

# OPTIFAST- 1 week Pre-Operative Plan

-Please discuss any food allergies with a dietitian before purchasing products.-

Individual Prices: Shakes \$3.50 - Soups \$3.00

**Women's Plan: 7 products per day only 1120 calories (49 products)**

**OR 5 products per day and one lean & green meal (35 products)**

**Men's Plan: 8 products per day only 1280 calories (56 products)**

**OR 6 products per day and one lean and green meal (42 products)**

**PLAN YOUR MEALS FROM THE OPTIFAST PRODUCTS LISTED BELOW:**

## **Shakes-best if refrigerated = \$3.50 each**

- \_\_\_\_\_ Strawberry-ready to drink
- \_\_\_\_\_ Chocolate-ready to drink
- \_\_\_\_\_ Vanilla-ready to drink

## **Soups – allowed 2 soups/day—No more than 14 total = \$3.00 each**

- \_\_\_\_\_ Garden tomato soup
- \_\_\_\_\_ Vegetable soup
- \_\_\_\_\_ **Total Number of Product Purchasing**

**Total # of shakes:** \_\_\_\_\_ **X \$3.50=** \_\_\_\_\_ **Total # of soups:** \_\_\_\_\_ **X \$3.00=** \_\_\_\_\_

- Remember to refer to your Optifast information with other products that you may have in addition to the Optifast, such as sugar free Jell-O or low sodium broth. Speak to the dietitian if you have additional questions regarding this.
- You will start your Optifast 8 days prior to surgery. The day prior to your surgery you will be on a clear liquid diet as well as 1 bottle of clear magnesium citrate that you purchased over the counter at the pharmacy. Please speak with the nurse if you have any questions regarding this.