

Guidelines for the BARIATRICBOX

- **6 sachets/day, best taken for at least 2 weeks before the bariatric procedure**
- **VEGETABLES:**
 - **Vegetables allowed without restriction:**
endive, asparagus, aubergine, bamboo shoot, stem celery, cauliflower, broccoli, chanterelles, Paris mushrooms, Chinese cabbage, cucumber, pak choi, pumpkin, purslane, red cabbage, lettuce, string beans, spinach, tomato, garden cress, lamb's lettuce, fennel, watercress, chicory, sprouts, Tuscan kale, romaine lettuce, rocket, iceberg lettuce, oyster mushrooms, cherry tomato, celery, frisée endive, rhubarb, oakleaf lettuce, gherkin.
 - **Vegetables up to max. 200 g per day:**
green and white cabbage, courgette, bell pepper, pattypan squash, leek, Savoy cabbage, rutabaga, sorrel, mangetout, French beans, turnip, radish, black radish, butter beans, celeriac, alfalfa, daikon, radicchio, chard, pointed cabbage, bean sprouts, shoots, broad beans, sauerkraut, nori.
 - **Banned vegetables:**
peas, artichoke, maize, parsnip, carrot, red beet, black salsify, Jerusalem artichoke, okra, white and red beans, legumes, chickpeas, lentils, dandelion greens, lotus root.
All vegetables may be consumed in the form of soup, raw, boiled, steamed, stewed, stir-fried, baked, puréed, vegetable sauce, vegetable juice, etc.
- **FAT:**
 - 1 tablespoon/day vegetable oil or margarine for preparing food
 - 1 tablespoon/day low-fat dressing or vinaigrette
- **ADD FLAVOUR:**
 - All herbs and aromatics are allowed (leeks and onions in powder form only)
Examples: chives, basil, mint, dill, tarragon, paprika, curry powder, nutmeg, lemon grass, rosemary, cinnamon, etc.
 - Fat-free stock cubes are allowed, and are handy for adding to soups or vegetable preparations
 - All types of vinegar can be used, with a maximum of 1 tablespoon/day
- **BANNED:**
 - Products containing starch, such as pasta, potatoes, rice, couscous, quinoa, bread, cornflakes
 - Avocado, nuts, olives
 - Fruit, dried fruits, candied fruits, fruit purée
 - Mayonnaise and all mayonnaise-based preparations
 - Sugar, in all forms
 - All dairy products and derivatives

• **GENERAL RECOMMENDATIONS:**

- Drink at least 2 l of **mineral water/day** (if constipated, magnesium-rich water) - **Tea, infusions, coffee (with sweetener if required, without milk)**
- The sense of hunger will disappear after 48 hours
- Attention! Any deviation will disrupt the diet and bring back the sense of hunger - Contact your doctor if you experience any side effects

• **DAILY STRUCTURE:**

In principle you can choose your own meal sachets throughout the day

- **Examples of possibilities for breakfast:**

Dessert Raspberry Yoghurt flavour, Dessert Yoghurt Stracciatella flavour, Dessert Fromage Frais Apricot flavour, Oat Flakes Apple-Cinnamon flavour, Pancake Apple-Caramel flavour, Breakfast Cereals Plain flavour, Omelette Fine Herbs flavour

- **Examples of possibilities for lunch:**

All soups, Omelette Fine Herbs flavour, Omelette Bacon flavour, Omelette Mediterranean Herbs flavour, Roll Plain, Pancake, Pancake Apple-Caramel flavour

- **Examples of possibilities for dinner:**

Mash Potato flavour, Roll Plain, Nuggets Chicken flavour, Omelette Fine Herbs flavour, Omelette Bacon flavour, Omelette Mediterranean Herbs flavour, "Rösti" Potato flavour, Pancake

- **Examples of possibilities for snacks:**

all hot and cold drinks, all desserts

EXAMPLE DAY

	PRODUCT PRO WELL NUTRITION	EXTRA INFO
BREAKFAST	1 Pro Well Nutrition meal sachet Coffee or tea	
SNACK	1 Pro Well Nutrition meal sachet Water, coffee or tea	
LUNCH	1 Pro Well Nutrition meal sachet Vegetables from the list "unlimited" 200 g from the list of vegetables in moderation Water	
SNACK	1 Pro Well Nutrition meal sachet Water, coffee or tea	
DINNER	1 Pro Well Nutrition meal sachet Vegetables from the list "unlimited" Water	
EVENING SNACK	1 Pro Well Nutrition meal sachet Water	