

BACK ON TRACK: 5 focused days to stop weight regain and regain control

Taken from the book by Kaye Bailey, "The 5 Day Pouch Test Owner's Manual"

NOTE: This is not designed for patients who are still losing weight. You need to be at least 24 months out from surgery and struggling with some weight regain. We will not be eating the way you were taught right after surgery. We are focusing on learning how to regain control of your tool.

How many of you sat through the pre-surgery class and heard "Weight loss surgery is only a tool." So did author, Kaye Bailey. Here briefly is her story following her RNY gastric bypass in 1999:

"Weight loss was easy for me, *at first*. I was fortunate to have no complications and the weight came off quickly. I reached goal weight in the first year. ... I started a formal exercise program 14 days after surgery, and I was extremely compliant with the dietary guidelines; I was a model patient driven by the greatest determination I had ever known. I followed the Four Rules as if they were commandments.

[high protein diet, drink lots of water, avoid snacking, enjoy physical activity]

The transformation was profound. Not only had I shed 130 pounds, I had shed that downtrodden self-loathing person for a new healthy confident trim woman. I held that weight for three years and I thrived.

But like so many others, a little bit here, a little bit there, and the weight started coming back. Perhaps I was careless with my food choices, or perhaps I was rebellious against the surgery and the pouch. Maybe there was too much celebrating, too much stress, too much to do, and no time to take care of myself. I ignored a five-pound gain. It was only five pounds, right? I quit visiting the bathroom scale, and I ignored the tightening feel of my clothing. Soon the five-pound gain was 30 pounds.

I was embarrassed, angry, and felt totally, hopelessly out of control. The old wicked diet pattern of losing and gaining, the very pattern that I believed surgery would cure, was back in my life. I could not believe I had become [someone] who gained weight back after surgery. How did this happen to me? How did I become one of *those* people? It is one thing to regain weight after losing on a mainstream diet: everyone expects regain after conventional weight loss; after all diets don't work, right? But a regain of weight after...surgery is devastating.

Yes, the surgery is only a tool, *but care of that tool is your responsibility.*"

Perhaps we don't remember how bad obesity felt.

“It is a funny thing, the way the mind works. The healthier we become, the less we remember how truly sick we were before surgery and before weight loss.”

Remember:

- Obesity is a disease.
- Weight loss puts the disease in remission.
- Weight gain puts the disease in relapse.
- Those who suffer the disease [of obesity] are responsible to make dietary and lifestyle changes that work in tandem with the medical treatment to keep our disease in remission
- Like most diseases, relapse occurs. It manifests in weight gain.
- We are never limited in the number of times we can actively affect behaviors to put obesity in remission: we always have another chance.
- Most importantly, I am not the disease; I have the disease.”

“You already know how courageous and powerful you are: you learned that when you underwent bariatric surgery. The 5 Day Pouch Test will help you find that place again through the course of five days focused on your mental and physical wellness. Pull out your strength and reserves and let's do this together.”

KEEP IN MIND, THE GOAL IS NOT TO EAT UNTIL YOU FEEL RESTRICTION. THE GOAL IS TO EAT UNTIL YOU FEEL SATISFIED. THIS IS DESIGNED TO HELP YOU LEARN THE DIFFERENCE.

PREPARE: Just like you prepared for surgery, you need to prepare for the 5 day reset.

1. **Learn the plan** to be sure you understand it, paying close attention to the progression of the diet from Day 1 – 5.
2. **Mark the date.** Pick a day to start that allows you to follow it without disruptions such as travel, social events or hormonal cycles.
3. **Seek peer support** and become a support to someone else.
4. **Prepare** by planning meals for all five days and do your grocery shopping before starting. Don't go to the grocery store during the five days.
5. **Build mental readiness** – meditate or journal on why you are doing this and what you want to accomplish. Practice self-kindness and look forward to embarking on the repair process.

Do not use this as a quick way to drop a few pounds and then revert to the same behavior that caused the regain in the first place. “If you continue to do the same thing, you will get the same results.” Even little changes can have a huge impact! The goal is not weight loss, but ***getting back on track using your tool.***

Day 1 & 2 – these are healing days. The goal is to reduce the inflammation in the pouch and allow the cravings for processed carbs to subside.

Day 3 – you will introduce soft proteins and get back to mindful eating. Focus will be on portion control and liquid restrictions with meals. You will focus on the feeling of being satisfied.

Day 4 – introduces firm proteins. You should be through your carb withdrawal, and your energy should begin to improve.

Day 5 – continue liquid restriction with meals and continue with solid proteins. Slider foods* should be gone and you should be more mindful of the feeling of being satisfied.

- **Day 6 – this is how you will eat for the rest of your life.** You have broken the carb cycle and gained a feeling of control over the pouch. You will focus on eating 3 protein-dense meals a day where 2/3 of your plate are protein and 1/3 is low-glycemic carbohydrates. You should limit whole grains to one serving a day.

Follow the 4 rules:

- 1. At every meal, eat lean protein before any other food, and your goal is 60 – 100 gm of protein a day. This will help you to feel a tight or full feeling, which is your signal to stop eating.**
- 2. Drink a minimum of 64 ounces of water during the day. DO NOT drink carbonated beverages or excessive amounts of alcohol.**
- 3. Avoid snacking – especially on non-nutritious slider food. If you eat a snack, it must be high protein, which will increase the metabolism and help to relieve carb cravings.**
- 4. Engage in 30 minutes of physical activity every day of the week. Consistently exercising, stretching, bending, walking is a gift to your body. People who maintain their weight exercise daily.**

***Slider Foods:** soft, simple processed carbs of little or no nutritional value that slide right through the surgical stomach pouch without providing nutrition or fullness. These include pretzels, saltine crackers, Cheetos, tortilla chips with salsa, potato chips, sugar-free cookies, cakes and candy. These foods are frequently a part of weight regain because you can eat a lot of them without ever feeling full. *When you eat these foods, your body uses that sugar as fuel instead of burning fat as fuel.*

Liquid Restriction: You must avoid drinking 30 minutes before, during and after each meal or protein snack! If you drink and wash the food on through, *you will never feel full*. Follow this rule even when you drink a protein shake, protein bar, protein snack, or hearty soup. The longer food stays in your stomach, the more nutrition you get from it.

LET'S GET STARTED!!!

Days 1 and 2: Healing Days - Liquids

- Clear broth
- Creamy soups
- Protein fortified beverages (protein shakes) with at least 20 gms of protein, less than 5 gm carbs
- Hearty soups – made of vegetables, legumes and some animal protein and dairy

DO NOT RESTRICT FOOD INTAKE – less is NOT better!

- You may have as many liquid meals as needed in response to hunger.
- **A meal is 1 cup of soup, or one protein shake - MEASURE**
- **Eat only what you can eat in 15 minutes, then discard the rest**
- Wait 30 minutes before drinking any broth or liquids
- Be alert to what signals your body sends
- **Wait at least 1 hour before having another meal – notice how your stomach feels**

Options to consider:

- black bean soup
- cup of turkey chili
- chicken noodle soup

Carbohydrate withdrawal may include headache, dizziness, cramping, and nausea. You may use the following:

- Emergen-C drink mix
- Ginger herbal tea

RECIPES:

Vanilla Berry Smoothie Breakfast

½ cup vanilla low fat yogurt

1 cup skim milk or soy milk

1 scoop vanilla protein powder

½ cup frozen berries

Place all ingredients in blender and blend until smooth

Lemony Chicken Soup

1 tsp olive oil

1 clove minced garlic

6 cups chicken broth

1 rib of celery, chopped

1 cup shredded carrots

½ tsp pepper

¼ tsp salt

½ cup orzo (small grain pasta)

2 cups frozen peas or green beans

3 cups chopped cooked chicken

2 large eggs

3-4 Tbls freshly squeezed lemon juice

Heat oil in dutch oven over medium. Add garlic and brown 1 min. add broth, celery, carrots, salt & pepper and bring to boil over high heat. Add orzo and cook until tender – about 8 min. Add peas and chicken and simmer. Whisk eggs and 3 Tbl lemon juice. Wisk egg mixture with 1 cup hot soup added in thin stream, then add to rest of soup. Serving is 1 cup.

Pumpkin & Sausage Soup:

16 ounces country style sausage
½ c diced onion
1 clove minced garlic
1 Tbl Italian seasoning
1 15 ounce can pumpkin
1 c chopped mushrooms
5 c. chicken broth
½ c heavy cream
½ c sour cream
½ c water

Over medium heat, cook sausage breaking into small bits. Drain fat, add onion, garlic, seasoning, mushrooms and cook until tender. Add pumpkin and broth and stir well. Simmer for 20 – 30 minutes. Remove from heat and stir in cream, sour cream and water. Serve warm. (freezes well)

May also use Ham & Split Pea Soup, Black Bean Soup or Lentil Soup. (Amy's Organic Soups)

Day 3: Feel the tightness again – Soft Protein

- Canned fish (tuna or salmon)
- Low sodium deli meats
- Eggs cooked as desired
- Fresh soft fish (tilapia, sole, orange roughy)
- Yogurt and cottage cheese – ½ cup servings
- 1 ounce cheese servings
- ½ cup refried beans - don't eat more than ½ cup as they can expand as you digest, so eat another protein source with them

EAT AS MUCH AS YOU WANT AS LONG AS YOU FOLLOW THE PLAN

- **Measure your portions – need to be either 1 cup in volume or 4 – 6 ounces in weight**
- Eat only until you feel satisfied, *not stuffed*
- **Eat only what you can eat in 15 minutes, and discard the rest**
- Be mindful of what you eat; how you move your body; how your energy levels rise and fall, and how you feel
- **Do not drink 30 minutes before, during or after your meal or protein snack– eat only on a dry stomach!**
- **Wait at least an hour before having another meal or protein snack**
- Have a protein drink before eating any other snack food.
- **Avoid fruits and vegetables until Day 6** with the exception of those listed.
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Protein dense foods can lead to constipation. To avoid that try these tips:

- ½ apple with skin for mid-morning and mid-afternoon snack
- Increase fluid intake
- Add a fish oil capsule
- Drink a laxative tea blend that contains senna leaf, hibiscus leaf, licorice root, or rhubarb root (Smooth Move Tea)

RECIPES:

Breakfast Burrito

2 eggs
Cooking spray
1 ounce cheddar cheese, shredded
2 Tbl refried beans
1 Tbl salsa

Measure beans onto plate and heat until warm in microwave. Spray small skillet with cooking spray and scramble eggs to desired doneness, adding cheese in the last minute of cooking. Top beans with egg mixture and salsa.

Spinach-Sausage Egg Bake

1 pound country sausage
1 small chopped onion
Cooking spray
1- 7 ounce jar roasted red pepper
(drained and chopped)
1 10 ounce packed frozen chopped
Spinach, thawed and squeezed dry
¼ c Parmesan cheese
1 cup flour
1 tsp basil
½ tsp salt
8 large eggs
2 c milk, 2% lowfat
1 c shredded provolone cheese

Preheat oven to 425. Coat 3 quart baking dish with cooking spray. In large skillet, cook sausage and onion over medium heat until meat no longer pink. Drain. Transfer to baking dish. Sprinkle with half of red peppers, top with spinach.

In large bowl, combine flour, parmesan cheese, basil and salt. In another bowl, whisk together eggs and milk. Slowly stir into flour mixture until blended but lumpy. Pour over spinach.

Bake uncovered for 15 – 20 minutes. Remove and top with provolone and remaining peppers. Bake another 5 minutes. Let stand for 5 minutes before serving.

Parmesan Tuna Patties

1 16ounce can albacore tuna, in water
1 Tbl mayonnaise
1 large egg
2 Tbl Parmesan cheese
2 Tbl ground flax meal
1 dash garlic powder
1 dash onion powder
1 Tbl olive oil

Drain tuna. Blend all ingredients in bowl and form into patties. Heat olive oil in shallow skill, and fry patties until brown on edges. Turn patties and continue to cook until done.

Day 4: Your new normal – Firm Proteins

- Ground meat, cooked dry with light seasoning (meatballs, meatloaf)
- Shellfish, salmon, halibut
- Veggie burger patties, Tofu

CONTINUE TO FOLLOW THE RULES:

- **Measure your portions – need to be either 1 cup in volume or 4 – 6 ounces in weight**
- Eat only until you feel satisfied, *not stuffed* – the discomfort in your stomach is the signal to stop eating
- **Eat only what you can eat in 15 minutes, and discard the rest**
- Be mindful of what you eat; how you move your body; how your energy levels rise and fall, and how you feel
- **Do not drink 30 minutes before, during or after your meal or protein snack– eat only on a dry stomach!**
- **Wait at least an hour before having another meal or protein snack**
- Have a protein drink before eating any other snack food.
- **Avoid fruits and vegetables until Day 6** (with exception of ½ apple as listed below).

You may begin to experience some of the following:

- Your carbohydrate cravings should be less;
- you will always start with protein;
- you must observe the restriction of fluids before during and after meals;
- you will begin to feel the tightness after eating just a few bites of firm protein without liquids – this is how the tool is supposed to work. **You stop eating at this point.**

RECIPES:

Turkey-Parmesan-Pesto Meatballs

1 ½ lb ground turkey, white meat
¼ cup pesto sauce
1/3 cup parmesan cheese, grated
1 small white onion, finely chopped
½ tsp salt
Additional pesto for dipping

Preheat oven to 375. In large bowl, combine turkey, pesto, parmesan, onion and salt. shape mixture into 30 meatballs. Place on wire rack above a foil-lined rimmed baking sheet. Make sure they aren't touching. Bake in oven 15 – 20 minutes. Serve warm with extra pesto to dip meatballs in.

Veggie Mushroom-Swiss Patty Melts

4 frozen vegetarian burger (Boca Burger)
¼ c. chicken stock
8 ounces sliced mushrooms
1 small onion chopped
Black pepper to taste
Cooking spray
4 slices swiss cheese, reduced fat

Preheat oven broiler. In a 10 inch skillet, cook veggie burgers per directions on package. Set aside and keep warm. In same pan, heat chicken stock, add mushrooms and onions and cook and stir over med-hi heat until veggies tender. On foil lined cookie sheet sprayed with cooking spray, place the veggie patties. Top with mushroom mixture and slice of swiss cheese. Place under broiler to melt cheese – watch closely to avoid burning.

Day 5: Look Where You Are!

- Introduce solid protein back into the menu
- Poultry, beef, pork without sauces
- Anything from day 3 or 4

RECOGNIZE THAT YOUR TOOL STILL WORKS

- You may continue to eat as much as you want in 15 minutes
- No liquids before, during and after meals
- Wait at least an hour before having another meal or protein snack – and have a protein drink before eating any other protein snack food
- Continue to avoid fruits and veggies until tomorrow
- This is not the end of anything, but the beginning of your being in control of your tool.

RECIPES:

Chipotle-Jalapeno Chicken with Black Beans

1 Tbl Mrs. Dash Southwest Chipotle Seasoning
4 – 4oz. chicken breast halves, skinless, boneless
½ cup Monterey jack cheese with jalapeno peppers, shredded
2 Tbl canned jalapeno peppers, diced
1 15ounce can black beans, rinsed and drained
¼ cup mild salsa

Season both sides of chicken with Mrs. Dash Southwest seasoning. Coat a 12 inch skillet with cooking spray and place over high heat. When heated, add chicken to pan, and cook 7 – 10 min. on each side until done. While chicken cooki, put beans and salsa in medium bowl and microwave on high 3 – 4 minutes, until warm. Remove chicken from heat, sprinkle with cheese. Cover to allow cheese to melt and serve garnished with sliced jalapenos.

Seared Pork Tenderloin Chops with Balsamic Sauce

½ cup balsamic vinegar
½ cup beef broth
4 4-ounce pork chops, boneless and trimmed of fat
Salt & pepper to taste
1 Tbl olive oil

Place balsamic vinegar and broth in 1 quart saucepan and heat to simmer over med/high heat. Simmer until sauce is reduced and thickened, about 6 – 8 minutes. Season chops with S & P on both sides. On stovetop, heat oil in 10 inch skillet over med/high heat. When oil is hot, cook chops 5 – 8 minutes on each side. Pour sauce over chops and simmer on low until no pink in center of chops.

DAY 6 – TIPS FOR MOVING FORWARD:

Now that you have completed the 5 day pouch test, you will return to eating 3 meals a day, not drinking before during and after a meal for 30 minutes, and stop eating when you are satisfied. Do not eat until you feel restriction – stop eating BEFORE it gets tight. Hopefully you have relearned that feeling.

1. Eating vs Tasting – avoid bites, licks or tastes in the kitchen as there is always room for one more bite. Use the wrong end of the spoon to dip it into the soup or sauce to taste – don't take a full spoonful. The goal is to see if the sauce needs an ingredient. More than that becomes eating. And a lot of things just don't require tasting anymore – you know how it tastes!
2. Break the Sweet-Salt Cycle – instead use a “palate cleanser” such as green or mint tea, or ice water with a pinch of lemon.
3. Eat a protein breakfast first thing every morning to start the metabolism.
4. Drink lots of water, but not with meals.
5. Avoid snacking. Eat 3 protein centered meals a day. Period.
6. Enjoy 30 minutes of physical activity daily.
7. Use a rhythm of 2 bites of protein, then 1 bite of complex carbohydrate. This will allow you to get in enough protein, while allowing you to diversify your meals.

KEY LEARNING POINTS:

- 1) Weight loss is not a competitive sport – it is a life-saving journey to health. And your journey will not look like anyone else's; relax and enjoy it at your own pace.
- 2) Measure your worth by something other than the bathroom scale. Focus on your talents, intelligence, professional accomplishments, your social life, etc.
- 3) Develop new strategies to deal with the everyday world. When you have surgery, the inside changes, but you return to the same environment. Find ways to navigate your old waters with your new body.
- 4) Remember, kindness matters – especially to yourself. Celebrate regaining control of the tool you have, and don't expect perfection. No one does everything right all the time.

Many people want to know if they can redo the pouch reset. Yes, but not immediately. You can always come back to it, however, when you need to remind yourself how to control your tool. As Kaye Bailey says, no one ever does it 100% correctly, so don't beat yourself up if you don't. The goal isn't to be perfect – it's to be better!

Day 1: Liquids

Records	Nutritional Intake of ALL Food and Beverages				
Day: Weight:	Food Item	Protein (g)	Fat (g)	Carbs (g)	Calories
Water Goal: 0 0 0 0 0 0 0					
Vitamins					
Calcium					
Exercise & Fitness					
Goals/Totals					
Summary					

- Heal your pouch/sleeve with soothing, nutrient dense low glycemic liquids
- **Allow only 15 minutes per meal**
- If suffering carbohydrate withdrawal, eat a piece of low glycemic fruit or vegetable, try herbal tea, or drink Emergen C®
- Remember: you are getting back on track!

Day 2: Liquids

Records	Nutritional Intake of ALL Food and Beverages				
Day: Weight:	Food Item	Protein (g)	Fat (g)	Carbs (g)	Calories
Water Goal: 0 0 0 0 0 0 0					
Vitamins					
Calcium					
Exercise & Fitness					
Goals/Totals					
Summary					

- Heal your pouch/sleeve with soothing, nutrient dense low glycemic liquids
- **Allow only 15 minutes per meal**
- “We do not have to manage our plate with an all or nothing strategy. This has never worked for keeping our weight under control. We must find the happy place between perfection and imperfection.”

Day 3: Soft, Moist Protein – canned fish, eggs, yogurt, cottage cheese, 1/2 c refried beans, Wendy’s Chili, protein shakes only as in between meal snacks. Stop drinking before, during and after all meals for 30 minutes.

Records	Nutritional Intake of ALL Food and Beverages				
Day: Weight:	Food Item	Protein (g)	Fat (g)	Carbs (g)	Calories
Water Goal: 0 0 0 0 0 0 0					
Vitamins					
Calcium					
Exercise & Fitness					
Goals/Totals					
Summary					

- Protein shake is always the best first choice for in between meals snack.
- “Surrender to change. This is what it takes to survive. Weight loss surgery affects a profound change on the body. Let your mind catch up and embrace that change.”

Day 4: Firm Proteins – ground meat without sauce, shellfish, scallops, veggie burgers.

Records	Nutritional Intake of ALL Food and Beverages				
Day:	Food Item	Protein (g)	Fat (g)	Carbs (g)	Calories
Weight:					
Water Goal: 0 0 0 0 0 0 0					
Vitamins					
Calcium					
Exercise & Fitness					
Goals/Totals					
Summary					

- The carbohydrate cycle is broken and liquid restrictions become habit.
- Take 2 bites protein, 1 bite complex carb and CHEW, CHEW, CHEW
- “Concentrate on how your pouch feels and put down the fork at the first sign of fullness. Stop short of discomfort.”
- Feelings of hunger are not a failure. Assess it to decide how urgent it is. If needed, eat.

Day 5: Solid Proteins – eat 4 – 6 ounce portions as often as you want as long as you don't drink with it.

Records	Nutritional Intake of ALL Food and Beverages				
Day:	Food Item	Protein (g)	Fat (g)	Carbs (g)	Calories
Weight:					
Water Goal: 0 0 0 0 0 0 0					
Vitamins					
Calcium					
Exercise & Fitness					
Goals/Totals					
Summary					

- Measure your portions and eat only until full.
- Eat as often as you want, but it must be only a 4 – 6 oz. protein without liquids.
- Be mindful of hunger signals and fullness signals.
- Remember – weight loss is not a contest. It is a life-saving tool owned by you!

Tips for special occasions:

1. Eat a protein breakfast first thing – a protein dense breakfast kickstarts your metabolism.
2. Drink 24 ounces of water between breakfast and your next meal or snack.
3. Drink alcohol only with meals.
4. Remember that crackers, pretzels, cookies and white bread are slider foods that have no nutritional value. If you eat any, remember your liquid restrictions.
5. On special occasions, eat a bite or two and then let it go. It is just food.

What next?

- The goal of the 5 Day Pouch Test is not to lose weight. It is to get you back on track so you can continue to lose weight.
- Slowly begin to include complex carbohydrate fruit and vegetables into the diet at a ratio of 2/3 protein to 1/3 complex carbohydrates.
- Digestion begins with chewing. Put your fork down between bites and focus on enjoying the food more.
- The “One Bite Under” rule – stop before you feel too full. “Just right – not too tight.”
- If you feel hungry, eat vegetables.
- Follow the 4 Rules:
 - Eat protein first
 - Drink lots of water
 - No snacking of non-nutritional food
 - Get daily exercise

Reference:

Bailey, Kaye. (2012). The 5 Day Pouch Test Owner’s Manual. Evanston, WY: LivingAfterWLS, LLC.

<http://livingafterwls.blogspot.com/>

5DayPouchTest.com

LAWLSBookstore.com