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BARIATRIC SURGEON



Your Pre-Operative Blueprint: BMI 40-45

The 14-Day Liver Shrinking Protocol

Welcome to the active phase of your bariatric transformation. Because your BMI is between 40 and 45, you require a comprehensive **14-day metabolic protocol**. This two-week window is absolutely critical for your surgical safety and sets the foundation for your long-term success.

The Medical Purpose: Why 14 Days? When you carry excess weight, your liver stores excess fat and becomes enlarged, sitting directly over your stomach. By strictly eliminating carbohydrates and sugars for exactly two weeks, your body will deplete its glycogen stores and begin burning the fat trapped inside your liver. This effectively "shrinks" your liver, making it lighter and safer for Dr. Sandy to lift and maneuver during your laparoscopic surgery, minimizing tissue trauma and accelerating your recovery.

Dr. Sandy's Pro-Tip: *"Two weeks means you will face at least two weekends. If your family orders takeout, you don't have to hide in your room! Order grilled chicken, skip the carbs, and focus on the conversation, not the food. Your mindset determines your success."*

The Nutritional Plan (Days 14 to 3)

For the first 12 days of this diet, your daily intake will consist of **2 to 3 solid lean meals** AND **1 to 2 protein shakes**.

ALLOWED (Green Light):

- **Lean Proteins (4-7 oz per meal):** Chicken breast, turkey, white fish, salmon, shrimp, 90/10 lean ground beef, eggs, or tofu. *(Always eat your protein first!)*
- **Unlimited Non-Starchy Veggies:** Spinach, broccoli, cauliflower, zucchini, celery, asparagus, green beans, and bell peppers.
- **Healthy Fats (1 serving daily):** Half an avocado, 1 tablespoon of olive oil, or a small handful of plain nuts.

- **US Protein Shakes:** Ready-to-drink options like Fairlife Nutrition Plan, Premier Protein, or Isopure. *(Must have $\geq 20g$ protein and $\leq 5g$ sugar per serving).*

STRICTLY PROHIBITED (Red Light):

- Sugar, bread, rice, pasta, tortillas, potatoes, corn, peas, and oats.
- Dairy milk and full-fat cheeses.
- Alcohol and all caffeinated beverages.

Detailed Bariatric Recipes

1. The "Sheet Pan" Lemon Asparagus Salmon *(Almost zero clean-up, perfect for a quick weeknight dinner).*

- **Ingredients:** 1 wild-caught salmon fillet (approx. 5 oz), 1 cup of fresh asparagus (ends trimmed), 1 tbsp olive oil, half a lemon, salt, pepper, and garlic powder.
- **Instructions:** Preheat oven to 400°F (200°C). Place salmon and asparagus on a parchment-lined baking sheet. Drizzle olive oil over asparagus. Squeeze lemon juice over the salmon; sprinkle everything with garlic powder, salt, and pepper. Bake for 12-15 minutes until the salmon flakes easily.

2. Ground Turkey "Taco" Lettuce Boats *(Craving Taco Tuesday? This hack eliminates carbs but keeps the flavor).*

- **Ingredients:** 93/7 Lean Ground Turkey, 1 packet low-sodium taco seasoning (zero added sugar), Romaine lettuce leaves, 1/4 avocado.
- **Instructions:** Brown the turkey in a skillet over medium heat. Drain excess fat. Add seasoning and a splash of water, simmering for 2 minutes. Wash and dry romaine leaves to use as "taco shells". Spoon the turkey into the lettuce boats and top with fresh diced avocado.

3. "Weight Loss Magic Soup" (The Hunger Killer) *(Make a large batch on Sunday. Eat a bowl whenever you feel hungry between meals).*

- **Ingredients:** 32 oz low-sodium chicken/vegetable broth, 1 cup chopped celery, 1 cup green beans, 1 cup chopped spinach, 1 diced zucchini, 1/2 onion, garlic powder, and Italian seasoning.
- **Instructions:** Lightly spray a large pot with olive oil. Sauté onions and celery until soft. Pour in broth and bring to a boil. Add the rest of the veggies and seasonings. Simmer for 20 minutes. Eat as much as you want!

The 14-Day Social Survival Guide

Since you will be on this diet for two full weeks, you will likely attend a social event, a work lunch, or a family dinner. You do not need to pause your life. Here is exactly how to survive eating out in the US while protecting your liver-shrinking progress:

- **At Mexican Restaurants:** Order chicken or steak fajitas. Ask the waiter to completely hold the rice, beans, and tortillas. Eat only the meat, onions, and peppers with a side of guacamole.
- **At American Diners/Steakhouses:** Order a grilled chicken breast or a sirloin steak with a side of steamed broccoli. Explicitly ask the kitchen to cook your meal with olive oil instead of butter.
- **At Fast-Casual (like Chipotle):** Order a Salad Bowl. Ask for extra romaine lettuce, double chicken, fajita veggies, and a side of fresh salsa. **NO** rice, **NO** beans, **NO** corn, **NO** sour cream, and absolutely **NO** chips.

The Mental Sprint

Use these 14 days to practice the habits that will dictate your post-op success:

- **The 30/30 Rule:** Stop drinking all liquids 30 minutes before a meal, and wait 30 minutes after eating to drink again. *Never wash your food down.*
- **Master the "Bariatric Chew":** Chew every single bite 20 to 30 times until it reaches an applesauce consistency. Digestion now starts in your mouth.

Your Pre-Surgical Medical Timeline

Your surgical safety depends entirely on following these medical milestones. You must strictly adhere to this timeline to prevent severe complications during and after surgery.

2 Months Prior – The Clean Start

- **STOP all nicotine products (Smoking, Vaping, Patches).** *Medical Reason:* Nicotine constricts blood vessels, drastically reducing oxygen to your stomach tissue. This prevents healing and increases the risk of life-threatening leaks. Ask your primary care provider for Chantix and Wellbutrin to help stop cravings safely.

14 Days Prior – Diet & Detox (Starts Today!)

- **STOP vitamins and herbal supplements.** (Many herbs unpredictably thin the blood).
- **DISCONTINUE birth control and FEMALE supplemental hormones.** (*Note: IUDs & IMPLANTS are totally safe and do not need to be removed.*)
- **NO alcohol, marijuana, or THC products.** These significantly increase bleeding risks and interfere dangerously with anesthesia.
- **DISCONTINUE all caffeine.** Caffeine is a diuretic that causes dehydration. Switch to decaf coffee to avoid severe withdrawal headaches in the hospital.

7 Days Prior – Medication Safety

- **STOP specific medications:** Coumadin, ANY ANTICOAGULANTS, or BLOOD THINNERS (Xarelto, Plavix, Aspirin, Ibuprofen, Motrin, Advil, Nuprin, Aleve, or any other NSAID).
- *Medical Reason:* These medications cause stomach irritation and severe postoperative bleeding. This includes baby Aspirin and most arthritis medications. (*Contact our medical team if you have questions*).

2 Days Prior: The Clear Liquid Phase

Exactly **48 hours before your surgery**, you must **STOP ALL SOLID FOODS** and thick protein shakes. You will transition immediately to strict clear liquids to completely empty your digestive tract.

You may **ONLY** consume:

- Water and Crystal Light.
- Clear chicken or beef broth (strained, no chunks).
- Apple juice (Diluted: 60% water / 40% juice).
- Sugar-free Jell-O and Sugar-free popsicles (no fruit chunks).

8 Hours Prior: The Final Race (NPO)

- **ABSOLUTELY NOTHING BY MOUTH.**
- Do not consume even a single sip of water, ice chips, mints, or gum after midnight preceding your surgery.
- **NO MEDICATIONS** unless explicitly directed by Dr. Sandy or our anesthesiologist.
- *Medical Reason:* If fluid remains in your stomach, it can travel to your lungs under anesthesia (Aspiration Pneumonia). **If you drink water during this window, your surgery will be canceled.**

IMPORTANT CHECKLIST: Please bring ALL your prescribed medications (whether you are currently taking them or not) in properly labeled pharmaceutical bottles for documentation during your Pre-Op testing. Do NOT take any medications after surgery until you have consulted with Dr. Sandy.