




Determining Your Caloric Intake After Gastric Sleeve Surgery



3) Two Months After The Surgery
The calorie intake should not exceed 1000 calories, and new foods should be added slowly. Aim for 60-80 grams of protein per day.

Are you having a hard time figuring out the [ideal calorie intake following your gastric sleeve surgery](#)? You've come to the right place! This video provides factual information on the appropriate amount of calories to consume post-surgery. Our specialists disclose the optimal calorie intake required for effective recovery and weight loss.