

Liver Shrink Diet - Before Liver Resection

A liver shrink diet is a special diet for some patients who will soon be having liver resection surgery. You are to follow this diet for one week before this surgery. The purpose of this special type of low calorie, low carbohydrate and low fat diet is to reduce the size of your liver. This will help your doctor while performing the surgery and lower your chance of surgery complications.

This diet provides:

- 1,000 calories
- 100 grams of protein
- 70 grams of carbohydrate

Diet overview

Daily you will need to take in:

- **3 high protein meal replacement shakes**
- **1 meal of** (you may choose either)

A frozen entree that has 300 calories or less and 30 grams of carbohydrate or less

- or -

6 ounces of lean meat (chicken, turkey, fish, pork) + 1 cup non-starchy vegetables. Do not eat starchy vegetables like peas, potatoes, beans, or corn.

- **Unlimited non-starchy vegetables** which include:

Salad (vegetables only) + 2 tablespoons of light or low fat salad dressing. Do not use high calorie toppings, such as cheese, egg, dried fruit, nuts, and bacon.

- or -

1 cup of cooked or raw non-starchy vegetables (do not eat peas, potatoes, beans, or corn)

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **1 fruit**, such as a small apple, small orange, $\frac{3}{4}$ cup berries, 1 cup melon or $\frac{1}{2}$ cup of other types of fruit
- **64 fluid ounces of calorie free and caffeine free beverages**, such as water, infused water, unsweetened tea, herbal tea, and Crystal Light, Mio, Fruit2O, Propel Zero

Sample Meal Plan	
Breakfast	1 meal replacement shake
Snack	1 fruit
Lunch	Salad with 2 tablespoons of light dressing + 1 meal replacement shake
Snack	1 meal replacement shake
Dinner	Frozen entree
Snack	1 meal replacement shake

Low Carbohydrate Meal Replacement Shake Options				
Product	Calories	Fat (g)	Protein (g)	Carbs (g)
Atkins Plus Protein, ready to drink	190	5	30	8
FairLife Core Power, ready to drink	170	4.5	26	6
FairLife Core Power Elite, ready to drink	230	3.5	42	8
GNC Lean Shake, ready to drink	170	6	25	6
Premier Protein Shake, ready to drink	160	3	30	4
Slim Fast, Advanced Nutrition High Protein, ready to drink	180	9	20	4
Ensure Max Protein Shake, ready to drink	150	1.5	30	6
Equate High Performance, ready to drink	170	4	30	4
Body Fortress Super Advanced Whey Protein powder + 1 cup water	210	5	30	8
Other shake options must provide:	about 200	less than 10	more than 20	less than 10

Frozen meals less than or equal to 300 calories and 30 grams of carbs	
Atkins	Healthy Choice
Beef Teriyaki Stir Fry	Beef and Broccoli (Zero Bowls)
Chicken and Broccoli Alfredo*	Beef Merlot (Cafe Steamers)*
Chicken Marsala*	Cajun Style Chicken and Sausage (Power Bowl)*
Crustless Chicken Pot Pie*	Chicken and Vegetable Stir Fry (Simply Steamers)*
Ham and Cheese Omelet	Chicken Linguini with Red Pepper Alfredo (Cafe Steamers)
Banquet	Chicken Tikka Masala (Simply Steamers)*
Salisbury Steak Meal	Garden Veggie (Simply Steamers)*/**
Turkey Meal with Gravy	Grilled Basil Chicken (Simply Steamers)
Cedar Lane	Grilled Chicken and Broccoli Alfredo (Simply Steamers)*
Adobo Chicken*	Grilled Chicken Marsala with Mushrooms (Simply Steamers)*
Great Value	Grilled Chicken Pesto and Vegetables (Simply Steamers)*
Chicken Florentine	Honey Balsamic Chicken (Simply Steamers)*
Roasted Turkey Breast	Mexican Street Corn (Cafe Steamers)*
Eating Well	Sesame Chicken (Simply Steamers)*
Chicken and Fingerling Potatoes*	Sesame Chicken with Zoodles (Zero Bowls)
Chicken and Wild Rice Stroganoff*	Spicy Beef Teriyaki (Power Bowl)*
	Spicy Black Bean and Chicken (Power Bowl)*
	Verde Chicken (Zero Bowls)*
Lean Cuisine	Smart Ones
Baked Chicken	Broccoli & Cheddar Roasted Potatoes*
Beef Pot Roast	Chicken Strips and Sweet Potato Fries
Chicken in a Sweet BBQ Sauce*	Chipotle Lime Chicken
Chicken Marsala*	Creamy Basil Chicken with Broccoli*
Herb Roasted Chicken*	Crustless Chicken Pot Pie
Meatloaf with Mashed Potatoes*	Ham and Cheese Scramble*
Riced Cauliflower Beef with Broccoli Bowl	Homestyle Beef Pot Roast
Roasted Turkey and Vegetables*	Roasted Chicken and Herb Gravy*
Salisbury Steak with Macaroni & Cheese	Slow Roasted Turkey Breast*
Steak Portabella	Smart Made by Smart Ones
Marie Callender's	Chicken with Spinach Fettuccine
Beef Pot Roast Bowl*	Grilled Sesame Beef and Broccoli
Shepherd's Pie*	Stouffer's
Steak and Roasted Potato*	Baked Chicken Breast & Potatoes
Marie Callender's Delights	Beef Pot Roast
Baked Country Chicken & Potatoes*	Oven Roasted Chicken
Baked Turkey Meatloaf with Roasted Red Pepper Tomato Sauce	Tattooed Chef

Frozen meals less than or equal to 300 calories and 30 grams of carbs	
Michelina's	Cauliflower Pizza Bowl ^{*/**}
Cheeseburger Mac	
Meatloaf with Mashed Potatoes	
Pop's Chicken	
Salisbury Steak	

- Frozen meals marked with * are gluten free.
- Frozen meals marked with ** are vegetarian.
- Frozen meals listed above are intended as a reference. You do not need to be limited to these options only.
- Your frozen meal may have starchy vegetables (peas, potatoes, beans, or corn) as long as it has less than or equal to 300 calories and has less than or equal to 30 grams of carbs.
- Please do NOT blend/add fruit in your protein shake.