

Shopping List For Bariatric Surgery

Supplements

1. Liquid protein shakes for Liquid diet BEFORE surgery (page 2)
2. Powder whey isolate protein for AFTER surgery (page 3-4)
3. Chewable Bariatric Vitamins (page 5-10)
 - a. Choose 1 Bariatric Complete Multivitamin
 - b. Choose 1 chewable Calcium Citrate

Equipment/utensils

Measuring cups



Small blender or food processor



Bathroom digital scale



Protein shaker cup (optional)

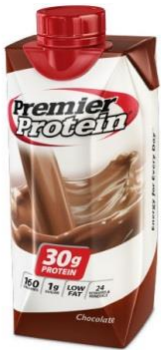


Kitchen scale (optional)



Item #1 – BEFORE SURGERY - Ready To Drink Liquid Meal Replacements

Premier Protein



160 Calories
30 gr Protein

Fairlife



150 Calories
30 gr Protein

Equate High Performance
(Walmart)



160 Calories
30 gr Protein

Ensure MAX



150 Calories
30 gr Protein

GNC Lean Shake 25



170 Calories
25 gr Protein

Pure Protein



140 Calories
30 gr Protein

Quest



160 Calories
30 gr Protein

Slim Fast
High protein



180 Calories
20 gr Protein

Muscle Milk
ProSeries



170-200 Calories
32-40 gr Protein

Muscle Milk
Light



100 Calories
20 gr Protein

Muscle Milk Genuine
Zero Sugar



160 Calories
25 gr Protein

Orgain Clean
Protein



140 Calories
20 gr Protein

Item #2 AFTER SURGERY Whey Protein isolate

- Bariatric Advantage HPMR
- Body Fortress 100% Whey Protein isolate
- BodyTech Whey Isolate ONLY
- Celebrate High Protein Meal replacement
- Dymatize Iso100
- Equate Whey Protein (Walmart brand)
- GNC Pure Isolate
- Gold Standard 100% Isolate
- BE Inspire Whey Protein Isolate Powder
- Isopure
- Isopure Infusions
- Nectar Protein (Syntrax)
- Prolific Isolate
- SDC Nutrition About Time Whey Protein Isolate
- Unjury

Powder



- Bariatric Advantage Clearly Protein (20gr in 17 fl oz)
- BiPro Protein Water (20gr in 17 fl oz)
- Nature's Best Isopure 20 g Protein Drink (20gr protein in 16 fl oz)
- Nature's Best Isopure Zero Carb Protein Drink (40gr protein in 20 fl oz)
- Premier Protein Clear Protein Drink (20gr protein in 17 fl oz)
- Unjury Ready to Drink Protein Shake (20gr protein in 8.5 fl oz)
- Protein 2-O (ONLY 15gr protein in 17 fl oz)

Liquid



Some Stores where you can buy Whey Protein isolate:



Websites where you can buy Whey Protein isolate:

www.gnc.com

www.thevitaminshoppe.com

www.bariatricadvantage.com

www.celebrate.com

www.biprousa.com

www.bariatricpal.com

www.bariatriceating.com

www.amazon.com

www.target.com

www.walmart.com

We recommend sampling products before your surgery to allow you time to find one you like. Try to find 2-3 different flavors that you like.

Samples are available on the following websites:

www.nashuanutrition.com/collections/protein-powder-singles





www.vitalady.com

www.bariatriceating.com

www.bariatricadvantage.com

www.baritasticstore.com

Item #3 AFTER SURGERY Bariatric Chewable Vitamins – Choose ONLY One Brand

Bariatric Advantage	Amount	Timing	Notes
<p><u>Choose ONLY 1 Multivitamin</u></p> <div style="display: flex; align-items: center;">  → </div> <p>"Chewable Advanced Multi EA" Multivitamin</p> <div style="display: flex; align-items: center;">  → </div> <p>"Chewable Ultra SOLO with Iron"</p>	<p>2 chewables per day</p> <p>1 chewable per day</p>	<p>Take 2 in Morning</p> <p>Take 1 in the Morning</p>	<p>These multivitamins cover most of your needs as a Bariatric patient</p> <p>You only need separate calcium citrate (see below)</p>
<p><u>Choose ONLY 1 Calcium</u></p> <div style="display: flex; align-items: center;">  </div> <p>"Calcium Citrate Chewy Bite 500 mg"</p> <div style="display: flex; align-items: center;">  </div> <p>"Chewable Calcium Citrate 500 mg"</p>	<p>3 chewables per day</p>	<p>Take 1 in Afternoon</p> <p>Take 1 in Evening</p> <p>Take 1 at Bedtime</p>	<p>Take at least 2 hours separated from the Multivitamin or any iron pill</p>

How to order:

1. At Temple Pharmacy by phone **215-707-4528** or in person **1st Floor, Parkinson Pavilion (Zone C) 3401 N. Broad Street**
2. Online **<https://www.bariatricadvantage.com>**

Item #3 AFTER SURGERY Bariatric Chewable Vitamins – Choose ONLY One Brand

Celebrate Vitamins	Amount	Timing	Notes
<p><u>Choose ONLY 1 Multivitamin</u></p> <div style="text-align: center;">  → </div> <p>"Celebrate ONE 45 chewable" (only for Sleeve)</p> <div style="text-align: center;">  → </div> <p>"Multi-Complete 45 or 60 Chewable" (for Sleeve or Bypass)</p>	<p>1 chewable per day</p> <p>2 chewables per day</p>	<p>Take 1 in Morning</p> <p>Take 2 in Morning</p>	<p>These multivitamins cover most of your needs as a Bariatric patient</p> <p>You only need separate calcium citrate (see below)</p>
<p><u>Choose ONLY 1 Calcium</u></p> <div style="text-align: center;">  </div> <p>"Calcium Citrate Soft Chew"</p> <div style="text-align: center;">  </div> <p>"Calcium Plus 500 mg Chewable"</p>	<p>3 chewables per day</p>	<p>Take 1 in Afternoon</p> <p>Take 1 in Evening</p> <p>Take 1 at Bedtime</p>	<p>Take at least 2 hours separated from the Multivitamin or any iron pill</p>

How to order:

1. At Temple Pharmacy by phone **215-707-4528** or in person **1st Floor, Parkinson Pavilion (Zone C) 3401 N. Broad Street**
2. Online <https://celebratevitamins.com>
3. Phone **877-424-1953**

Item #3 AFTER SURGERY Bariatric Chewable Vitamins – Choose ONLY One Brand

BARIATRIC PAL	<i>Amount</i>	<i>When</i>	<i>Notes</i>
 <p>"BariatricPal Multivitamin ONE "1 per Day!" Chewable with 45mg Iron"</p>	1 chewable per day	Take 1 in Morning	<p>1 chew cover most of your needs as a Bariatric patient</p> <p>You need separate calcium citrate (see below)</p>
 <p>"BariatricPal Sugar-Free Calcium Citrate Soft Chews 500mg"</p>	3 chewables per day	<p>Take 1 in Afternoon</p> <p>Take 1 in Evening</p> <p>Take 1 at Bedtime</p>	<p>Take at least 2 hours separated from the Multivitamin or any iron pill</p>

How to order:

Phone orders **855-957-2725**

Online <https://store.bariatricpal.com/>

Item #3 AFTER SURGERY Bariatric Chewable Vitamins – Choose ONLY One Brand

OPURITY	<i>Amount</i>	<i>When</i>	<i>Notes</i>
 <p>“Bariatric Multi Chewable with 45mg Iron”</p>	1 chewable per day	Take 1 in Morning	<p>1 chew cover most of your needs as a Bariatric patient</p> <p>You need separate calcium citrate (see below)</p>
 <p>“Calcium Citrate Plus Chewable”</p>	4 chewables per day	<p>Take 2 in Afternoon</p> <p>Take 2 in Evening</p>	<p>Take at least 2 hours separated from the Multivitamin or any iron pill</p>

How to order:

Phone orders **+1 (800) 517-5111**

Online **<https://unjury.com/vitamins.html>**

Item #3 AFTER SURGERY Bariatric Chewable Vitamins – Choose ONLY One Brand

PROCARE HEALTH	<i>Amount</i>	<i>When</i>	<i>Notes</i>
 <p>"Bariatric Multivitamin chewable with 45mg Iron"</p>	1 chewable per day	Take 1 in Morning	<p>1 chew cover most of your needs as a Bariatric patient</p> <p>You need separate calcium citrate (see below)</p>
 <p>"Calcium Chews"</p>	3 chewables per day	<p>Take 2 in Afternoon</p> <p>Take 2 in Evening</p>	<p>Take at least 2 hours separated from the Multivitamin or any iron pill</p>

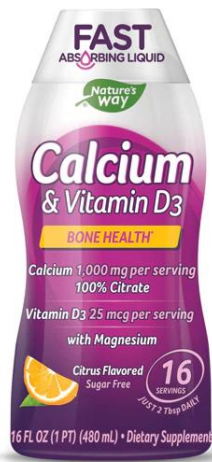
How to order:

Phone orders **877-822-5808**

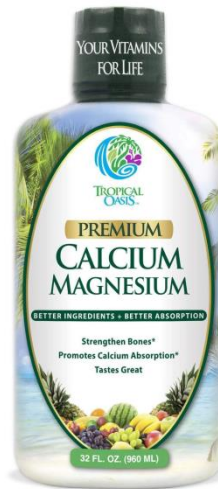
Online <https://procarenow.com/>

Other Options for Calcium Citrate: Liquid or Chewable

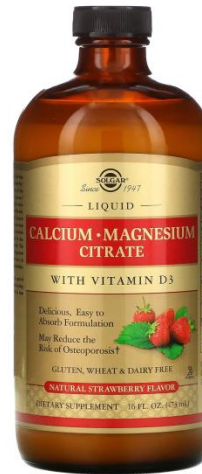
LIQUID



Nature's Way/Wellesse



Tropical Oasis

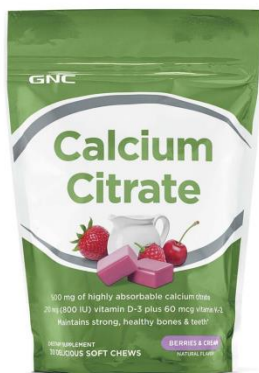


Solgar

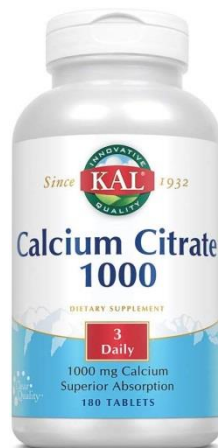


Bluebonnet

CHEWABLE



GNC



KAL

Calcium Citrate is well absorbed with or without food. For that reason it is the most recommended form of calcium.

If you need to purchase a different form of calcium, like the one in Viactiv or Caltrate (**calcium carbonate**), you will need to take your calcium **WITH FOOD**.