

Gastric Bypass Stage 3-4 Shopping List

Crystal light
Sugar free popsicles (Popsicle brand)
Chamomile tea
Low fat Cottage cheese
Low Fat ricotta Cheese
Fat free cream cheese
Mayonnaise
Sugar free Jello or gelatin
Eggs or egg beaters
Tuna (canned)
Canned chicken (or fresh)
Bouillon
1% milk or skim milk
Light yogurt (100-120 calories in 8 oz)
No added sugar carnation instant breakfast
Flinstones Complete MVI
Calcium Citrate (see list)
V-8 juice
Applesauce unsweetened
Canned fruit in juice
Baby food prunes
Jar gravy
Canned vegetables
Cream of wheat (plain)
Oatmeal (plain)
Grits (plain)
Saltines
Baked Tortilla Chips
Sliced Bread (for toast)
FiberChoice chewable fiber supplement
Benefiber powdered fiber supplement