usually in the form of protein "shots" or "test tubes" such as Profect and New Whey. Collagen is considered an incomplete protein.

Check out mybariatricpantry.com; mybariatricpal.com (has Nectar samples) to order samples of different brands to try!

Which Protein Supplement Is Right For You?

Protein Powder

Pros: More versatile – can add into smoothies and other food items to increase protein content. Wider variety of flavors; sweet and savory flavors. More cost-effective. Shelf-stable.

Cons: Requires preparation. Must measure out serving size.

Premade Shakes

Pros: Convenient for on-the-go lifestyles. Shelf stable. One shake = 1 serving.

Cons: Not as many flavors available. Sometimes limited availability in-store. More expensive than protein powder. Should be refrigerated after opening.

Protein Water/Clear Protein

Pros: Fruity flavors instead of milky flavors/texture. Appropriate for clear liquid pre-op diet. Shelf stable.

Cons: Sometimes too sweet for patients. Please note, protein waters *do not* count toward 64 fl oz fluid intake

Protein Bars

Pros: Convenient grab-n-go option. Solid food is often more filling/satiating than liquids. Lots of dessert-like flavors. No refrigeration required.

Cons: Sometimes higher in carbohydrates/fat. Can't use during the first couple weeks after surgery.