

THE BARIATRIC REWRITE

THE ULTIMATE PROTEIN GUIDE

Because Guessing Isn't a Strategy

You survived surgery. You followed the rules. You're doing the work. But if you're not hitting your protein goals, you're leaving your results on the table — and over time, your body will make you pay for it.

80-120g

Daily protein goal
depending on surgery type

#1

Most underfulfilled
nutrient post-surgery

1.5g/kg

Per kg of ideal body weight—
a common clinical target

WHAT'S INSIDE

- ◉ Why Protein Is Non-Negotiable After Bariatric Surgery
- ◉ How Much Protein You Actually Need (And Why You're Probably Short)
- ◉ Warning Signs You're Protein Deficient
- ◉ Quick-Reference Protein Tables for 13 Food Categories
- ◉ The Rewrite Protein Cheat Code: How to Hit 100g in a Day

WHY PROTEIN IS NON-NEGOTIABLE AFTER BARIATRIC SURGERY

Let's be direct: protein isn't just a goal on a tracker. It's the single most important nutritional variable in your long-term success. Everything else — the supplements, the food choices, the meal timing — is secondary to this one thing. Here's why.

Muscle Preservation
After bariatric surgery your body is in a calorie deficit — and it will cannibalize muscle for fuel if you don't feed it enough protein. Muscle loss slows your metabolism, makes weight regain more likely, and leaves you feeling weak. Protein is the most important dietary factor in preserving muscle mass during weight loss.

Metabolism Support
Muscle is metabolically active tissue — it burns calories even at rest. The more muscle you preserve through adequate protein intake, the higher your resting metabolic rate. Lose the muscle, lose the metabolic advantage. It's that simple.

Hair, Skin & Nails
Hair loss is often associated with surgical stress, rapid weight loss, and inadequate protein or nutrient intake. You can't fully prevent it, but hitting your protein and micronutrient goals consistently gives your body the best chance to minimize it and recover faster.

Hunger Control
Protein is the most satiating macronutrient, period. It triggers fullness hormones and keeps you satisfied longer between meals. When patients tell us they're "always hungry," the first question is almost always: how much protein are you actually eating?

Wound Healing & Recovery
Surgery is trauma to your body. Protein is the building block of tissue repair. In the early post-op phase, hitting your protein goal isn't optional — it's the single most important thing you can do to heal properly and recover faster.

Long-Term Weight Loss
Here's the part nobody talks about: protein is the difference between patients who maintain their results and those who regain. High-protein diets preserve the lean mass that keeps your metabolism working. This isn't a phase. This is your forever eating strategy.

HOW MUCH PROTEIN DO YOU ACTUALLY NEED?

PATIENT TYPE	DAILY GOAL	NOTES
General Post-Op Baseline	60–80g / day	ASMBS minimum — a floor, not a goal.
Rewrite Standard	80–100g / day	Where most of our clients aim to land.
Active / Strength Training	100–120g+ / day	For those lifting weights or highly active.
Early Post-Op (First 6 Months)	As much as possible	Every gram counts. This window matters most.

WARNING SIGNS YOU'RE PROTEIN DEFICIENT

- Hair loss that feels excessive or prolonged
- Constant hunger between meals
- Fatigue that doesn't improve with rest
- Slow wound healing or surgical recovery
- Difficulty maintaining or building muscle
- Brain fog or difficulty concentrating
- Fingernails that break easily or grow slowly

THE REWRITE REALITY CHECK

- You cannot out-supplement inadequate protein intake. Collagen contributes to protein intake but should not be relied upon as your primary source — it lacks several essential amino acids.
- Most patients overestimate their protein by 20-40% because they don't weigh food.
- Hair loss, fatigue, and regain are symptoms. Low protein intake is one of the first factors worth investigating when these symptoms appear.

How to use this guide: Find your food, pick your portion size, read your protein number. Use a food scale — oz measurements are cooked weight unless otherwise noted. *Numbers are averages; actual content may vary by brand and preparation.*

CHICKEN

1 oz Chicken Breast	8g
2 oz Chicken Breast	16g
3 oz Chicken Breast	24g
4 oz Chicken Breast	32g
5 oz Chicken Breast	40g

LEAN GROUND BEEF (93/7)

1 oz	7g
2 oz	14g
3 oz	21g
4 oz	28g
5 oz	35g

PORK TENDERLOIN

1 oz	8g
2 oz	16g
3 oz	24g
4 oz	32g
5 oz	40g

TUNA

1 oz	7g
2 oz	14g
3 oz	21g
4 oz	28g
5 oz	35g

EGGS

1 Large Egg	6g
2 Eggs	12g
3 Eggs	18g
4 Eggs	24g

COTTAGE CHEESE

1/2 Cup	12-14g
3/4 Cup	18-21g
1 Cup	24-28g

CHEESE

1 oz Cheddar	7g
1 oz Mozzarella	7g
1 oz Swiss	8g

TURKEY BREAST

1 oz Turkey Breast	8g
2 oz Turkey Breast	16g
3 oz Turkey Breast	24g
4 oz Turkey Breast	32g
5 oz Turkey Breast	40g

SIRLOIN STEAK

1 oz	8g
2 oz	16g
3 oz	24g
4 oz	32g
5 oz	40g

SALMON

1 oz	6g
2 oz	12g
3 oz	18g
4 oz	24g
5 oz	30g

SHRIMP

1 oz	6g
2 oz	12g
3 oz	18g
4 oz	24g
5 oz	30g

EGG WHITES

1 Egg White	4g
2 Egg Whites	8g
4 Egg Whites	16g
6 Egg Whites	24g

GREEK YOGURT (PLAIN)

1/2 Cup	10-12g
3/4 Cup	15-18g
1 Cup	20-24g

THE REWRITE PROTEIN RULES

- Prioritize protein first at every meal. Non-negotiable.
- Don't estimate portions—measure them. “Eyeballing it” is how you end up 40g short.
- Your vegetables don't need to be perfect. Your protein does.
- If you're struggling to hit protein goals, start by looking at portion sizes.
- Most bariatric patients need significantly more protein than they think they do.
- When in doubt, eat the protein first. Everything else is a bonus.

REWRITE PROTEIN CHEAT CODE

Want 100g of protein? Here's a full day that gets you there.

BREAKFAST	3 eggs + ½ cup cottage cheese	30g
LUNCH	4 oz chicken breast	32g
DINNER	4 oz sirloin steak	32g

Total: 94g

This isn't complicated. It's consistent. That's the whole secret.

Add one cheese stick → 100g+. Done.

All numbers are averages. Actual protein content may vary by brand, cut, and preparation method.