

# LivingAfterWLS

## The 5 Day Pouch Test Journal

Use this worksheet to journal your progress to reclaim your surgical gastric pouch and empower your commitment to healthy living with weight loss surgery.

**Days 1 & 2 - Liquid Proteins:** The first two days are all liquids. You can have as many low-carb protein shakes as you like to satisfy hunger or cravings. In addition drink at least six 8-ounce glasses of water each day. The purpose of all liquids is to break any snacking, grazing or processed carbohydrate habits. In addition the liquids will work to cleanse your system and prepare you for the following three days. Try to reduce your caffeine intake as well, but do not stop caffeine cold turkey or you will feel sick and frustrated potentially losing the desire to continue with the pouch test.

<p><b>Day 1 - Date:</b> <b>Morning Weight:</b></p> <p><b>Energy Rank (1=Low; 10=High)</b> Wake-up: Mid-morning: Noon: Mid-afternoon: Dinner: Bedtime:</p>	<p><b>Food Journal:</b></p> <p><b>Activity Journal:</b></p> <p><b>Motivation Journal:</b></p>
<p><b>Day 2 - Date:</b> <b>Morning Weight:</b></p> <p><b>Energy Rank (1=Low; 10=High)</b> Wake-up: Mid-morning: Noon: Mid-afternoon: Dinner: Bedtime:</p>	<p><b>Food Journal:</b></p> <p><b>Activity Journal:</b></p> <p><b>Motivation Journal:</b></p>

**Day 3- Soft Proteins:** Protein Recommendations: canned fish (tuna or salmon) mixed with lemon and seasoned with salt and pepper, eggs cooked as desired seasoned with salt pepper and/or salsa, fresh soft fish (tilapia, sole, orange roughy), baked or grilled, and lightly seasoned. This starts your program with "soft" protein. Measure your portion (1 cup volume or 4-6 ounces weight) and eat only until you feel full, not overfull. Remember, no water for 30 minutes before or after you meal, and no fluids with your meal. We are going back to the beginning and fluids will prevent you from feeling the pouch. If you need to add a bit of Miracle Whip or mayonnaise to the canned fish I understand, but keep it to a minimum so the meat is not too moist. One reason we lose the sense of tightness in our pouch is that we eat "slider foods" - foods that are too moist and do not stay in the pouch very long, they slide right through the stoma.

<p><b>Day 3 - Date:</b> <b>Morning Weight:</b></p> <p><b>Energy Rank (1=Low; 10=High)</b> Wake-up: Mid-morning: Noon: Mid-afternoon: Dinner: Bedtime:</p>	<p><b>Food Journal:</b></p> <p><b>Activity Journal:</b></p> <p><b>Motivation Journal:</b></p>
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**Day 4- Firm Proteins:** Protein Recommendations: ground meat (beef, turkey, lamb) cooked dry and lightly seasoned, shellfish, scallops, lobster steamed and seasoned only with lemon, salmon or halibut steaks, grilled and lightly seasoned. By now you should be experiencing that familiar tightness that will reassure you that your pouch is working. Remember to drink plenty of water between meals. Take some time to meditate and rediscover the wonder of your pouch. Often we don't like that uncomfortable tightness of the pouch, which is why we gradually move toward slider foods that don't make us uncomfortable. It is always my preference to eat moist protein so I don't get uncomfortable, but this allows me to consume more than I should. Rediscovering the pouch with this 5-day plan reminds me of how the tool really works. I hope by now you are rediscovering your tool and enjoying the hope and excitement because your pouch still works..

<p><b>Day 4 - Date:</b> <b>Morning Weight:</b></p> <p><b>Energy Rank (1=Low; 10=High)</b> Wake-up: Mid-morning: Noon: Mid-afternoon: Dinner: Bedtime:</p>	<p><b>Food Journal:</b></p> <p><b>Activity Journal:</b></p> <p><b>Motivation Journal:</b></p>
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**Day 5- Solid Proteins:** Protein Recommendations: white meat poultry cooked dry and lightly seasoned, beef steak (if tolerated) grilled or broiled. Remember to chew, chew, chew. Measure your portion (4-6 ounces) and eat only until you feel your pouch tighten. Remember, only 15 minutes per meal, so you'll have to work fast to chew your food completely. By now you should be out of any carb cycle you were in and perhaps you have lost a pound or two. You will have new confidence in your pouch and your ability to work the tool for your health and emotional well being.

<p><b>Day 5 - Date:</b> <b>Morning Weight:</b></p> <p><b>Energy Rank (1=Low; 10=High)</b> Wake-up: Mid-morning: Noon: Mid-afternoon: Dinner: Bedtime:</p>	<p><b>Food Journal:</b></p> <p><b>Activity Journal:</b></p> <p><b>Motivation Journal:</b></p>
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**Carbohydrate Withdrawal:**

If you notice symptoms of carbohydrate withdrawal you can eat a small piece of melon or an orange. You can also try a dose of Emergen-C which should reduce headache, dizziness or cramping from carbohydrate withdrawal.

**Constipation:**

A shift to high protein diet often results in constipation. To relieve this you may try adding a fibrous fruit snack to your morning and a fibrous vegetable snack in the afternoon. Fruit suggestions are apples, berries, apricots, cantaloupe or oranges. For vegetables try leafy greens, zucchini, cucumbers, spinach, summer squash or string beans.

**Good luck!** I believe you are going to like the results when you give this plan an honest try. And you will have the confidence to take back your healthy weight loss surgery living.