

A high-angle photograph of a man in a blue t-shirt and orange sneakers running on a track. The track has white lane markings. A hand reaches down from the top of the frame towards the man. The background is a green grassy field.

Caring Hands

BARIATRIC SURGERIES

DR. AHMED EL MASRY

www.doctorahmedelmasry.com

Caring Hands

Caring Hands

Overcoming obesity is not easy..
The surgery is just the beginning
of the road.

A path that we'll take together,
step by step.

Since changing your appearance
is not our only goal... Our
objective is to enhance your life,
reach the perfect weight, and
improve your health, but how?
Not only do we need to eat less,
but we also need to replace
our old, wrong habits with new,
healthy ones.

Change your habits, keep your
health, and support the continuity
of the results of the surgery. Do
you think it's hard? Do not worry,
we will continue to walk with you
until the end just as we did at the
beginning of the journey.

**Step by step, with our caring
hands.**

Index

2	A message from Dr. Ahmed El Masry
4	What is the expected weight loss?
5	Average expected weight loss after bariatric surgeries
6	Important guidelines for maintaining an appropriate weight loss rate
7	Prepare your meals
9	The importance of a balanced diet after bariatric surgeries
10	Week 1
18	Week 2
28	Week 3
36	Week 4
44	Week 5
52	Weeks 6 and 7
75	Instructions to avoid any adverse results
71	Diets for weight loss after the sixth week
76	False hunger
77	Healthy snacks for weight loss
78	How much should I eat?
78	Dr. Ahmed's golden rule to maintain the surgery
79	Sports
80	Dumping syndrome
82	Pregnancy after bariatric surgeries
82	Symptoms may occur
85	Food diary
86	Enjoy your life after bariatric surgery
87	Laboratory tests required after bariatric surgery
88	Conclusion

A large, vibrant red bell pepper sits on the left side of the frame. To its right, a tall, narrow mirror reflects a small, slender red chili pepper. The background is a solid, bright red, creating a high-contrast, visually striking composition.

What is the expected weight loss?

The amount of weight you are going to lose varies from one person to another. Rapid weight loss takes place in the first 6 months after surgery, with continuous loss in general. The higher your BMI, the faster you will lose weight in the first period.

Your metabolic rate affects how fast you lose weight. Men lose weight faster than women because they have more muscle mass.

Surgery is just the beginning; the weight loss rate depends on the extent of your commitment and motivation to make changes in your diet and activity.

The success of the surgery is the loss of 50 to 80% of the excess weight during the first year.

The expected average weight loss after bariatric surgeries

If the weight is 150 kg or above

After surgery	Average weight loss for women	Average weight loss for men
2 weeks	8-15	10-20
6 weeks	12-23	14-30
3 months	20-35	24-45
6 months	30-55	34-69
9 months	40-73	44-87
Year	45-85 or more	50 -100 or more

If the weight is 125- 149

After surgery	Average weight loss for women	Average weight loss for men
2 weeks	6-12	8-12
6 weeks	10-18	12-22
3 months	18-27	20-37
6 months	28-39	32-61
9 months	36-51	40-80
Year	40-63 or more	45-93 or more

If the weight is 100- 125

After surgery	Average weight loss for women	Average weight loss for men
2 weeks	3-10	5-10
6 weeks	6-16	9-18
3 months	12-24	15-30
6 months	25-30	30-50
9 months	30-46	42-56
Year	35-54 or more	45-66 or more

IMPORTANT GUIDELINES FOR MAINTAINING AN **APPROPRIATE** WEIGHT LOSS RATE



PREPARE YOUR MEALS

Restaurants and grocery stores are full of foods with high content of fat, carbohydrates, sugar, and salt. If you do not prepare your own meals, you are forced to choose these unhealthy fast food.

This book will help you plan many nutritious food recipes.

The most important thing is to organize your meals throughout the day, and have breakfast within 2 hours of waking up.



Protein

Protein is the cornerstone of your diet after surgery. Protein intake is very important to maintain a proper weight loss rate, but not all proteins have equal importance. The healthiest proteins are fish, chicken, lean red meat, low-fat dairy products, eggs, and soy products.

Vegetable proteins (nuts, seeds, legumes, and grains) do not contain all the essential amino acids, so we call them «proteins of low quality» and should not be relied on entirely.

We recommend adding protein powder, preferably whey protein, starting from the third week to ensure adequate protein intake.

- Avoid high-calorie drinks such as concentrated juice and alcohol.
- Exercising or increasing your physical activity.
- Use smaller plates and utensils, this will make you eat a smaller meal and slow down the speed of your eating.
- Stick to your vitamins.
- Keep in mind that lack of sleep has long-term health consequences, such as heart disease and hypertension, which can affect weight loss.





The importance of a balanced diet after bariatric surgeries

Eating meals with high nutritional value after the surgery is essential to discover a healthy strategy to lose weight without complications or tiredness. Our aim is to assist you in reaching a healthy diet by helping you choose nutritious foods.

Consequently, our post-surgical objective is to modify our eating patterns while increasing our physical activity, as this is an important step in maintaining the surgical results.

WEEK 1

TRANSPARENT LIQUIDS

Without any pieces or fibers.
Diet sugar can be used.

OPTIONS

In the first week, drinking water can be difficult. Adding some pieces of cucumber and mint helps to accept it, while putting ice cubes in the mouth continuously.





1- Detox water

2- Diluted fruit juices (50% juice / 50% water)

Watermelon	Apples
Pineapple	Grapes

3- Chicken, meat, or vegetables strained soup

4- Herbs

- Chamomile
- Carob
- Fenugreek
- Light hibiscus
- Mint
- Anise



5- Diluted plain or flavored tea

6- Decaffeinated coffee

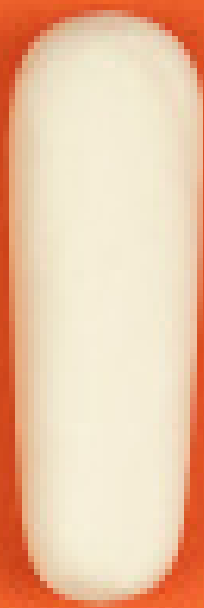
7- Sugar-free jelly



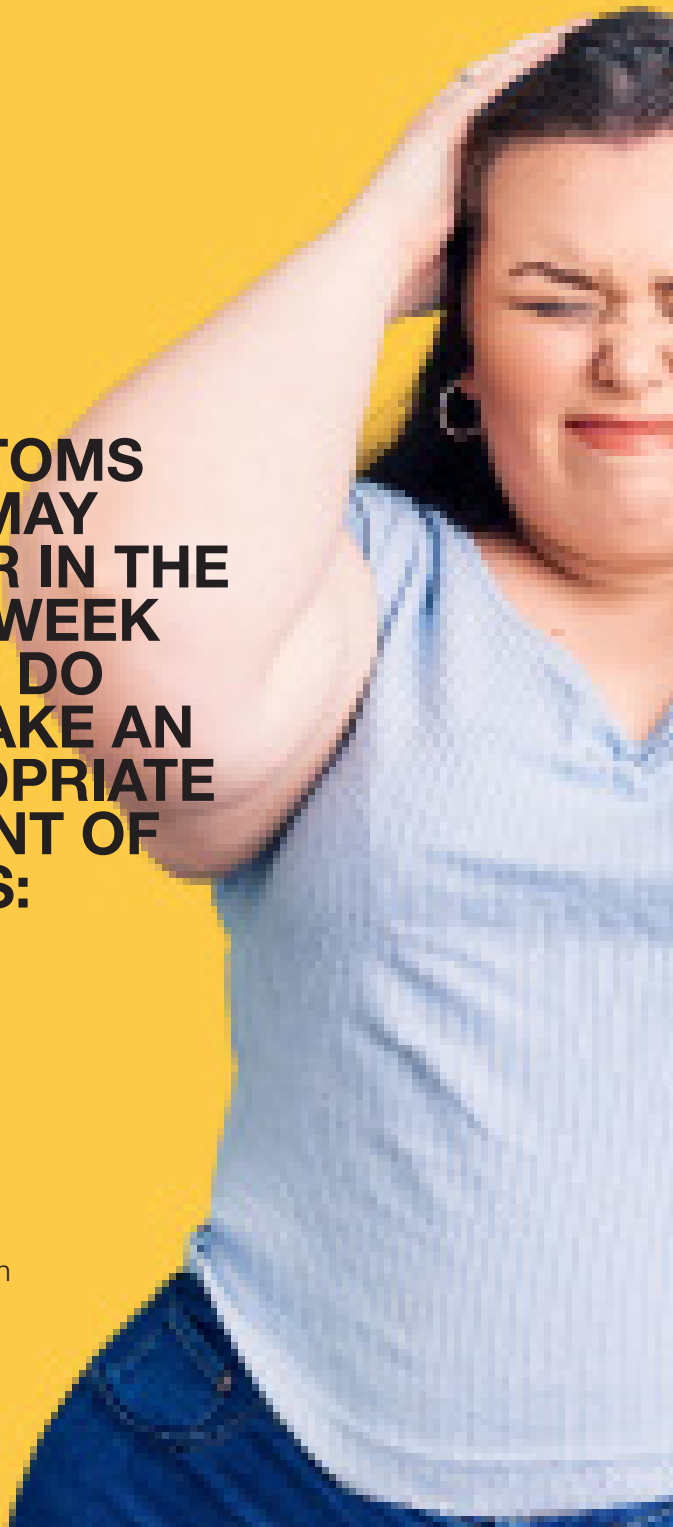
**The daily fluid intake
ranges between 1.5
and 2 liters**



IMPORTANT TIPS FOR THE FIRST WEEK



- The volume of the drink should not exceed 150 ml (half a large mug).
- Take 30-150 ml every hour, slowly (in small sips), according to your ability.
- Drink liquids slowly (in sips) to allow breathing between sips rather than all at once.
- It is forbidden to use straws.
- The drinks are free of white sugar and fructose (fruit sugar), and diet sugar can be used.
- Caffeine-free drinks.
- Alcoholic, soft, and dairy drinks are prohibited.
- Avoid citrus fruits such as lemon, orange, and grapefruit juice.
- When you feel full, you should stop drinking immediately. It is recommended to walk and perform light movement throughout the day



SYMPTOMS THAT MAY OCCUR IN THE FIRST WEEK IF YOU DO NOT TAKE AN APPROPRIATE AMOUNT OF FLUIDS:

- Dizziness
- Dry mouth
- Bad breath
- Headache
- Nausea
- Constipation

First week recipes:

DETOX WATER HOW TO PREPARE DETOX WATER?

- Get a glass jar with a glass lid (or any alternative but must be glass).
- Cut the ingredients according to the instructions.
- Add fresh water to the mix.
- Cover the jar with the lid.
- Leave it in the fridge for 3-9 hours (the longer the better).
- Remove the fruits from the water and discard them.
- Keep the water in the glass container for not more than 12 hours.





CHRISTMAS BREEZE DETOX WATER



Steps:

1. In a glass bowl, chop the apple into slices, add two cinnamon sticks, and then add 1.5 liters of water to the previous ingredients.
2. Place in the fridge for 3 to 9 hours.
3. Drain the water and discard the other ingredients.



Ingredients:

- Medium-sized red apple
- 2 cinnamon sticks (not the powder)
- 1.5 liters of water



MINTY WATERMELON JUICE



Steps:

1. Add the watermelon, mint leaves, and the pinch of ginger to a blender.
2. Mix all ingredients together in the blender a few times to ensure that it becomes liquid with no pieces left.
3. Strain the mixture through a strainer to obtain the clear liquid.
4. Add an equal amount of water to the juice so that the final product is half water and half juice.
5. Store in a container and shake well before use.



Ingredients:

- 5 cups of watermelon, cutted into cubes
- 2 mint leaves
- A pinch of ginger



PEACH JELLY



Steps:

1. Blend the peach slices in a blender, you may need to add a little water to soften them.
2. Keep mixing until they turn into a liquid.
3. To obtain the clear liquid, strain the mixture using a strainer.
4. Pour the juice in a cooking pot and heat it without allowing it to boil.
5. Add the gelatin mixture little by little to the hot juice.
6. Stir well until it sticks together.
7. Leave to cool, then add stevia as desired (do not add stevia while it is very hot).
8. Put the mixture into serving bowls.
9. Leave it to cool overnight.



Ingredients:

- 2 cups of sliced and peeled peaches
- 1 teaspoon of sugar-free gelatin
- Stevia, as desired

WEEK 2

Non-transparent liquids

(2-5 times daily) in addition to at least a liter and a half of clear liquids.

OPTIONS

- Skimmed milk
- Skimmed yogurt without fruits
- Fat-free rayeb
- Lactose-free milk
- Soy milk
- Light soups such as lentils - tomatoes - broccoli
- Low-fat cream of mushroom soup
- Oats soup with milk
- Light pudding with diet sugar
- Vegetables juice
 - Tomato or carrot.
 - Beets or celery.

- 1. Follow the diet guidelines to avoid side effects and complications.**
- 2. The meal size should not exceed 150 ml, which is equal to half of a big cup or one soup bowl.**
- 3. Eat and drink very slowly, and take small bites or sips.**
- 4. The meals can be finished in between 15 and 20 minutes.**
- 5. You must stop eating once you reach a point of fullness.**





FLAT BELLY SMOTHIE



Steps:

1. Add all ingredients into the blender by adding the liquid ingredients first, then add the other contents one by one while mixing.
2. Keep mixing until it softens.
3. Put it in a cup.



Ingredients:

- ½ cup of water
- 1 green apple, peeled and sliced into slices
- ½ cup of frozen pineapple, cut into large pieces
- A small frozen banana
- 1 cm of freshly peeled and minced ginger
- 1 cup of fresh spinach
- 1/8 cup of fresh cilantro



CHOCOLATE MILKSHAKE



Steps:

1. Put the ingredients in a blender or shaker.
2. It can be drunk hot or cold.



Ingredients:

- A cup of skimmed milk
- Raw cocoa
- Diet sugar





HIGH PROTIEN PUDDING



Steps:

1. Add the cornstarch and vanilla to the cold milk and stir.
2. Add the mixture to the cooking pot.
3. Let it boil while continuing to stir.
4. Reduce the heat and keep stirring until the mixture becomes thicker.
5. Turn off the heat and add stevia as desired.
6. Put the mixture in a serving bowl and leave it to cool.
7. Refrigerate cinnamon and add it before serving for an optional extra flavor.



Ingredients:

- 4 cups of skimmed milk, almond milk, or coconut milk
- 2 tablespoons of cornstarch
- 1 teaspoon of vanilla extract
- Stevia, as desired
- Cinnamon, for garnish



TUTTI FRUITY SMOOTHIE



Steps:

1. All ingredients are well blended in a blender.



Ingredients:

- A cup of skimmed milk with frozen fruits
- Small banana
- ¼ cup of berries with strawberries
- 2 tablespoons of avocado with mint





LIGHT CREAMY MUSHROOM SOUP



Steps:

1. Add flour to milk or yogurt.
2. Heat gently until the sauce thickens before adding the mushrooms.
3. Mix with a blender.
4. Add spices and the cooked mushroom as desired



Ingredients:

- A large cup of skimmed milk or a cup of light Greek yogurt diluted with milk
- 1 tablespoon of white flour or ground oats.
- Some pieces of cooked mushrooms.



OATS SOUP



Steps:

1. Oat is added to the milk and mixed well.
2. It is heated gently until it reaches a cohesive texture.
3. Add spices as desired.



Ingredients:

- 4 tablespoons of oat
- A cup of skimmed milk
- Spices, as desired





MAGIC METABOLISM BOOSTER



Steps:

1. Boil all ingredients in water and leave for 5 minutes covered, then strain and drink once a day during daytime.



Ingredients:

- ½ teaspoon of freshly grated ginger
- 1 teaspoon of dried rhubarb.
- ½ teaspoon of Spirulina powder
- A pinch of cinnamon
- A pinch of curcumin
- ½ teaspoon of black seed
- 1 teaspoon of white honey
- A cup of boiled water

A MODEL FOR A DAY IN THE SECOND WEEK



9 a.m.:

Magic metabolism booster



10 a.m.:

½ cup of strawberry smoothie



Noon:

A small cup of yogurt



2 p.m.:

A cup of tea with milk



4 p.m.:

½ bowl of lentil soup



6 p.m.:

½ bowl of pudding



8 p.m.:

Chamomile cup

YOU SHOULD DRINK 1.5-2 LITERS OF CLEAR FLUIDS PER DAY BETWEEN MEALS.



**DON'T
LOOK
BACK.....
YOU ARE
NOT GOING
THAT WAY.**

WEEK 3

Protein-rich foods that are soft, smooth, and well-mashed, such as:

- Karish or light cheese
- Light fish
- Tuna
- Mackerel
- Tilapia or mullet
- Salmon
- legumes
- Vegetables and fruits puree (peach – apple - carrot)

Note: Do not forget to take whey protein twice a day in addition to other liquids.



IMPORTANT TIPS:

- Eating and drinking should be done very slowly, while chewing well until the texture of the food becomes mashed, with no pieces left before swallowing (25 times).
- Avoid eating and drinking at the same time; rather, a period of more than 30 minutes should be left between them.
- Avoid citrus fruits such as lemons, spicy foods, oranges, and concentrated sauces until you consult your doctor.
- Avoid sweets and ready-made or canned foods.
- The daily fluid intake ranges between 1.5 and 2 liters.
- When feeling full or satiated, you should stop drinking and eating immediately, and it is advised to walk and do light movements indoors, throughout the day.
- Doing light exercise daily for at least 20-30 minutes.
- Using small plates and spoons helps us eat a small amount.
- Avoid rice, pasta, and white flour products.
- Avoid fresh vegetables and fruits unless they are mashed or blended without fiber.

What is whey protein?

Whey protein is a dried powder and a type of protein found in milk. It is prepared from whey.

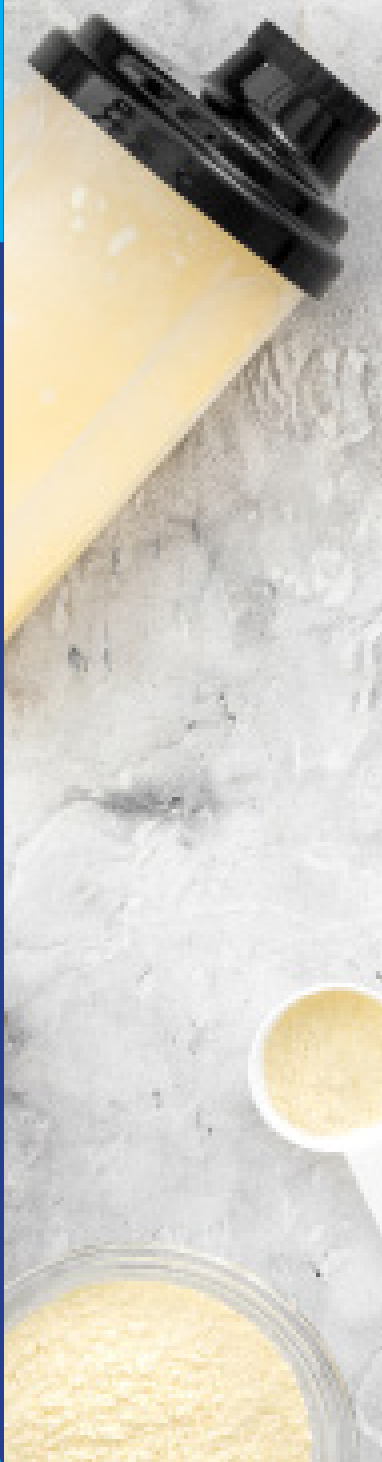
Why do you need it?

After bariatric surgeries, it is very important to maintain muscle mass during weight loss. This happens when the diet contains high levels of protein. Because it will be challenging to eat enough protein in the first month after the surgery, we recommend that you eat at least 50 grams of whey protein, which have a high nutritional value, helps maintain muscle, reduces hair loss, and keeps the exact rate of weight loss.

How can you prepare whey protein?

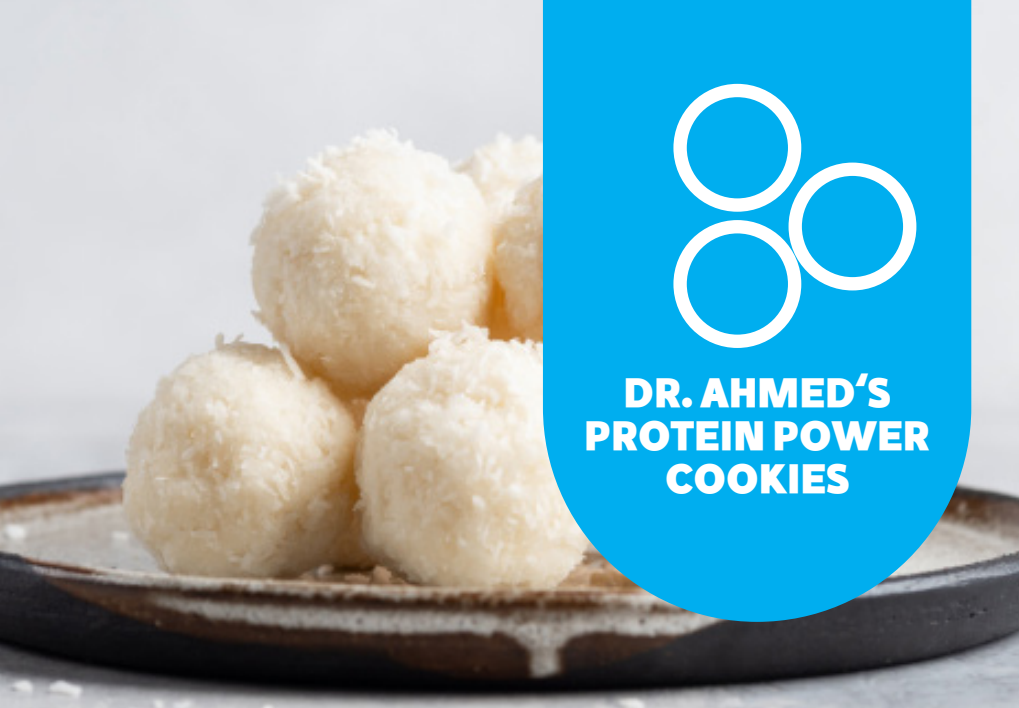
Add whey protein to water or any other liquids, such as milk or skimmed rayab, and it can be diluted with liquids to accept its taste, but it must be mixed well in a blender and followed daily. Whey protein can be flavored by adding a teaspoon of decaffeinated Nescafe, raw cocoa, a small banana, 2 strawberry pieces, or 2 dates (not too much fruit).

You may make protein cookies or a smoothie by adding ice cubes.





DR. AHMED'S PROTEIN POWER COOKIES



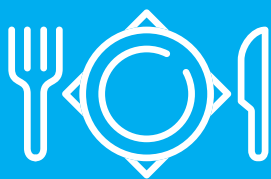
Steps:

1. Mix the ingredients, shape as balls, and leave in the refrigerator for an hour.
2. We can also sprinkle some crumbled nuts on top.



Ingredients:

- A scoop of whey protein (30 grams) vanilla or chocolate
- 30 grams of oat flour (ground oat grains)
- A tablespoon of peanut butter (natural without oils)
- 2 tablespoons of milk



GRILLED EGGPLANT MOUSSAKA



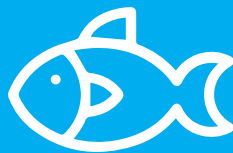
Steps:

1. Preheat the oven to 180 degrees.
2. Place a piece of parchment paper on a cooking tray, then add the eggplant and pepper slices onto the tray and place in the oven for 20 minutes.
3. In a frying pan over medium heat, add the oil, then the garlic, then the tomatoes, and stir.
4. Add the tomato juice, salt, and pepper to the mixture, and then reduce the heat until it thickens. Turn off the fire then place the cooked eggplant slices and sweet pepper slices in layers on an oven tray.
5. Add the tomato mixture to the oven tray.
6. Cover the oven tray with aluminum foil.
7. Place the tray in the oven and leave it for 30 minutes.



Ingredients:

- 2 medium-sized eggplants, peeled and sliced
- 2 green sweet peppers, cut into slices
- 1 medium-sized sliced tomato
- 2 cups of tomato juice
- 1 minced garlic clove
- Salt and pepper, as desired
- ½ teaspoon of oil



SENGARY FISH IN THE OVEN



Steps:

1. In a bowl, add all the ingredients, except the fish, and mix them.
2. Preheat the oven to 180 degrees.
3. Place the fish in the oven tray and add the mixture to the inside of the fish.
4. Cover the oven tray with aluminum foil.
5. Put the tray in the oven and leave it for 30 minutes.
6. Served hot.



Ingredients:

- 1 mullet fish, about 500 grams, cleaned and opened
- 1 tomato, sliced
- 1 medium onion, sliced
- 1 minced garlic clove
- 1 lemon, juiced
- ½ cup of celery leaves, cut into strips
- ½ cup of tomato juice
- ½ tablespoon of oil
- Salt, pepper, and cumin, as desired



PEA SOUP



Steps:

1. Add a little vegetable broth to a large cooking pot, add onions and garlic, and then sauté over medium heat for 2-3 minutes, till they turn transparent.
2. Add the dill and parsley to the pot and sauté for an additional minute.
3. Add all the remaining ingredients, then put the lid on and let it boil on high heat.
4. Once boiling, remove the lid, lower the heat to low, and let it simmer for 8 to 10 minutes.
5. Carefully transfer the soup to a blender and mix until obtaining a smooth and creamy soup.
6. Add the mixture back to the cooking pot and bring it to boil.
7. Served hot.



Ingredients:

- 2 cups of frozen peas
- ¼ yellow onion, cut into cubes
- ½ cup of coconut milk
- 1 cup vegetable broth
- 1 garlic clove, sliced
- ¼ cup of chopped fresh parsley
- 1 tablespoon chopped fresh dill (optional)
- Salt and pepper, as desired

A MODEL FOR A DAY IN THE THIRD WEEK



9 a.m.:

A teaspoon of Karish cheese



10:30 a.m.:

Whey protein mix



11 a.m.:

A cup of cocoa with milk



2 p.m.:

Small piece of grilled fish



3 p.m.:

Anise cup



5 p.m.:

3 tablespoons of boiled chickpeas



7 p.m.:

Whey protein mix



9 p.m.:

Chamomile cup

Do not forget to drink clear liquids between meals, 1.5 -2 liters per day.

WEEK 4

Soft, smooth, high-protein, well mashed foods, such as:

- Karish cheese
- egg
- Light fish
- Tuna
- Salmon
- Mackerel
- Liver
- Mullet or tilapia fish
- Shrimp
- Fruits and vegetables puree (apple-peach-carrot)

Note: Do not forget to take whey protein twice a day in addition to other liquids.



IMPORTANT TIPS:

- Eating and drinking should be done very slowly, while chewing well until the texture of the food becomes mashed, with no pieces left before swallowing (25 times).
- Avoid eating and drinking at the same time; rather, a period of more than 30 minutes should be left between them.
- Avoid citrus fruits such as lemons, spicy foods, oranges, and concentrated sauces until you see a doctor.
- Avoid sweets and ready-made or canned foods.
- The daily fluid intake ranges between 1.5 and 2 liters.
- When feeling full or satiated, you should stop drinking and eating immediately, and it is advised to walk and do light movements indoors, throughout the day.
- Doing light exercise daily for at least 20-30 minutes a day.
- Using small plates and spoons helps us eat a small amount.
- Avoid rice, pasta, and white flour products.
- Avoid fresh vegetables and fruits unless they are mashed or blended without fiber.





ITALIAN BAKED SHRIMP



Steps:

1. In a bowl, mix the shrimp with lemon, garlic, salt, pepper, and the rest of the spices, and leave it for an hour.
2. Preheat the oven to 180 degrees.
3. Put the shrimp on a single layer on parchment paper on a tray.
4. Mix the remaining with oil.
5. Using a cooking brush, brush the mixture over the shrimp.
6. Place it in the oven and grill just until it turns pink; cook for 6 minutes (3 on each side).
7. When fully cooked, add cheese and parsley to the shrimp.



Ingredients:

- 250 grams of medium-sized shrimp, peeled and deveined
- 1 teaspoon of olive oil
- 1 minced garlic clove
- ½ teaspoon of dried thyme
- ½ teaspoon of dried basil
- 1 tablespoon of Parmesan cheese
- Salt and pepper, as desired
- 1 lemon, squeezed
- 2 tablespoons of chopped parsley leaves, for garnish



CALAMARI CASSEROLE



Steps:

1. Preheat the oven to 180 degrees.
2. In a skillet over medium heat, add the oil, onion, and garlic and mix until softened.
3. Add the tomatoes and keep stirring.
4. Add tomato sauce, salt, pepper, parsley, lemon, and cumin to the mixture and cook until it boils.
5. Reduce heat and cover until it become firm.
6. Put the calamari in a casserole and add the tomato mixture.
7. Place in the oven for 30 minutes, covered with aluminum foil.
8. Serve hot.



Ingredients:

- 250 grams of calamari, cut into slices
- 1 tomato, cut into slices
- 2 cups of fresh tomato juice
- 1 medium onion
- 1 lemon, squeezed
- 2 teaspoons of cumin
- ½ cup of chopped fresh parsley
- 1 minced garlic clove
- 1 teaspoon of oil
- Salt and pepper, as desired



DIJON MUSTARD SALMON



Steps:


1. Preheat the oven to 180 degrees.
2. Mix all ingredients, except salmon, in a small bowl.
3. Mix the salmon with the mixture and leave it for 30 minutes.
4. Put the salmon on parchment paper on a tray and place it in the oven.
5. Bake the salmon for 10 minutes (5 minutes per side).




Ingredients:

- 1 salmon fillet
- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon Dijon mustard
- ½ tablespoon of lemon juice
- 1 tablespoon of olive oil
- ½ minced garlic clove
- Salt and pepper, as desired

A MODEL FOR A DAY IN THE FOURTH WEEK


 **9 a.m.:**
Boiled egg with a teaspoon of Karish cheese


 **10:30 a.m.:**
Whey protein mix

 **11 a.m.:**
A cup of cocoa with milk

 **2 p.m.:**
Small piece of grilled salmon

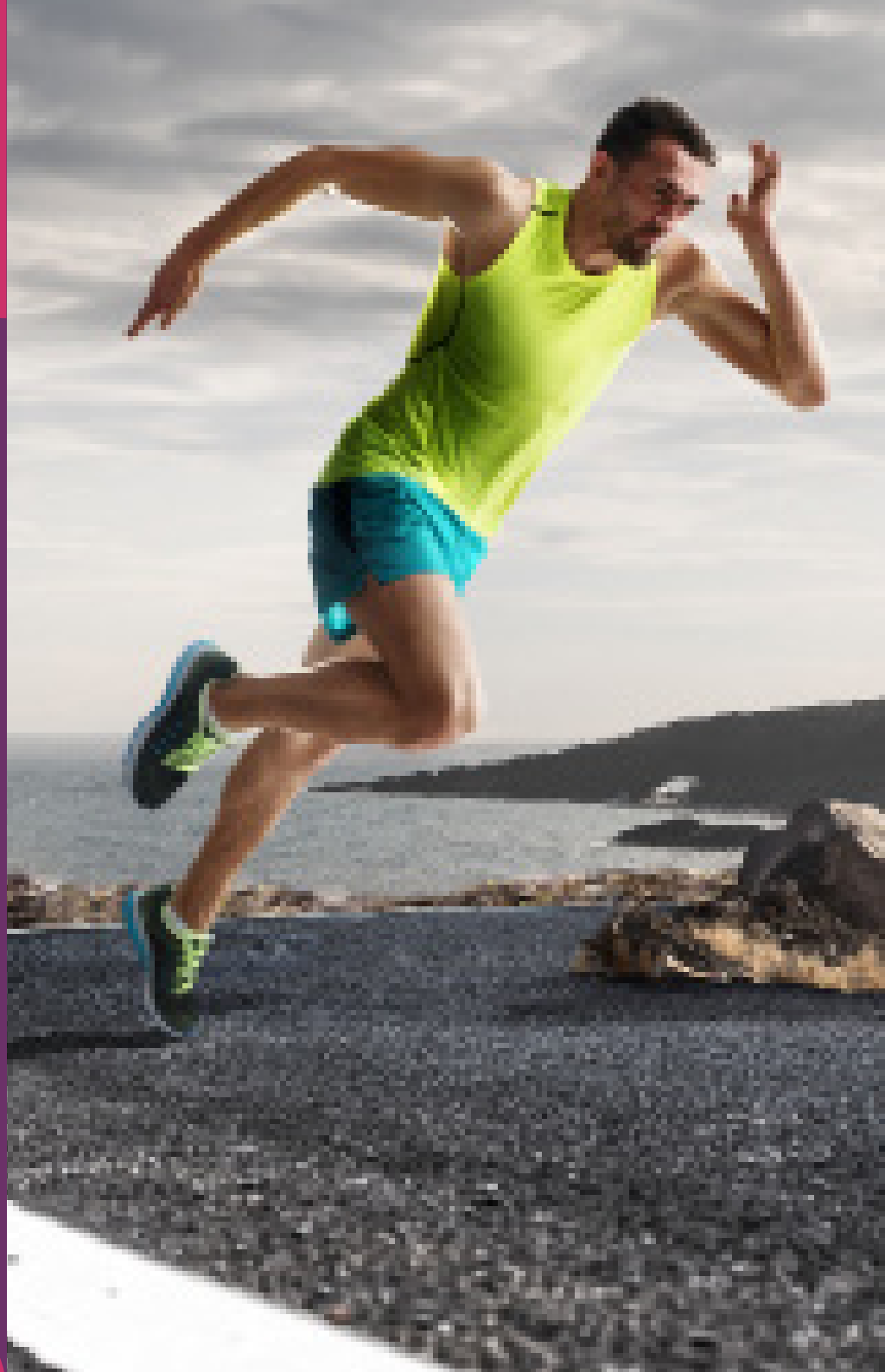
 **3 p.m.:**
Mint cup


 **5 p.m.:**
3 spoons of Karish cheese

 **7 p.m.:**
Whey protein mix

 **9 p.m.:**
Chamomile cup

Do not forget to drink clear liquids between meals, 1.5 -2 liters per day.





**ONE DAY,
YOU WILL
THANK
YOURSELF
FOR NOT
GIVING UP**

WEEK 5

Protein-rich, soft, smooth, and well-mashed foods such as:

- Karish cheese
- Egg
- Low-fat cheese
- Cheddar
- Falamank
- Gouda
- Emmentel

Light fish

- Tuna
- Salmon
- Mackerel
- Tilapia or mullet
- Shrimp

Meat

- Chicken
- Rabbits
- Ducks
- Turkey
- Liver

Legumes

- Bean
- White beans
- Red beans
- Chickpeas
- Lentil

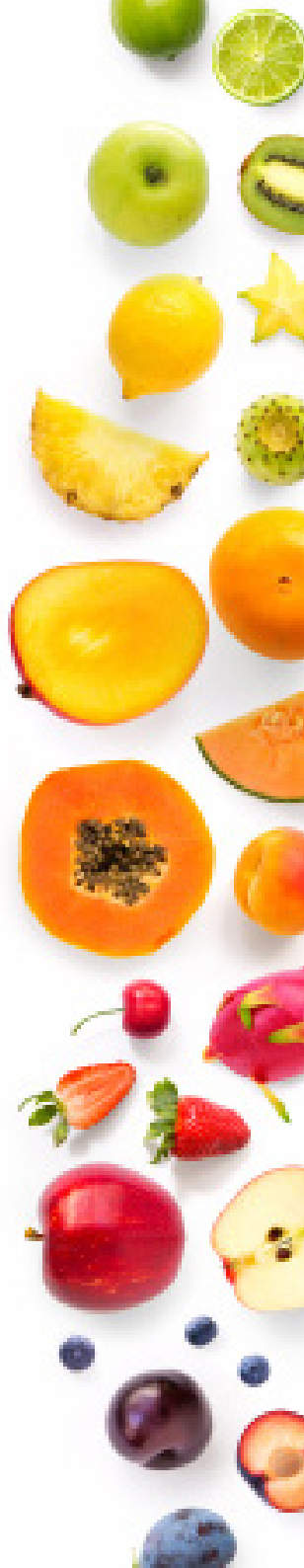
Fruits and vegetables puree

(apple - peach - carrot)

Fresh vegetables and fruits, chewing very well

Note: Do not forget to drink whey protein twice a day in addition to other liquids.

Clear fluids are very necessary throughout the weight loss journey to avoid dehydration. It is preferable to drink fluids between meals and not with them.





MEXICAN BEAN SALAD



Steps:

1. To prepare the sauce: In a small bowl, add olive oil, lemon juice, sweet pepper, paprika, cumin, salt, and pepper and mix.
2. Wash and rinse the beans and cook them.
3. Add all other ingredients together.
4. Then add the sauce to the vegetables and mix.



Ingredients:

- ½ cup of black beans
- ½ cup of red beans
- ½ cup of white beans
- 1 chopped green pepper
- 1 chopped red pepper
- ½ cup of chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon of lemon juice
- Salt, pepper, paprika, and cumin, as desired



WATERCRESS SALAD



Steps:

1. To prepare the sauce:
In a small bowl, add the olive oil, vinegar, mustard, Salt, and pepper and mix.
2. Add all other ingredients together.
3. Then add the sauce to the vegetables and mix.



Ingredients:

- 2 cups of watercress
- 1 cup of fresh mushroom
- ½ cup of toasted walnuts
- 2 teaspoons of Parmesan cheese
- 1 teaspoon of olive oil
- 1 tablespoon of lemon juice
- 1 tablespoon of mustard
- 1 tablespoon of vinegar
- Salt and pepper, as desired





SHRIMP FAJITA



Steps:

1. In a bowl, mix half the lemon juice, garlic and shrimp and leave it for 2 hours.
2. In another bowl, mix the rest of the lemon juice, spices and vegetables together.
3. Add the oil in a pan and set the fire on medium heat, then add the onions and stir until softened, then add the shrimp and continue to stir.
4. Add the vegetable mixture to the pan.
5. Continue to stir, reduce the heat and leave it until all the ingredients are cooked.
6. Serve hot.



Ingredients:

- 200 grams of shrimp
- ½ yellow pepper
- ½ red pepper
- ½ green pepper
- ½ medium onion, sliced
- 1 minced garlic clove
- 1 squeezed lemon
- 1 teaspoon of oil
- 1 tablespoon of fajita spices



ALEXANDRIAN STYLE LIVER KEBDA ESKANDARANI



Steps:

1. In a bowl, add the liver slices to the lemon, garlic, vinegar, and spices, and leave them overnight.
2. In a frying pan, add the oil, onions, and sauté until softened over medium heat.
3. Add the liver to the pan and stir until it turns brown.
4. Add the sweet pepper to the pan and continue to stir.
5. Reduce the heat and cover the pan until the liver is cooked.
6. Serve it with sautéed vegetables.



Ingredients:

- 200 g beef liver, sliced
- 1/2 bell pepper, sliced
- 1/2 onion, sliced
- 1 clove garlic, minced
- 1 tsp cumin
- 1/2 teaspoon spice powder
- 1 tablespoon vinegar
- 1 lemon, squeezed
- 1 tsp oil
- salt and pepper to taste

MODEL FOR A DAY IN THE FIFTH WEEK



9 a.m.:
3 spoons of beans



10:30 a.m.:
Whey protein mix



11 a.m.:
Smoothie cup



2 p.m.:
A small piece of Alexandrian liver



3 p.m.:
Mint cup



5 p.m.:
A cup of lentil soup




7 p.m.:
Whey protein mix



9 p.m.:
Chamomile cup

**Do not forget to drink clear
liquids between meals, 1.5 -2
liters per day.**



CHICKEN IS ONE OF THE MOST IMPORTANT SOURCES OF PROTEIN



- The right cooking method for the chicken allows easier chewing.
- Cover the chicken while grilling to get juicy chicken.
- Avoid eating burnt pieces.

WEEK 6 AND 7

We can start trying all kinds of animal protein, but must be chewed very well.

- Chicken
- Rabbits
- Ducks
- Turkey
- Minced meat (low-fat red meat) comes first, followed by whole meat
- Cold meat
- Pastirma
- Low-fat cheese
- Cheddar - falamank - gouda - emmental
- Fresh vegetables and fruits, with perfect chewing.



Avoid minced and processed meats like luncheon meat since they contain a lot of fat.



KOFTA DAWOOD PASHA



Steps:

1. In a bowl, mix the minced meat, half the onion, bread crumbs, salt, pepper, eggs, and thyme together.
2. Form balls of the mixture and leave them to rest for 30 minutes.
3. In a skillet, add oil over medium heat and fry the meatballs until browned and set aside.
4. In a frying pan, add oil over medium heat, then add onions and garlic, then stir until it turns translucent.
5. Add the tomatoes and keep stirring, then add the tomato juice.
6. Let it simmer until it thickens, then add salt, pepper, and any other seasoning as desired.
7. Add the meatballs to the tomato sauce and reduce the heat.
8. Cover the mixture and leave it for 30 minutes until it becomes perfectly cooked.



Ingredients:

- 200 grams of minced meat
- 1 minced garlic clove
- 1 onion, finely chopped
- 1 egg
- ½ tablespoon of bread crumbs
- 1 teaspoon of oil
- 1 large tomato
- 1 cup of fresh tomato sauce
- ½ teaspoon of dried thyme
- Salt and pepper, as desired



BAKED KOFTA PANE



Steps:

1. In a bowl, mix minced meat, onion, 1 tablespoon of bread crumbs, salt, pepper, an egg, and thyme together.
2. Form meat steaks with the mixture and let them aside for 30 minutes.
3. Mix milk with one egg and add salt and pepper as desired.
4. Put the steaks in the mixture and leave for 30 minutes.
5. Preheat the oven to 180 degrees, and prepare the tray with parchment paper.
6. Place the meat steaks in the bread crumbs, flip them over, and place them on the tray after brushing both sides with oil.
7. Put the meat sticks on the tray in the oven and flip them on both sides until they are fully cooked and browned.



Ingredients:

- 200 grams of minced meat
- 1 onion finely chopped
- 2 eggs
- 2 tablespoons of bread crumbs
- 1 teaspoon of oil
- ½ teaspoon of dried thyme
- Salt and pepper, as desired
- 1 cup of skimmed milk



CHICKEN SHAWARMA



Steps:

1. In a bowl, mix the yogurt with all the spices and garlic, then add the chicken slices to it.
2. Leave it for an hour.
3. Put a grill pan on medium heat, add the oil, then the onion. Continue to stir until it softens.
4. Add the chicken slices to the pan, while continuing to flip on all sides until it is almost cooked.
5. Add the sweet pepper and the onion with continuous stirring until all the ingredients are cooked.



Ingredients:

- 500 grams of striped chicken fillet
- 1 light yogurt
- 1 minced garlic clove
- 1 tablespoon ground coriander
- ½ tablespoon ground cumir
- ½ teaspoon ground cayenn pepper
- 1 teaspoon of smoked paprika
- Salt and pepper, as desired
- 1 tablespoon of lemon juice
- 1 teaspoon of olive oil
- ½ sliced, sweet pepper
- ½ sliced onion
- ½ sliced tomato



GRILLED CHICKEN



Steps:

1. Wash the chicken and divide it into 4 pieces.
2. In a small bowl, add the yogurt with all the other ingredients and mix them well.
3. Add the mixture to the chicken and leave it for an hour.
4. Preheat the oven to 200 degrees.
5. Put the chicken in the oven tray, cover it with aluminum foil, and put it in the oven.
6. Leave it to cook for 45 minutes.



Ingredients:

- 1 whole chicken
- 1 minced garlic clove
- 1 light yogurt
- 2 tablespoons of chicken spices
- 2 teaspoons dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper, as desired
- 5 bay leaves



CHICKEN MINISTRONE SOUP



Steps:

1. Put the cooking pot on medium heat and add the oil.
2. Once the oil is heated, add the garlic, onions, carrots, and celery and cook for a few minutes until the onions turn translucent.
3. Add the grated ginger and curcumin and simmer for 30 seconds until the spices soften slightly, then add the chicken broth, chicken breast, rosemary, thyme, salt, and pepper.
4. Leave the soup to boil.
5. Reduce the heat to medium and leave it uncovered for 20–25 minutes or until the chicken is fully cooked.



Ingredients:

- 1 teaspoon of olive oil
- 1 minced garlic clove
- ½ yellow onion, cut into cubes
- 1 medium-sized carrot, cut into thin slices
- Coarsely chopped stalks of celery
- 1 teaspoon of freshly grated ginger
- ¼ teaspoon of ground curcumin
- 2 cups of chicken broth
- 100 grams of boneless, skinless chicken breast
- ¼ teaspoon of chopped fresh rosemary
- ¼ teaspoon of chopped fresh thyme, stems removed
- Salt and pepper, as required
- ½ cup of frozen peas (optional)



SEAFOOD SOUP



Steps:

1. In a large pot over medium heat, add the chicken broth, celery, onions, carrots, and all the other vegetables except the tomatoes. Continue to cook the vegetables over medium heat for 5–10 minutes, then reduce the heat and let the vegetables be cooked for another 10-15 minutes.
2. When the vegetables are cooked, add the tomatoes, garlic, and spices to the pot. Allow the mixture to boil, then reduce the heat and leave the soup to simmer for 30 minutes.
3. Add the seafood to the pot and leave it for 30 minutes to an hour. Add more salt and pepper, if required.



Ingredients:

- 200 grams of seafood mix
- ¼ cup of celery, cubed
- ½ minced garlic clove
- ¼ cup of onion, cubed
- ¼ cup of carrots, cubed
- ¼ cup of zucchini, cubed
- ½ cup of mashed tomatoes
- 1 cup of chicken broth
- 2 bay leaves
- Salt and pepper, as required
- 1 teaspoon finely chopped fresh thyme
- 1 teaspoon cumin
- 1 large lemon



CAESAR SALAD



Steps:

1. To prepare the sauce, mix all the ingredients together except the chicken, lettuce and Parmesan, and flavor them with salt and pepper.
2. Put the lettuce and the chicken in a salad bowl, then add the sauce and Parmesan cheese.
3. Lemon can be added if needed.



Ingredients:

- 1 teaspoon of olive oil
- Salt and Pepper
- 1 minced garlic clove
- 1 tablespoon Dijon mustard
- 1 tablespoon of fresh lemon juice
- ½ tablespoon of light mayonnaise
- 2 teaspoons of parmesan cheese
- 2 grilled fish fillets
- Shredded lettuce





CRAB LOUIE SALAD



Steps:

1. To prepare the sauce: Add the first five ingredients together and mix.
2. In a salad bowl, add the rest of the ingredients, then add the spices to it and mix.



Ingredients:

- 1 tablespoon of light mayonnaise
- 1 teaspoon of chili flakes
- ½ tablespoon of lemon juice
- A pinch of minced garlic
- Salt and pepper, as desired
- 1 asparagus, sliced
- Lettuce
- 1 cucumber, cut into thin slices
- 1 large radish, cut into thin slices
- 1 medium tomato, sliced (optional)
- 1 well done egg
- 2 sticks of crab meat, cut into thin slices



TUNA SALAD



Steps:

1. To prepare the sauce:
Mix all ingredients except celery, lettuce, and tuna.
2. In a salad bowl, add lettuce, celery, and tuna, then add the sauce.

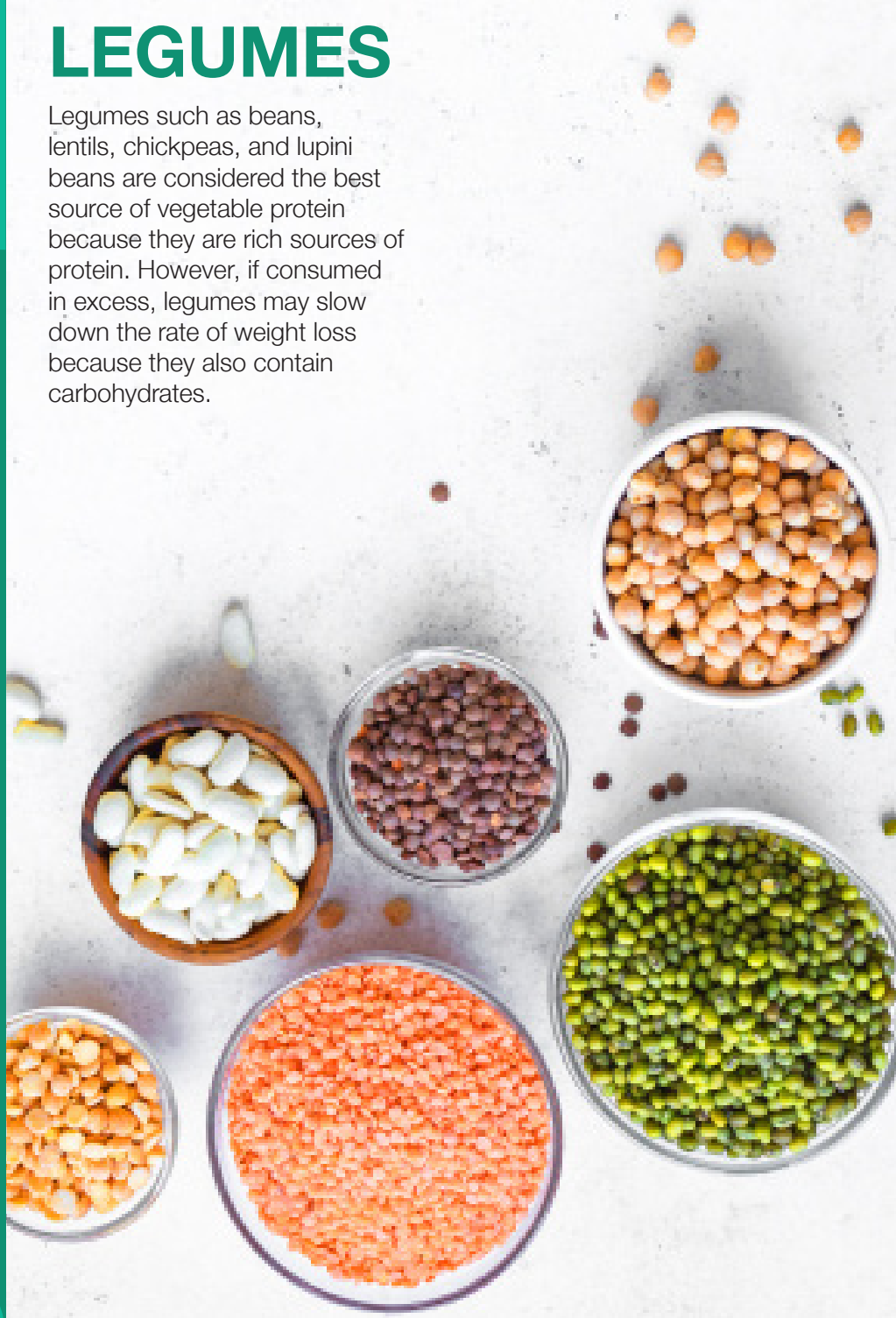


Ingredients:

- 1 can of light tuna
- ½ stalk of chopped celery
- 1 tablespoon of low-fat Greek yogurt
- 1 tablespoon of lemon juice
- ½ tablespoon of Dijon mustard
- salt and pepper, as desired
- ½ tablespoon of chopped parsley
- Lettuce

LEGUMES

Legumes such as beans, lentils, chickpeas, and lupini beans are considered the best source of vegetable protein because they are rich sources of protein. However, if consumed in excess, legumes may slow down the rate of weight loss because they also contain carbohydrates.





FAKE CHEESECAKE



Steps:

1. Place the ground tea biscuits at the bottom of a transparent glass cup as the first layer.
2. Then the yogurt is placed above as the second layer.
3. Then finally, put the fruit pieces on the surface of the cup.
4. Put the cup in the freezer for half an hour until the layers hold together.

After bariatric surgeries, we occasionally have a craving for sweets, but to prevent the harmful effects of concentrated sugars, we must prepare our sweets using healthier recipes.



Ingredients:

- 2 tablespoons of ground tea biscuits
- Light yogurt
- Fruit pieces (strawberry or raspberry) or a small spoonful of light jam

A MODEL FOR A DAY IN THE SIXTH WEEK

Breakfast: an egg with a slice of pas-trami or a cup of milk with 2 spoons of oats.

Snack: ½ cup of strawberries.

Snack: whey protein mix.

Lunch: 3 spoons of chicken shawarma with tomato slices.

Snack: ¼ cup of lupine.

Dinner: Karish cheese salad.

1

2

3



A MODEL FOR A DAY IN THE SEVENTH WEEK

Breakfast: 3 spoons of beans with vegetables.

Snack: 1 slice of watermelon.

Snack: a cup of yogurt or skimmed milk.

Lunch: 1 chicken kofta with a plate of mixed vegetables.

Snack: a cup of tea with milk (diet sugar).

Dinner: whey protein mix.





YES, BREAD... BUT IT IS A PROTIEN CLOUD BREAD



Steps:

1. Separate the egg white from the egg yolk.
2. Add karish cheese to the yolks.
3. Mix the egg whites and the baking powder with an electric mixer until it forms a large foam and increases in volume.
4. Add the egg yolk mixture with the cheese to the egg whites and stir gently with a spatula so that the egg whites do not lose their volume.
5. Prepare a tray with parchment paper, then spread the dough to the desired size in the tray.
6. Preheat the oven to 150 degrees, then put the tray in the oven for 10 minutes, or until done.



Ingredients:

- 3 tablespoons of karish cheese
- 3 eggs.
- 1 spoon of baking powder



OMELETTE WITH MUSHROOM AND SPINACH



Steps:

1. Using an egg whisk, thoroughly mix the egg, mushrooms, and spinach.
2. Add spices, as desired.
3. Simmer for 5 minutes.



Ingredients:

- An egg
- A spoonful of chopped fresh spinach
- A spoonful of chopped mushroom



MINI EGG SLIDERS



Steps:

1. Cut each egg into 2 halves to remove the yolk.
2. Put cheese and pastrami or turkey slices between the two halves of the egg white.
3. Green leafy vegetables, such as watercress, can be added.



Ingredients:

- Boiled eggs
- Cheddar cheese slices
- Slices of turkey or pastrami





HEALTHY COLESLAW



Steps:

1. Put all ingredients in a bowl and stir well.



Ingredients:

- ¼ cup of grated red and green cabbage
- ¼ grated carrot
- ¼ cup of light yogurt
- 2 spoons of skimmed milk
- Salt - black pepper - ¼ spoon of vinegar
- ¼ spoon of diet sugar

The daily permitted amounts of each fruit kind are listed in the table below:

TYPES AND QUANTITIES OF FRUITS:



An apple Strawberry cup 2 prickly pear 1 parch- ment fig	4 small apri- cots 1 peach 1 persimmon 1 orange	½ cup of pomegranate or grapes 1 pear gooseberry cup	Blueberry cup 2 small yusufi 1 yusufi 1 plum	1 apple 1 kiwi 3 slices of cantaloupe, melon, or watermelon, palm-sized 2 slices of pineapple
--	---	--	---	---

Bananas, mangoes and dates are allowed in small quantities
(half of a large banana - 3 spoons of mango - 2 dates) and not on a daily basis

**“You are doing this for yourself,
not for anyone else”**

DIETS FOR WEIGHT LOSS AFTER THE SIXTH WEEK

Breakfast (one choice)					
1 egg cooked with fresh vegetables, and 1 spoon of karish cheese	3 spoons of bean and 1 ovened falafel	1 cup of skimmed milk with 3 spoon of oats or wheat berries or brown cornflakes	2 spoons of mashed potatoes, sliced boiled egg, and watercress	Whey protein mix	
Snake (one choice)					
A Fruit	¼ cup of nuts	1/3 cup of lupini beans	1/3 cup of chickpeas	1 large cup of light yogurt or milk	
Lunch (one choice)					
Fish piece or 3 shrimps with salad	3 spoons of kebda eskandarani	3 zucchini stuffed with minced meat	3 tablespoons of bessara	3 spoons of chicken shawarma or fajita or meat with vegetables	2 rice kofta
Snake (one choice)					
A Fruit	¼ cup of nuts	1/3 cup of lupini beans	1/3 cup of chickpeas	1 large cup of light yogurt	
Dinner (one choice)					
Whey protein mix	3 spoons of karish cheese with thyme and mint	1 egg with pastirma slice	1 cup of light yogurt dressed with a spoon of ground nuts		

Breakfast (one choice)					
Mushroom omelet with colored pepper	3 spoons of beans with sausage	Blue cheese salad	2 spoons of mashed potatoes with a slice of grated cheddar cheese	Whey protein mix and a small vegetable	
Snake – 1 fruit with a small cup of yogurt					
Lunch (one choice)					
Herring salad with tahini	Fata 1 meat piece 1 spoon of bread 1 spoon of rice	Palm-sized piece of zucchini with bechamel	A bowl of lentil soup	Koushari 2 spoons of lentil 2 spoons of chickpeas 1 spoon of rice	4 spoons of moussaka with minced meat & grilled vegetables
Snake – A small cup of light yogurt					
Dinner (one choice)					
Whey protein mix	3 spoons of karish cheese with thyme and mint	1 egg with pastirma slice	1 cup of light yogurt dressed with a spoon of ground nuts		

Breakfast (one choice)					
Egg omelet with 1 or 2 spoon of minced meat	4 spoons of legumes salad	Tuna, salmon, or herring salad 3 spoons of tuna or 3 salmon slices or herring with 1 tablespoon of boiled corn and black olive and half salad cup		Lettuce or watercress wrapped with smoked turkey slices and cheddar cheese	
Snake – 1 fruit with a small cup of yogurt					
Lunch (one choice)					
One fish piece or 3 shrimps with salad	3 table-spoons of black eyed beans or white beans	3 zucchini stuffed with low fat minced meat	3 table-spoons of bessara	3 spoons of shawarma or fajita chicken or meat or kebda eskandarani with vegetables	2 rice kofta
Snake (one choice)					
¼ cup of nuts	1/3 cup of lupini beans	1/3 cup of chickpeas	1 large cup of yogurt or milk		
Dinner (one choice)					
Whey protein mix	3 spoons of karish cheese with thyme and mint	1 egg with pastirma slice	1 large cup of yogurt dressed with a spoon of ground nuts		

Reduce carbohydrate intake to reach the ideal weight after bariatric procedures since they negatively affect the rate of weight loss

The table below shows the types and quantities of carbohydrates allowed during the day. Only one carbohydrate portion is allowed daily with keeping away from white flour products (Shami Bread, Fino, Bake Rolls, and Sun Bites).

A quarter of baladi bread Brown toast slice 1 small petite pan or half a brown fino 2 spoons of oats, freekeh, bulgur, or couscous	1/3 cup of cooked corn 1/3 cup of cooked peas 2 spoons sweet potatoes or medium potatoes	1/3 cup of popcorn 2 spoons of taro 2 small rusks 2 spoons of flour or wheat germ	2 spoons of pasta 2 stuffed cabbage or grape leaves 2 spoons of rice 1 stuffed eggplant or pepper
---	--	--	--





INSTRUCTIONS TO AVOID ANY SIDE EFFECTS:

- Drink liquids slowly (in sips) to allow breathing between sips rather than all at once.
- Eating must be done very slowly, while chewing well, until the texture of the food becomes mashed, and there are no pieces left before swallowing (25 times).
- Meals can take a full 15 to 20 minutes to finish.
- Avoid eating and drinking in the same time; rather, a period of more than 30 minutes should be left between them.
- It is forbidden to use straws.
- The drinks are free of white sugar and fructose (fruit sugar). Diet sugar can be used, but not in excess.
- Alcoholic, soft, and dairy drinks are prohibited.
- Avoid citrus fruits such as lemons, oranges, concentrated sauces, and spicy foods until you see a doctor.
- Avoid sweets and ready-made or canned food.
- The daily fluid intake is not less than 1.5 liters.
- When you feel full, you should stop eating and avoid drinking immediately afterward.
- Using small plates and spoons helps us eat a small amount of food.
- Doing light exercise daily for at least 20-30 minutes.

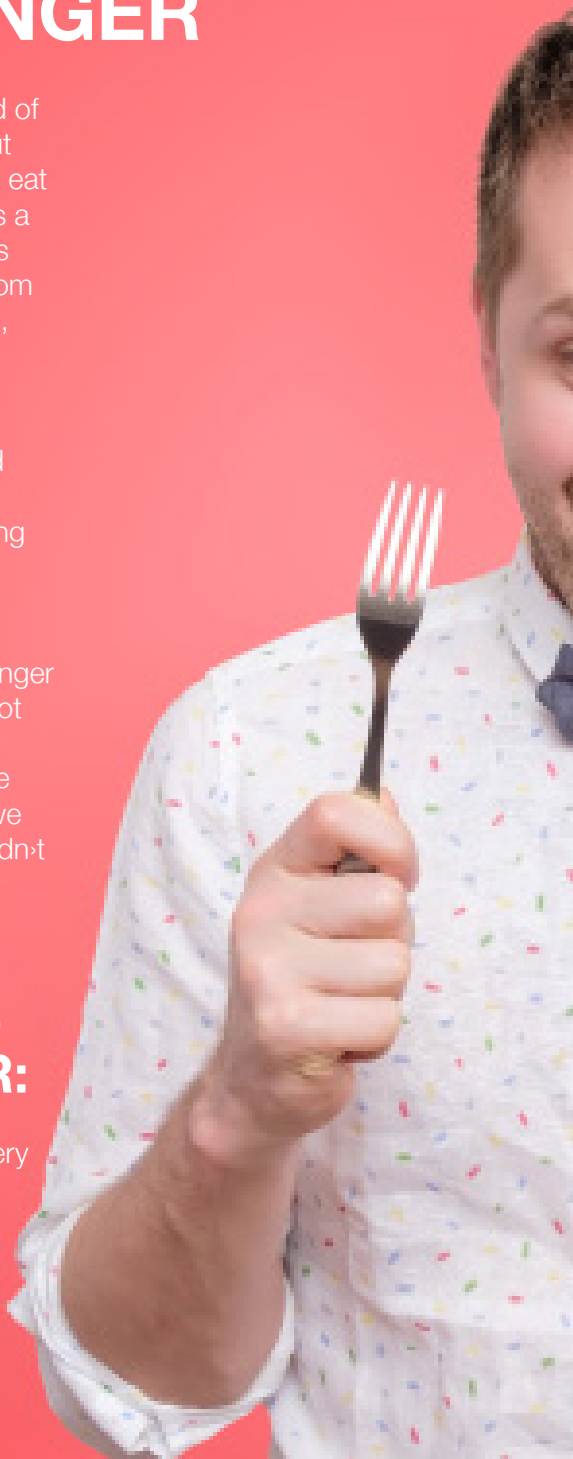
FALSE HUNGER

Our bodies are in constant need of nutrition to function properly, but sometimes we feel the desire to eat without actually being hungry as a result of various feelings such as anger, stress, loneliness, boredom and sometimes even happiness, this is what is called (emotional eating).

Recognizing the reason for food craving is very important, it is called (eating awareness). Making sure that you feel hungry is very important to ensure that you maintain the surgery. We must realize that the feeling of real hunger comes from the stomach and not from your subconscious mind. The mental hunger is a false one brought on by negative habits we had before the surgery but couldn't break.

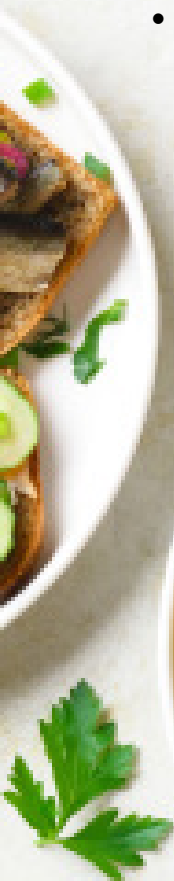
TO OVERCOME FALSE HUNGER:

- % Scheduled meal planning.
- % Eating slowly and chewing very well.



HEALTHY SNACKS RICH IN PROTEIN FOR WEIGHT LOSS

- A cup of skimmed milk with raw cocoa and diet sugar.
- Cream caramel using diet sugar.
- Yogurt salad, a cup of yogurt with a fruit or vegetable.
- 1/3 cup of nuts with a cup of popcorn.
- Seafood salad, a spoon of corn and lettuce, and 2 spoons of tuna, salmon, or herring.
- Egg salad.
- Homemade peanut butter with apple slices.
- Chickpeas salad with cucumber, 2 spoons of cooked chickpeas with 1 spoon of yogurt and 1 teaspoon of tahini.
- 1/2 cup of fava beans.
- Mixed vegetable bean salad with 2 spoons of red beans.
- Homemade smoothie, 1/2 cup of yogurt with 2 strawberries or any fruit.



How much should I eat?

Your stomach is small, and you will not be able to bear much food at the beginning, so you can start with 2-3 spoons of food at a time and stop eating when you feel satiated without being full. It is necessary at this stage to eat multiple small meals (5-7) rich in protein during the day to maintain muscle mass.

The food quantity gradually increases over time, reaching the size of a soup bowl (250 ml) with three main meals and one or two snacks per day, which are enough to maintain a good weight loss rate but do not reach the stage of fullness.

How do I know if I have reached satiety?

Upon experiencing hiccups, vomiting, a tendency to vomit, or stomach pain.

Dr. Ahmed's golden rule to maintain the surgery

Regulating food quantities so that we eat until satiety and not as much as possible.

The percentage of healthy meals is 80% of the total daily diet.

Sports

After bariatric surgeries, sports are as important as nutrition, as they help you lose weight and stimulate blood circulation. You can practice simple, comfortable exercises, then increase your practice gradually to help burn fat and maintain muscle mass.

When can I start sports?

It is possible to begin light exercises, such as light walking, 2 weeks after the surgery.

You must see the trainer in the clinic to determine the best exercise for your specific situation.



Dumping syndrome

Dumping syndrome is a group of symptoms that sometimes occur after bariatric surgeries. It usually does not last more than 12 to 18 months after the surgery.

Causes:

- Simple sugars (honey, concentrated juice, sweets), even in small amounts.
- Drinking soon after eating.
- Eating fatty foods.
- Drinking alcohol.

Dumping syndrome can occur 10 to 30 minutes after eating, and its symptoms include abdominal pain, flatulence, nausea, vomiting, diarrhea, headache, fatigue, and hypotension.

Also, it can occur 1-3 hours after eating, and its symptoms may be sweating, weakness, confusion, and hunger.





Dealing with symptoms:

- Avoid simple carbohydrates to avoid elevated blood glucose level such as white sugar, honey, jam, sweets, juices and fruits with a high sugar level, white rice, pasta, and white flour products.
- Increase the amount of fiber (such as fresh vegetables)
- Increase protein in meals that contain carbohydrates, such as:
 - low-fat dairy products
 - meat animal
 - fresh vegetables.
- Eat several small meals during the day (6 to 7) instead of 3 large meals, while chewing well and eating slowly.
- Separate meals and drinks (drinks 15-30 minutes before meals and 30-90 minutes after meals)
- Lie down as soon as you finish your meal to reduce dumping syndrome symptoms by slowing the emptying of food from the stomach.
- If symptoms of decreased circulation occur, you should eat a teaspoon of honey or jam, or ½ cup of juice and wait 15-30 minutes, then eat a small meal containing vegetables and protein, such as:
 - A small cup of yogurt with grated cucumber.
 - 2 spoons of karish cheese with watercress or chopped lettuce.
 - A slice of brown toast and 2 spoons of tuna.



Pregnancy after bariatric surgeries

After bariatric surgeries, fertility and childbearing rates increase, so a contraceptive method must be used, except the hormonal method; note that doctors recommend avoiding pregnancy for a full year after bariatric surgeries

Smoking

Ulcers may occur in the stomach wall due to smoking, so doctor advise patients to reduce smoking.

Some of the symptoms that may occur after bariatric surgeries and how to deal with them



Constipation

The common causes of constipation are lack of movement, lack of fluids and fibers. It may occur in the first period after the surgery. It can be avoided by increasing movement through doing simple exercises, drinking fluids (1.5-2 liters), and eating fresh vegetables.

Diarrhea

Common causes of diarrhea are the presence of bacteria or excess sugars or fat content in food, so they must be avoided and any fluids lost from diarrhea should be replaced.



Dehydration

Dehydration is one of the most common symptoms that occur after the surgery. Signs of dehydration include dark urine and dry skin, which causes sagging and wrinkles. Dehydration can be avoided by always drinking enough clear liquids between each meal and reducing caffeine-containing drinks such as coffee and tea because they are diuretics.

Vomiting

The cause of vomiting after surgery is usually a lack of adequate chewing or an increase in the size of the meal, so take small bites while chewing thoroughly and limit the amount of food.

Some people may vomit due to intolerance, which is difficulty digesting certain types of food, such as chicken, meat, rice, and fatty foods, in the first period after surgery. If this problem occurs, please avoid these foods temporarily.





Hair loss

After bariatric surgeries, hair loss is common and is caused by malnutrition. Please stick to vitamins and whey protein to avoid this issue. We recommend consulting the dermatologist in the clinic if your hair loss worsens.

Heartburn and acid reflux

- Drink water between meals, not during the meal.
- Do not lie down an hour after eating, and do not sleep until two hours after eating.
- Raise the pillow slightly while sleeping.
- Avoid salty foods, pickles, fried foods, spicy foods, soft drinks, citrus fruits, coffee, and tea.
- Reduce the amount of fat added to food.
- Wear loose clothing.



Weight stability

Physiological stability is a natural condition that occurs. It is the stability in weight for less than 6 weeks, but then the weight goes down again.

However, if the weight has been stable for more than 6 weeks, in this case we recommend making a food diary and booking a consultation with the nutritionist.

Day	1	2	3	4	5	6
Breakfast Time Meal description						
Snakes Time Meal description						
Lunch Time Meal description						
Dinner Time Meal description						
Water cups of water						
Drinks Kinds Amount of sugar						
Sports Time Kind and duration						
Whey protein						

Enjoy your life after the bariatric surgery

- The quality of life index improves **in 95% of cases.**
- Depression disappears **in 55% of cases.**
- Sleep apnea disappears **by 74% to 98%.**
- Improvement of chest allergy or disappearance **in 80% of the cases.**
- The risk of cardiovascular disease decreases **by 82%.**
- Hypertension improves **by 52% to 92%.**
- GERD decreases **by 72% to 98%.**
- Urinary incontinence improves **by 44% to 88%.**
- Joint pain improves **by 41% to 76%.**
- Gout is reduced **by 77%.**
- The stagnation of blood in the veins of the feet is improved **by 95%.**
- Menstrual irregularities disappear **by 100%.**
- Diabetes is improving **by 83%.**
- Metabolic disorders are reduced **by 80%.**
- Liver disorders, fatty liver are reduced **by 90%**, inflammation **by 37%**, and fibrosis **by 20%.**
- Hypercholesterolemia is reduced **by 63%.**



The required tests after 3 months, 6 months, and a year

CBC
Serum iron & transform
Serum Ca (Total & Ionized)
Serum urea & creatinine
Mg & Zn
Serum Vitamin B12
Serum D
Albumin
PTH & R.B.S. & SGPT



Caring Hands

We believe that reaching the ideal weight with health is a long journey and you must have supporters around you, so we decided to support you differently, through a new book containing all the healthy recipes and advice that you may need after your bariatric surgery; so you are not alone in your journey. We offer you our caring hands.

DOCTOR AHMED EL MASRY

PHD IN GENERAL SURGERY
CONSULTANT OF BARIATRIC AND LAPAROSCOPIC SURGERIES
FELLOWSHIP OF ROYAL SURGEONS COLLEGE-ENGLAND
MEMBER OF EUROPIAN AND EGYPTIAN ASSOCIATION FOR BARIATRIC
SURGERY
FOUNDER OF POUR TOI CENTER FOR COSMETIC MEDICAL SERVICES.
HOLDS THE INTERNATIONAL EXCELLENCE CERTIFICATE IN BARIATRIC
SURGERIES FROM SRC

DOCTOR HAJAR SAEED

CLINICAL NUTRITION CONSULTANT
LIFE COACH



Scan me

