



# Bariatric Nutrition Guidelines



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# PURPOSE OF THE PRE-OP DIET

The pre-op diet is the pre-operative, or “before surgery” diet. The goal of this diet is a reduced caloric intake, with low carbohydrate, low-fat intake and high protein intake. The average person following this diet would be consuming approximately 650-1000 calories, 50g carbohydrate, 20 grams fat and 80-90 grams protein daily. Following this diet will specifically:

- Reduce liver size and intra-abdominal fat
- Improve the visual field for the surgeon
- Reduce post-operative risks
- Mentally prepare you for the dietary changes after surgery
- Give you a head start on the weight loss journey ahead of you

All of these factors mean a safer and more successful surgery for you! It is very important that you follow the pre-op diet that your surgeon is recommending for you. If you find yourself struggling with the guidelines, please call the office for support and guidance.



## **A special note for patients with diabetes:**

*This diet will most likely be quite a reduction from your normal intake of carbohydrates and calories. If you are taking insulin, GLP-1 medications or any other diabetic medications, you need to contact your prescribing doctor to discuss your blood sugar management **BEFORE** starting this diet. Monitor your blood sugar carefully and have your doctor adjust your medication as needed. Consult your doctor and surgeon as needed for any concerns you may have.*



# THINGS TO BUY FOR PRE- AND POST-OP DIET

- Blender
- Ice cube tray – to freeze small portions of food
- Small dishes and utensils (toddler size)
- Measuring cups, spoons and a digital food scale
- Crockpot to prepare moist proteins
- Food journal or meal planning journal (you can use apps for this)
- Vitamin and mineral supplements
- Protein shakes (you may want to have a variety for taste but don't overbuy as your taste preferences can change after bariatric surgery)
- Sugar-free syrups to flavor protein shakes (SkinnyGirl, Torani, DaVinci)
- A supply of sugar-free, caffeine-free, carbonation-free liquids
- Herb and spice blends (to flavor food during the post-op diet progression)



# PRE-SURGICAL DIET GUIDELINES

**Date:** \_\_\_\_\_

**Start:** 14 days before bariatric surgery

**Duration:** 13 days, beginning \_\_\_\_\_ through \_\_\_\_\_.

## Instructions:

### PROTEIN SHAKES 2 per day:

- Choose a protein shake that has at least 25g protein, 100-200 calories, and less than 10g sugar on the product label. See the reference chart for a list of protein shakes that fit this criteria.

### 1 MEAL per day

- 4-6 ounces of lean meat (chicken, turkey, fish, seafood, lean cuts of beef or pork)
- 1 cup non-starchy vegetable or 2 cups salad with fat-free dressing.

### SNACKS (optional: choose 1-2 per day, NO more than 2)

- 1 piece of fruit
- 1 cup low-fat cottage cheese
- 1 cup low-sugar yogurt

### CLEAR LIQUIDS

- Drink at least 64 ounces of fluid daily (caffeine-free, carbonation-free and sugar-free). This includes: water, decaf coffee or tea, sugar-free flavored water, sugar-free popsicles, sugar-free Jell-O, fat-free broth.



# DAY BEFORE SURGERY

**Surgery Date:** \_\_\_\_\_ .

**Start:** 1 day before bariatric surgery

**Duration:** 1 day

**Instructions:** CLEAR LIQUIDS ONLY

## CLEAR LIQUIDS

Drink at least 64 ounces of fluid daily (caffeine-free, carbonation-free and sugar-free).

This includes:

- Water
- Decaf coffee or tea
- Sugar-free flavored water
- Sugar-free popsicles
- Sugar-free Jell-O
- Broth



# PROTEIN SHAKE EXAMPLES

## Protein Powders

- Celebrate High Protein Meal Replacement 24-27g
- Quest Protein 30g
- Unjury 20g
- Isopure Infusions 20g
- Orgain 21g
- Pure Protein Natural Whey 25g
- Syntrax Nectar 23g
- Optimum Nutrition Gold Standard Whey 24g
- Dymatize Elite 100% Whey Protein 25g
- Isopure Low or Zero Carb Whey 25g
- GHOST 100% Whey Protein 25g
- Bariatric Fusion Protein Powder 27g
- Bariatric Advantage 20g
- Body Fortress Super Advanced Whey 25g
- EAS 100% Whey 25g
- Elevation (found at Aldi) 30g
- Clean Simple Eats 20g
- Ascent 25g
- Muscle Milk Genuine 32g
- Ryse 25g

## Ready-to-Drink

- Glucerna Protein Smart 30g
- Premier Protein 30g
- Fairlife Nutrition Plan 30g, Core 26g, Elite 42g
- Ensure Max Protein 30g
- Boost Max 30g
- Unjury 20g
- Orgain 20-30g
- Muscle Milk Genuine 25g/Zero 20g/ProAdvanced 40g
- Pure Protein 30g
- GNC Lean Shake 25g
- Quest 30g
- Atkins Plus Protein 30g
- Shamrock Farms Rockin Protein 30g
- Huel 25g
- Slate 20g
- Alani Nu 30g

## Plant-based

- KOS Organic Plant-based 20g
- Unjury Planted 20g
- OWYN 20-32g
- Truvani 20g
- GHOST Vegan 20g
- Ensure Plant-Based 20g
- Orgain Organic Protein Powder 20g
- Garden of Life 20g
- Optimum Nutrition Gold Standard 100% Organic Plant-based Vegan Protein 24g
- Vega Clean Protein 25g
- BodyLogix Vega Protein 25g
- Muscle Milk Plant-based 30g
- Kachava 25g
- 1st Phorm 19g
- Ripple 20g
- Aloha 18g
- Koia 20g
- Evolve 20g
- Ritual 20g

## Clear Proteins

- Protein2o 15-20g
- Atkins Lift 20g
- Gatorade Zero Protein 10g
- Premier Clear Protein 20g
- Unjury Clear 21g
- Dymatize ISO100 Hydrolyzed Clear 25g
- Clean Simple Eats Clear 20g
- 1UP Clear Protein 20g
- SEEQ Clear Protein 22g
- Isopure Clear Whey Isolate 20g
- Oath Nutrition Clear 20g
- Wicked Protein Clear Whey Isolate 23g

# PURPOSE OF THE POST-OP DIET

Just like after any surgical procedure, your body needs time to heal properly. Following a proper post-op diet will be a determining factor in how well and quickly you recover. Post-op diets are done in stages to maintain initial weight loss, prevent your stomach from distress and avoid any side effects or complications from surgery. It will also help with portion control, which is an essential habit that will help you continue to lose weight and prepare you for lifelong healthy eating habits. This guide will walk you through each stage of the post-op diet offering sample meal plans, grocery lists, recipes and more!

## STAGE 1: CLEAR LIQUIDS

**Start:** Day of or day after surgery.

**Duration:** At the discretion of your surgeon.

**Instructions:**

- Sip one to two ounces of sugar-free, noncarbonated, non-caffeinated liquids every hour using a 1-ounce medicine cup.
- Stop sipping as soon as you feel full. Keep track of the amount of fluid you are sipping each hour, starting the first hour after you wake up.
- Don't begin vitamin/mineral supplementation until Stage 2.
- Fluid Goal: As tolerated (you are still receiving IV fluids).
- Protein Goal: \_\_\_\_\_
- Clear liquids include:
  - Water
  - Sugar-free flavored water
  - Sugar-free popsicles
  - Sugar-free Jell-O
  - Broth or Bone Broth (for higher protein)
  - Decaf coffee, tea or herbal tea





## STAGE 2: PROTEIN SHAKES

**Start:** Day of surgery or day after surgery

**Duration:** 1 week (approximately) or until you are cleared to progress to Stage 3. You will be discharged home on this stage.

**Instructions:**

- Protein Shakes: Sip low sugar protein shakes, 1-2 ounces every 15 minutes, no more than 8 ounces per hour.
- In the hospital you will be given Ensure Max shakes.
- Do not force yourself to finish fluids if you feel full.
- Avoid vomiting – call the office immediately if vomiting becomes excessive.

**Daily Fluid Goal:** 48-64 ounces

- 50% of the goal should be met with protein containing full liquids (24-32 oz./day), and 50% should be met with clear liquids (24-32 oz./day).
- Some patients may be able to consume the recommended minimum volume on the first day, others may need to increase fluid intake in incremental amounts (for example: 1 serving of 8 oz. of full liquid per day to three or four servings per day).
- Prioritize daily intake of clear liquids to prevent dehydration. Protein-containing full liquids provide less free water than clear liquids and should never be consumed at the expense of clear liquids.
- Be sure to take small sips often and avoid gulping.
- Drink to the color of your urine. Urine should be pale yellow if you are well hydrated.

**Daily Protein Goal:** As advised by your dietitian.

**Your protein goal is:** \_\_\_\_\_ .

**Vitamins:** Begin taking your chewable multivitamin with mineral supplements daily once you return home after surgery.

## STAGE 2 GROCERY SHOPPING LIST

- Water
- Crystal light or other non-caloric flavored water
- Sugar-free popsicles
- No sugar added Outshine popsicles
- Sugar-free Jell-O
- Sugar-free pudding mixes (to put in protein shakes)
- Powdered peanut butter (to put in protein shakes)
- Skim/low-fat milk or non-dairy alternative
- Decaf coffee or tea
- Broth or Bone Broth (for more protein)
- Unflavored protein powder
- Flavored protein powder
- Ready-to-drink protein shakes
- Sugar-free syrups

## STAGE 2 RECIPES

### JELL-O® Protein Cubes

#### Ingredients:

- 1 small box of sugar free JELL-O, any flavor
- 1/2 cup boiling water
- 1/2 cup cold water
- 1/2 cup whey protein powder

#### Directions:

1. Dissolve JELL-O in boiling water. Add cold water.
2. Whisk in protein powder until dissolved.
3. Place JELL-O in refrigerator to set, about 30 minutes.
4. Cut into cubes and divide into 4 servings.

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### Orange Creamsicle Shake

#### Ingredients:

- 1 scoop vanilla protein powder
- 1/2 packet Crystal Light Orange flavored powder
- 1 cup water
- 1/2 cup ice

#### Directions:

1. Measure 1 cup cold water
2. Mix Crystal Light into the water. Stir until dissolved.
3. Slowly add in protein powder, stirring until well combined.
4. Mix in ice

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### Butterfinger Protein Shake

#### Ingredients:

- 1 serving chocolate protein powder
- 1/2 cup skim/1% milk or unsweetened almond milk
- 1/2 cup water
- 1 tbsp. powdered peanut butter
- 2 tsp. sugar-free butterscotch pudding mix

#### Directions:

1. Mix all ingredients and blend in the blender.



# Spiced Latte

## Ingredients:

- 1 scoop vanilla protein powder
- ½ cup skim/1% milk or unsweetened almond milk
- ½ cup decaf coffee
- 1 tsp. cinnamon
- 1 tsp. ginger

## Directions:

1. Measure milk into a microwave safe mug
2. Place in microwave and heat until liquid reaches 140 degrees F
3. Stir in ½ cup coffee into warmed milk
4. Slowly mix in protein powder and stir until well blended
5. Sprinkle cinnamon and ginger and mix well

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# Strawberry Banana Protein Popsicles

## Ingredients:

- 1 serving strawberry protein powder
- 2 cups skim/1% milk or unsweetened almond milk
- 1 box small Jell-O instant sugar-free banana pudding

## Directions:

1. Measure milk and pour into bowl
2. Mix in protein powder, stirring until well-combined, set aside
3. In a separate bowl, empty the contents of the pudding mix
4. Add the protein powder and milk mixture into the dry pudding mix
5. Stir final mixture for 2 minutes or until texture is smooth
6. Place six 3-ounce paper cups or popsicle molds onto a plate
7. Ladle mixture evenly into paper cups or molds
8. Place popsicle sticks into the center of each cup or mold
9. Put plate of popsicles into the freezer. Let freeze for 4 hours.



## STAGE 3 PUREED FOOD

**Start:** 1 week after surgery (approximately)

**Duration:** 1 week or until cleared by the dietitian to progress to stage 4

**Instructions:**

- Continue to drink protein shakes as advised by your dietitian
- In addition, you may add small portions of pureed/smooth foods daily

**Notes:**

- Remember to stop eating at your first feeling of fullness
- Pureed foods can be made using a blender or food processor. The texture should be smooth, without lumps.
- If you are having trouble reaching your protein goal, add protein powder to your pureed foods

**Daily Fluid Goal:** 48-64 ounces per day

- Prioritize your daily intake of clear liquid to prevent dehydration
- Be sure to take small sips often and avoid gulping
- Drink to the color of your urine. Urine should be pale yellow if you are well hydrated.

**Daily Protein Goal:**

- As advised by your dietitian. Your protein goal is: \_\_\_\_\_.

**Vitamins:**

- Continue taking a complete multivitamin and mineral supplement daily

## HOW TO PUREE FOOD

**Step 1:**

- Cook the food you want to eat such as chicken or vegetables. Steaming your vegetables works best.

**Step 2:**

- Add your food to the blender or small food processor. If using large pieces of food (chicken breast) then cut into smaller pieces before adding to the blender.

**Step 3:**

- Add liquid to help you reach your desired consistency. Broth works great to thin out your food and add some flavor. You will not need much if you are preparing food in small amounts.

**Step 4:**

- Puree until smooth and thin in texture. As an extra bonus you could even freeze your pureed food in ice cube trays and use it another time. Each ice cube is about 2 tablespoons.



# STAGE 3 SAMPLE MEAL PLAN

## Day 1

**Meal 1:** Puree eggs

**Snack 1:** Protein shake

**Meal 2:** Puree cottage cheese with applesauce

**Snack 2:** Protein shake

**Meal 3:** Ricotta bake

**Snack 3:** Protein shake

## Day 2

**Meal 1:** Low-sugar Greek yogurt

**Snack 1:** Protein shake

**Meal 2:** Refried beans with low-fat sour cream

**Snack 2:** Protein shake

**Meal 3:** Puree turkey chili

**Snack 3:** Protein shake

## Day 3

**Meal 1:** Puree cottage cheese with puree peaches

**Snack 1:** Protein shake

**Meal 2:** Puree Butternut Squash Soup with unflavored protein powder

**Snack 2:** Protein shake

**Meal 3:** Hummus with pureed cauliflower

**Snack 3:** Protein shake



# STAGE 3 GROCERY LIST

## Protein Sources:

- Low-sugar Greek yogurt (Ratio, Triple Zero Pro, TwoGood, Light 'n Fit)
- Cottage cheese (plain, low-fat)
- Eggs (egg whites, egg beaters)
- Protein powder (unflavored)
- Tofu
- Canned tuna or chicken
- Cooked chicken (thigh or breast, rotisserie)
- Low-fat ricotta cheese
- Low-fat or fat-free mozzarella cheese
- Low-fat or fat-free cream cheese
- Fairlife Milk – low-fat or fat free
- Refried beans
- Ground turkey or chicken

## Vegetables:

- Carrots
- Squash
- Green beans
- Spinach
- Cauliflower
- Broccoli

## Fruits:

- Applesauce (unsweetened)
- Bananas
- Peaches or pears

## Healthy Fats:

- Avocado
- Hummus

## Other:

- Salt-free spice blends or fresh herbs
- Low-sugar marina sauce (Rao's)
- Sugar-free pudding
- Fat-free/sugar-free sauces, marinades and salad dressings
- Broth
- Fat-free gravy



# STAGE 3 RECIPES

## Ricotta Bake

### Ingredients:

- 8 oz. low-fat ricotta cheese
- ½ cup grated parmesan
- 1 large egg, beaten
- 1 teaspoon Italian seasoning
- ½ cup low-sugar marinara sauce
- ½ cup fat-free/low-fat shredded mozzarella

### Directions:

1. Mix ricotta cheese, parmesan, beaten egg and seasonings together and place in an oven-safe dish.
2. Pour marinara sauce on top with mozzarella cheese.
3. Bake in the oven @ 450 degrees for about 20-25 minutes or until bubbling.

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## Protein Boost Greek Yogurt

### Ingredients:

- ¾ cup low-fat plain Greek yogurt
- 1 scoop protein powder, any flavor

### Directions:

- Add protein powder to yogurt
- Mix until well incorporated
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## Vegetable Puree

### Ingredients:

- 3 cups vegetables (cauliflower, carrots, zucchini)
- 2 cloves garlic, chopped
- ½ cup plain low-fat Greek yogurt
- 2 tablespoons skim/1% milk
- 1 scoop unflavored protein powder
- 1 teaspoon chives

### Directions:

1. Steam vegetables until very soft
2. Add to food processor or blender, add remaining ingredients, and blend to desired consistency
3. Season to taste

# Strawberry Applesauce

## Ingredients:

- 1/3 scoop unflavored protein powder
- 1/2 cup unsweetened strawberry applesauce

## Directions:

- Mix protein powder with unsweetened applesauce and stir until combined

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## Pureed Chicken Salad

## Ingredients:

- 1 chicken breast cooked
- 2 tablespoons low-fat plain Greek yogurt
- 2 tablespoons light mayonnaise
- 1/8 tsp. celery salt
- 1/8 tsp. onion powder
- Pinch of black pepper

## Directions:

1. Place chicken breast into a food processor
2. Blend until a fine consistency
3. Stir in yogurt, mayonnaise, celery salt, onion powder and pepper. Mix well.

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## Pureed Turkey Chili

## Ingredients:

- 2 tablespoons olive oil
- 1lb. lean ground turkey
- 1 onion, chopped
- 1.5 tablespoon chili powder
- 1.5 teaspoon cumin
- 1 can (28 oz.) crushed tomato
- 1 cup chicken broth
- 1 can kidney beans, rinsed and drained
- Salt and pepper to taste

## Directions:

1. Heat oil and add chopped onion until sautéed
2. Add spices and turkey, sauté until turkey is browned
3. Stir in crushed tomatoes and broth
4. Put lid on and cook for 10 minutes on low heat
5. Add kidney beans and let simmer for a few minutes
6. Add to food processor or blender and puree
7. Add some fat-free cheese and fat-free sour cream on top if desired



# STAGE 4 SOFT SOLID FOODS

**Start:** 2 weeks after surgery

**Duration:** 6 weeks

**Instructions:**

- The soft solid stage gradually reintroduces soft food to your digestive system. This is the stage when you begin to transition from getting your protein from mostly shakes to getting your protein from more food.
- In the beginning stages of stage 4, you may find frequent, small mini-meals and snacks are necessary in order to meet your protein goal.
- Remember to stop eating at your first feeling of fullness. Eat slowly and listen to your body.

**Notes:**

- At first you may not be able to tolerate all of the recommended foods.
- Supplement with protein shakes as needed to meet your protein requirement (at least 1 protein shake per day is generally needed).
- Eat protein foods first, followed by vegetables and fruits.
- Starches are NOT recommended in this stage (rice, bread, pasta, cereal, potato, crackers).
- AVOID red meat until stage 5 as it is the toughest to digest.
- No raw vegetables until stage 5.
- Caution with skins and seeds of fruits and vegetables.
- Tender and moist foods are best tolerated. Meats should have plenty of liquid and should be soft. Use broths, sugar-free and fat-free sauces, gravy and dressings to help. Use broth to help store leftovers.
- Cooking methods best suited for this stage include crockpot, instant pot, steaming, boiling, poaching, baking, roasting, marinating and stewing.

**Daily Fluid Goal:** 48-64 oz./day

- Do not drink during or 30 minutes after completing a meal or snack.
- Be sure to take small sips often and avoid gulping.
- Drink to the color of your urine. Urine should be pale yellow if you are well hydrated.

**Daily Protein Goal:** as advised by your dietitian

**Your protein goal is:** \_\_\_\_\_

**Vitamins:** Continue taking a complete multivitamin with minerals daily

# STAGE 4 SAMPLE MEAL PLAN

## Day 1

**Meal 1:** 1 scrambled egg, fat-free shredded cheese, 1 chicken breakfast sausage, ¼ cup berries

**Snack 1:** ¼ cup high-protein yogurt

**Meal 2:** 2 ounces Boars Head deli turkey, 1 low-fat string cheese, ¼ cup cottage cheese

**Snack 2:** 1 protein shake

**Meal 3:** ¼ cup ground turkey chili with black beans, fat-free shredded cheese, low-fat sour cream

**Snack 3:** ¼ cup sugar free pudding

## Day 2

**Meal 1:** 1 hardboiled egg, 1 slice avocado, ¼ tsp. salsa (mash all together)

**Snack 1:** ¼ cup part-skim ricotta cheese with 1 tsp. sugar-free jam, ¼ cup berries

**Meal 2:** 2 ounces rotisserie chicken, fat-free gravy, ¼ cup mashed cauliflower

**Snack 2:** protein shake

**Meal 3:** 2 ounces chicken stir fry with chicken breast, broccoli and carrots, sugar-free stir-fry sauce

**Snack 3:** ¼ cup cottage cheese

## Day 3

**Meal 1:** 1 egg bite (made with deli ham, fat-free cheese and broccoli), ¼ cup mango

**Snack 1:** ¼ cup refried beans with fat-free shredded cheese

**Meal 2:** 2 ounces turkey meatballs, ¼ cup zucchini, 2 tbsps Rao's marinara sauce

**Snack 2:** protein shake

**Meal 3:** 2 ounces salmon, ¼ cup cooked green beans

**Snack 3:** 1 slice deli turkey with 1 wedge Laughing Cow cheese



# STAGE 4 FOOD LIST

## Lean Proteins:

- Chicken (breast, thigh, canned, rotisserie, sausage)
- Turkey (turkey sausage, turkey bacon, turkey pepperoni, turkey sticks)
- Fish (canned tuna, salmon, tilapia, cod)
- Lean cuts of pork
- Eggs (scrambled, hard boiled, frittata, omelets, egg salad)
- Low-fat cheese (string cheese, Laughing Cow wedges, Babybel, ricotta, fat-free mozzarella)
- Low-fat, low-sugar Greek yogurt (Ratio, Oikos Triple Zero Pro, Chobani Zero, Two Good)
- Cottage cheese (low-fat/fat free) plain
- Deli Meat (turkey, chicken, ham)
- Ground meat (turkey or chicken)
- Beans (refried, black, red, white, lentils)
- Veggie Burgers (Bocca, Morning Star)
- Tofu
- Edamame
- Seafood can be a tougher texture but can be managed (shrimp, scallops, lobster, crab)

## Vegetables (cooked and always pair with a protein food)

- Carrots
- Green beans
- Broccoli
- Spinach
- Spaghetti squash
- Eggplant
- Onions
- Peppers
- Mushrooms

## Fruit (always pair with a protein food)

- Berries
- Melon
- Kiwi
- Banana
- Mango
- Pineapple
- Oranges
- Pears
- Peaches
- Plums
- Apples

## Fats & Oils:

- Avocado
- Hummus
- Light mayonnaise
- Light sour cream
- Peanut butter/powdered peanut butter
- Pam Sprays
- Olive oil
- Fat-free or light salad dressings
- Olives

## Condiments:

- Vinegar
- Mustard
- Ketchup
- Spices & herbs
- Salt-free seasoning blends
- Sugar-free jam
- Low sodium soy sauce
- Salsa
- Sugar free sauces and marinades (G. Hughes, Primal Kitchen, Baby Ray's No Added Sugar)
- Sugar-free maple syrup

# STAGE 4 RECIPES

## Home-Style Tuna Salad

### Ingredients:

- 2 cans white tuna, drained and flaked
- ½ cup light mayonnaise or plain Greek yogurt
- ¼ cup sweet pickle relish
- ¼ cup cottage cheese
- ¼ tsp. dried onion flakes
- 1 tsp. dried mustard powder
- 1 tbsp. dried parsley
- 1 ½ tsp. dried dill weed
- 1 ½ tsp. garlic powder

### Directions:

- In a medium bowl, stir together tuna, mayo or yogurt, cottage cheese, pickle relish, onion flakes, mustard powder, parsley, dill weed and garlic powder
- Mix well
- Refrigerate at least 30 minutes before serving

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## Turkey Fajita Burger

### Ingredients:

- 1-pound fat-free ground turkey
- 1 egg white
- ½ cup reduced-fat grated parmesan
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. taco seasoning
- 1 medium onion, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced

### Directions:

- Mix together ground turkey, parmesan cheese, egg white, salt, pepper and 1 tbsp. taco seasoning
- Form the mixture into 4 patties
- Cook burgers as desired (oven, grill, air fryer, stove). Internal temperature should be 165 F.
- Add sliced onions and peppers to a skillet and sauté with cooking spray or a drizzle of olive oil. Add 1 tbsp. taco seasoning while cooking.
- Top cooked burgers with the onions and peppers
- Add fat-free shredded cheese and salsa if desired



# Parmesan Cod with Tomato & Basil

## Ingredients:

- 1 pound fresh or frozen cod (defrosted)
- 1 14 oz. can diced tomatoes
- ¼ cup fresh parsley or 1 tbsp. dried
- 3 tbsps. fresh basil or ¾ tbsp. dried
- 2 cloves minced garlic
- ½ cup shredded low-fat parmesan cheese

## Directions:

- Preheat oven to 350 F
- Mix tomato, parsley, basil, garlic and cheese; set aside
- Place fish onto a baking sheet that has been sprayed with cooking spray or on parchment paper.
- Top with tomato mixture and bake for 20 minutes or until fish flakes with a fork
- Serve with cooked asparagus if desired

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# Spinach & Tomato Mini Quiche

## Ingredients:

- 3 scoops unflavored protein powder
- 2 cups egg whites
- 1 ½ cup fresh spinach, chopped
- 1 ½ cup skim milk
- 1 14-ounce can diced tomatoes, drained
- ½ cup fat-free shredded mozzarella

## Directions:

- Preheat oven to 350 F
- Line 12 muffin tins with paper liners or spray with cooking spray
- Measure 2 cups of egg whites into large mixing bowl
- Measure 1 ½ cup skim milk into a large measuring cup
- Add protein powder to milk, 1 scoop at a time while stirring
- Combine the milk/protein powder mixture with the egg white mixture and whisk for 5 minutes.
- Add spinach, tomatoes and cheese into the mixture and whisk until well incorporated.
- Using a ladle, fill each muffin tin ¾ of the way
- Bake for 25 minutes



# Slow Cooked Bone-in White Chicken Chili

## Ingredients:

- 1-pound skinless chicken thighs
- 1-pound dry great northern white beans rinsed
- 6 cups chicken bone broth
- 2 tbsp. tomato paste
- 1 green bell pepper, cored and diced
- 1 medium sweet onion, diced
- 3-6 cloves of garlic, chopped
- 1 tbsp. dried oregano
- 3 tsp. ground cumin
- 2 tsp. paprika
- 1 tbsp. chili powder
- Low-fat sour cream

## Directions:

- Rinse the chicken and pat them dry with paper towels
- Place the beans in the slow cooker along with broth and tomato paste
- Stir to dissolve the tomato paste
- Add the chicken, bell pepper, onion, garlic, oregano, cumin, paprika and chili powder
- Cook on high for 10 hours
- Serve with low-fat sour cream



# STAGE 5 LOW-FAT, LOW-SUGAR, HIGH PROTEIN

**Start:** 2 months after surgery

**Duration:** Lifelong

**Instructions:**

- Eat balanced meals (protein, produce, whole grains and healthy fats)
- AVOID grazing and slider foods. Plan 3 meals and IF necessary 1-2 healthy snacks

**Daily Fluid Goal:** 48-64 oz./day

- Do not eat during or for 30 minutes after a meal
- Take small sips and avoid gulping
- Drink to the color of your urine. Urine should be pale yellow if you are well hydrated.

**Daily Protein Goal:** As advised by your dietitian. Your protein goals is: \_\_\_\_\_

**Vitamin/Mineral supplements:** As advised by your bariatric team

**A balanced diet consists of:**

- Lean meats such as chicken, turkey, fish and seafood and lean cuts of pork & beef
- Eggs
- Low-fat dairy products such as cottage cheese, low-fat milk, yogurt and fat-free/low-fat cheeses
- Beans and legumes, lentils and peas
- Vegan sources of protein such as tofu or vegetarian burgers
- Vegetables such as leafy greens, cruciferous vegetables, green beans, asparagus, peppers, tomatoes and many more.
- Starchy vegetables such as corn, potatoes, root vegetables and winter squashes
- Fruits such as berries, apples, citrus and many more
- Healthy fats such as avocado, olives and olive oil, nuts and nut butters (use sparingly as they are calorically dense).

**The following foods are NOT recommended after bariatric surgery:**

- Butter and butter sauces, cream, dairy-based sauces, full-fat mayonnaise or salad dressings
- Fried foods
- Sugary foods (sugar content over 10g per serving)
- High-fat meats such as salami, hot dogs, sausage, pepperoni, corned beef, bologna, bacon.
- Whole milk, full-fat yogurt or cheeses
- Sugary beverages
- Highly processed/slider foods

# STAGE 5 SAMPLE MEAL PLAN

## Day 1:

**Meal 1:** 1 egg, 1 egg white, 1 whole wheat English muffin, fat-free mozzarella, 1 slice turkey bacon

**Snack 1:** deli turkey and light Swiss roll-up

**Meal 2:** Chicken salad on a zero-carb tortilla, garden salad with light dressing, ½ cup berries

**Snack 2:** 2 tbsps. hummus with carrots and celery

**Meal 3:** Roasted chicken sausage, red potato and broccoli

**Snack 3:** Chocolate rice cake with peanut butter



## Day 2:

**Meal 1:** 2 protein waffles with ¼ cup Greek yogurt, ½ banana

**Snack 1:** String cheese

**Meal 2:** Taco-seasoned ground turkey with black beans, 10 whole grain tortilla chips

**Snack 2:** Protein yogurt, chia seeds, berries

**Meal 3:** 3 ground turkey meatballs, ¼ cup protein pasta, ½ cup carrots

**Snack 3:** Triscuit thins, low-fat cheese, turkey pepperoni

## Day 3:

**Meal 1:** 1 cup overnight oats made with protein powder, ½ cup berries

**Snack 1:** Protein shake

**Meal 2:** Zero-carb tortilla with buffalo chicken dip, side salad with light dressing

**Snack 2:** Low-fat cottage cheese with cucumbers

**Meal 3:** 2 oz. cooked shrimp, ½ cup grilled veggies, ¼ cup rice

**Snack 3:** 1 rice cake (plain) with Laughing Cow cheese wedge, Everything but the Bagel seasoning



# STAGE 5 GROCERY SHOPPING LIST

## Protein

- Chicken – no skin
- Turkey – no skin
- Cornish Hen
- Deli meat (chicken, turkey, ham, roast beef)
- Cod
- Flounder
- Halibut
- Trout
- Salmon
- Swordfish
- Tuna
- Catfish
- Herring
- Sardines
- Imitation crab meat
- Beef sirloin
- Flank Steak
- Tenderloin
- Roast (rib, chuck, rump) Steak
- Ground round
- Lean pork
- Canadian bacon
- Pork tenderloin
- Center loin chop
- Lamb
- Crab
- Lobster
- Scallops
- Shrimp
- Clams
- Tofu
- Vegetable crumbles or burgers
- Eggs, Egg whites, Egg substitutes
- Beans, Lentils, Peas, Hummus

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## Dairy

- 1% or skim milk
- Nondairy milk alternatives – almond, soy, oat, coconut (make sure they are low sugar and if able buy the ones with added protein)
- Greek yogurt – low sugar
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat Ricotta cheese
- Fat-free, reduced fat or part-skim cheeses
- Fat-free, sugar-free pudding
- Fat-free cream cheese
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat Ricotta cheese
- Fat-free, reduced fat or part-skim cheeses
- Fat-free, sugar-free pudding
- Fat-free cream cheese

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## Starches

### Breads

- 100% whole wheat bread
- 100% whole wheat mini bagels
- 100% whole wheat English muffins
- 100% whole wheat sandwich thins
- Low-carb/zero-carb tortillas
- Low-carb pita bread
- Light bread
- Low-carb bread

### Grains

- Barilla protein pasta
- Banza pasta
- Goodles pasta
- 100% whole wheat pasta
- Rice (any variety)
- Quinoa
- Barley
- Bulgur
- Oats

## Cereals

- Premier Protein cereal
- Magic Spoon cereal
- Kashi GO cereal
- Three Wishes
- Catalina Crunch
- Fiber One
- Shredded Wheat
- All Bran
- Quaker Protein oatmeal
- Kodiak oatmeal

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## Vegetables

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Eggplant
- Green Beans
- Kale
- Leafy Greens
- Mushrooms
- Onions
- Peppers
- Spinach
- Yellow or Green Squash
- Snap Peas
- Tomatoes
- Turnip
- Corn
- Peas
- Winter Squash (Butternut, Acorn)
- Plantains
- Spaghetti Squash

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## Fruits

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries, blackberries)
- Melon (honeydew, cantaloupe, watermelon)
- Citrus (oranges, clementine, grapefruit)
- Grapes
- Kiwi
- Pears
- Lemons/limes
- Mangoes
- Pineapple
- Peaches
- Plums
- Nectarines
- Papaya

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## Fats & Oils

- Canola oil
- Olive oil
- Olives
- Avocado
- Low-fat mayonnaise
- Low-fat butter, margarine or spreads
- Nuts & Nut Butters
- Cheese if full fat

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## Condiments

- Light, low-fat or fat-free salad dressing
- Vinegar
- Mustard
- Ketchup
- Sugar-free jam/jelly
- Light soy sauce
- Salsa
- Pickles
- Sugar-free marinades
- Sugar-free BBQ
- Hot sauce/buffalo sauce

## STAGE 5 RECIPES

### Buffalo Chicken Stuffed Peppers

#### Ingredients:

- 1 lb. lean ground chicken
- 1 packet dry ranch seasoning
- ½ cup G. Hughes Buffalo sauce
- 2 large bell peppers (any color)

#### Directions:

- Preheat oven to 350 F.
- Cut bell peppers in half lengthwise and seed. Place on a baking sheet.
- Heat skillet to medium heat and brown the ground chicken. Drain.
- Add ranch seasoning packet and buffalo sauce, stir. Cook another minute.
- Scoop chicken mixture into bell pepper halves.
- Bake for 20 minutes for a firm texture or 30 minutes for a softer texture.
- Remove from heat and drizzle with more buffalo sauce.



# Noodle-Less Lasagna

## Ingredients:

- 1-pound lean ground beef OR turkey OR chicken (93/7 lean)
- 1 package of turkey OR chicken sausage
- 1 green pepper, chopped
- 1 sweet onion, chopped
- 3-4 zucchini
- 1 tsp. garlic
- 1 tbsp. olive oil
- 1 jar low-sugar marinara sauce
- 16 oz. part-skim ricotta cheese
- ½ cup grated parmesan
- 1 large egg
- 1 cup low-fat/fat-free shredded cheese
- 1 tsp. Italian seasoning
- Salt & pepper

## Directions:

- Preheat oven to 350 F.
- Slice zucchini lengthwise into long flat slices. Place them on a paper towel, sprinkle with salt, and then allow them to sit 10-15 minutes to draw out the excess water.
- Heat a large skillet over medium heat and add the olive oil. Sauté the onions and peppers.
- Add the garlic, and the ground meat and sausage. Fully cook.
- Stir in marinara sauce, decrease heat and allow to simmer for 15 minutes.
- While the meat is simmering, combine the ricotta, shredded cheese, parmesan cheese and egg in a mixing bowl.
- In a 9 x 13 casserole dish, place 1/3 of the meat mixture, top with a layer of zucchini, then a layer of ricotta mixture on top. Repeat this step 1 more time.
- Sprinkle cheese and Italian seasoning on top.
- Bake for 40 minutes or until it bubbles and cheese is browned to your liking.

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## Fiesta Mini Meatloaves

## Ingredients:

- 1 lb. 93% lean ground beef (or turkey or chicken)
- 1 can black beans (rinsed and strained)
- 1 can diced tomatoes (drained)
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 sweet onion, chopped
- 2 tbsp. taco seasoning

## Directions:

- Preheat oven to 350 F
- Spray a muffin tin with non-stick cooking spray
- In a large bowl, mix ground beef, bell peppers, onions, diced tomatoes and taco seasoning.
- Gently fold in the black beans
- Scoop mixture into muffin tins
- Bake 20-30 minutes
- Top with additional ingredients such as low-fat cheese, light sour cream, salsa or avocado slices.

# Big Mac Bowl

## Ingredients:

- 1 lb. lean ground beef (93/7)
- Salt and pepper
- Olive oil
- Minced garlic
- Minced onion
- Low-fat cheese
- Dill pickles
- Lettuce (iceberg is popular for this bowl but any lettuce can work)
- Big Mac dressing (low-fat mayo, ketchup, yellow mustard, pickle relish, garlic salt, onion powder)
- Sesame seeds

## Directions:

- In a large skillet, brown the meat on medium heat with the olive oil.
- Add salt, pepper & garlic and set the meat aside.
- Make the dressing (in a small bowl, combine all the ingredients for the Big Mac dressing).
- Assemble the salad by laying the lettuce in the bottom of 4 bowls, sprinkle the burger meat on top of the lettuce. Then add the pickles, onion and shredded cheese. Drizzle the Big Mac salad dressing on top.



# Egg Roll in a Bowl

## Ingredients:

- 1 lb. lean ground turkey OR chicken (chicken or turkey sausage works well also)
- 1 sweet onion. chopped
- 1 clove fresh garlic, minced
- 1 tbsp. grated fresh ginger
- 1 16 oz. package of coleslaw mix
- ¼ cup sesame oil
- ¼ cup low sodium soy sauce
- Scallions

## Directions:

- In a large skillet, brown the ground meat
- Add onion, garlic, ginger, coleslaw mix, soy sauce, sesame oil to the skillet. Cook another 5 minutes.
- Portion into bowls and sprinkle with scallions and sesame seeds on top



# MINDFUL EATING

It takes approximately 20 minutes for your stomach and brain to communicate fullness, which is why many people tend to overeat. Practicing mindful eating helps you to eat what your body needs.

## What is mindful eating?

- Recognizing true hunger (stomach growling, having low energy, being dizzy or lightheaded and being irritable are some signs you waited too long to eat.)
- Identifying when to stop eating
- Where and when you eat
- What foods you choose
- Eating with a plan

## Tips for Practicing Mindful Eating:

- Small plates, bowls and utensils
- Put your food on a plate/dish. Do not eat out of a bag, box or container.
- Put your utensil down between bites
- Between bites, take time to think about your level of fullness
- Engage in conversation at meal if possible
- Appreciate your meal (taste, time to cook it, cost, nutrition, etc.)
- Try to identify the taste of specific ingredients in a dish with every bite.
- Chew food to an applesauce like consistency
- Eat on a schedule to avoid extreme hunger
- Try to eat what is planned and avoid grazing and snacking.
- Plan your meals for the week
- Recognize your emotional hunger triggers

## What can you do instead of eating?

- Get away from the food and go to a different location
- Go for a walk
- Brush your teeth
- Phone a friend or family member
- Sip on a hot beverage or broth
- Paint your nails
- Clean, do laundry, clean out your closet and donate old items
- Clean your car
- Organize your kitchen to set you up for success
- Watch a movie or tv series
- Explore different health apps on your phone
- Look over old pictures
- Start a journal or write a story or poem
- Do puzzles or brainteasers
- Read a book
- Listen to a podcast
- Look for healthy recipes, start a personal cookbook
- Take a shower or bath
- Do a craft
- Get a planner and start organizing for the days ahead

# MULTIVITAMIN & MINERAL GUIDELINES

- Vitamins and minerals are a lifelong requirement after bariatric surgery.
- Failure to continue taking them may lead to deficiencies.
- If you have had **gastric bypass** please make sure you have a bariatric-specific multivitamin as this procedure is malabsorptive.
- If you have had a **gastric sleeve** (restrictive), you may choose from a bariatric-specific OR over-the-counter option.

## Requirements:

- Your daily intake should include:
  - Complete multivitamin with minerals and iron
  - Iron: 18mg for males or non-menstruating females; 45mg for menstruating females or those that have anemia
- Vitamin B12: 300-500mcg daily
- Vitamin D: 3,000 IU daily
- Calcium: 1200-1500mg daily (from Food and Supplements)
  - Do NOT exceed a 600mg dose at one time
  - Take separate from multivitamin (by at least 2 hours)
- Bariatric Formulated Multivitamins (If choosing one of these, you will need additional calcium and vitamin B12. Most of them, however, eliminate the need for additional iron and vitamin D.)
  - Bariatric Advantage
  - Celebrate
  - Opurity
  - ProCare Health
  - Bariatric Fusion
  - BariatricPal
  - Opti Source
  - BariLife
- Non-bariatric Formulated Multivitamins (if choosing one of these, you will need to take additional calcium, vitamin D and vitamin B12. In some cases, you may need additional iron as well)
  - Centrum
  - One a Day
  - Nature Made
  - Generic Brands (Equate, etc.)

\*Please note: Gummies and patches are NOT recommended as they are inadequate in what you need and absorption can't be verified.



# COMMON PROBLEMS & SOLUTIONS

The following guidelines are for your reference in case you experience any of these problems. Please be sure to keep your medical team informed of any problems you may be experiencing. Keep a record of anything unusual that occurs and what you did to correct it. Keeping a detailed food record (on Baritastic, another app or paper) is important to help identify potential causes of any issues.

## Dumping Syndrome

Symptoms of dumping syndrome include nausea, vomiting, sweating, bloating or diarrhea. It usually lasts for 30 minutes but can be different for everyone. This can occur after eating high fat or high-sugar foods. Choose low-fat, low-sugar foods to avoid.

## Honeymoon Period

The period after surgery when you may experience lack of appetite is known as the “honeymoon” period. It is important to follow the diet for your stage even when you are not hungry in order to meet your nutritional needs. Not getting enough nutrition can slow recovery time.

## Vomiting

- Go back to an earlier diet stage that you can tolerate
- Try clear liquids for 24 hours
- Chew food thoroughly and eat slowly
- Measure out portions
- Make sure foods are moist
- Avoid eating and drinking at the same time
- If these suggestions do not work, or you vomit bright red or coffee ground colored liquid, please call your doctor right away
- Monitor the color of your urine, if it gets dark in color, call the office

## Constipation

- Be sure to drink plenty of water
- 1 capful of Miralax daily along with Colace can be helpful until a regular stool pattern is established
- Stay active
- After the 1<sup>st</sup> month, Benefiber or Sugar-free Metamucil can be used
- Increase your fiber intake as tolerated through vegetables, fruits and whole grains
- Decrease use of any narcotic pain medicine

## Nausea

- Do not overeat
- Eat slow and chew well
- Do not eat and drink together
- Drink plenty of fluids
- Avoid carbonated beverages
- Avoid high-sugar and high-fat foods

## Diarrhea

- Eat slowly
- Do not overeat
- Do not drink and eat together
- Avoid high-fat and high-sugar foods
- Limit sugar alcohols
- Avoid caffeine
- Stay hydrated with sugar free, caffeine free beverages
- Check the side effects of any medications you are taking

### **Stomach bloating after eating**

- Do not overeat
- Avoid carbonated beverages
- Do not use a straw
- Stay active
- Try over-the-counter gas medicine such as Gas-X

### **Lactose Intolerance**

*(Symptoms include gassiness, bloating and cramping when consuming dairy products.)*

- Try lactose-free dairy products
- Try Lactaid pills

### **Dizzy or headache or sudden light headedness**

- Drink plenty of fluids
- Eat on a regular schedule and do not skip meals
- Be sure you are eating enough, especially protein
- If you take any prescription medications such as for blood pressure or diabetes they may need to be adjusted. Call your PCP.

### **Tired and weak**

- Drink plenty of fluids
- Eat on a regular schedule and do not skip meals
- Be sure you are eating enough, especially protein
- Sleep on a regular schedule
- Stay active
- Take your supplements as directed

### **Heartburn**

- Avoid caffeine, mint, chocolate, alcohol, high-fat foods, spicy food, high acid fruits and vegetables
- Give food 2-3 hours to digest before laying down
- Make sure you are taking your reflux medication

### **Leg Cramps**

- Eat a well-balanced diet
- Be sure to take your supplements
- Stay active
- Increase intake of potassium-rich foods
- Try drinking sugar-free electrolyte drink (LMNT, Liquid IV, Powerade Zero, Gatorade Zero)

### **Excessive Hair Loss**

*Can be caused by lack of protein intake or vitamins. The hair loss is temporary and the hair does grow back.*

- Meet protein goals daily
- Take your vitamins
- Consider collagen and biotin supplements

### **Wound infection**

- Call the office immediately for a temperature of 101 or higher and if pain, redness, foul smelling discharge or swelling develops

### **Extreme hunger**

- Make sure you are reaching protein and fluid goals
- Keep a food log

### **Very slow weight loss**

- Meet protein and fluid goals
- Practice mindful eating
- Track food intake
- Increase exercise and body movement

### **Excessive weight loss**

- Track food intake
- Consume adequate calories and protein
- Discuss with your bariatric team

**You know your body best! If something does not feel right please call our office or if urgent go to your closest emergency room.**





# Meal Planning for Bariatric Surgery Patients: A Weekly Guide



Creating a meal plan after bariatric surgery helps ensure you get the right nutrition, avoid overeating, and support long-term weight loss success. This handout provides practical tips and a sample weekly meal plan to keep you on track.

## Meal Planning Basics for Bariatric Patients

- 1. Prioritize Protein:** Aim for 60–80 grams or more of protein per day to preserve muscle mass and promote satiety.
- 2. Control Portions:** Use smaller plates and measuring tools to prevent overeating.
- 3. Eat 3–6 Small Meals:** Plan for 3 main meals and 1–2 protein-rich snacks to maintain energy and prevent hunger.
- 4. Stay Hydrated:** Drink at least 64 oz. of water per day. Avoid drinking 30 minutes before or after meals to prevent stretching the stomach.
- 5. Limit Simple Carbs:** Focus on complex carbohydrates (like vegetables, beans, and whole grains) for better blood sugar control.
- 6. Monitor Tolerance:** Your body will adjust to different foods over time—introduce new items gradually and track your reactions.



## Weekly Meal Planning Strategy

- **Day 1: Plan & Shop:** Write down meals and snacks for the week. Make a grocery list with healthy, bariatric-friendly options.
- **Batch Cooking:** Prepare items like grilled chicken, soups, and vegetables in bulk to save time.
- **Portion and Store:** Use containers to measure out individual servings for quick meals throughout the week.
- **Meal Rotation:** Avoid boredom by rotating proteins and vegetables throughout the week.

## Sample Weekly Meal Plan

- **Use a Food Journal:** Track what you eat to stay mindful of portions and identify foods that may cause discomfort.
- **Stay Flexible:** Some days you may need to swap meals or adjust portion sizes. That's okay—listen to your body!
- **Prep Snacks in Advance:** Keep healthy snacks on hand to avoid reaching for slider foods.
- **Incorporate Variety:** Rotate recipes to prevent boredom and ensure you get a range of nutrients.

## Foods to Avoid or Limit

- **Sugary Foods:** candy, baked goods, soda
- **Simple Carbs:** white bread, pasta, rice
- **Fried Foods:** chips, French fries
- **High-Fat Dairy:** full-fat cheese, cream

### 1. Create a “Go-To” Meal List

- List 5–10 easy, bariatric-friendly meals you enjoy and can make quickly.
- Example: Grilled chicken salad, tuna lettuce wraps, or a veggie omelet.
- Rotate these meals to save time and reduce decision fatigue.

### 2. Use the ‘Protein First’ Rule

- When planning meals, start by choosing a lean protein (chicken, fish, eggs, tofu) and build around it.
- Aim to eat your protein first during meals to feel full longer and meet your protein goals.

### 3. Keep Healthy Ingredients on Hand

- Stock your pantry with bariatric-friendly staples:
- Canned tuna or salmon
- Greek yogurt (unsweetened)
- Protein powder
- Eggs and low-fat cheese

Having essentials ready makes it easier to stick to your plan.

### 4. Batch Cook & Freeze

- Prepare larger portions of meals like soups, casseroles, or stir-fries and freeze in single-serving containers.
- Label the containers with the meal name and date for easy grab-and-go options.

### 5. Prep Ingredients in Advance

- Chop vegetables for salads or stir-fries at the start of the week.
- Pre-cook proteins like grilled chicken, ground turkey, or hard-boiled eggs for quick meals.
- Store prepped ingredients in clear containers so you can easily see them.

### 6. Use a Portion Control System

- Invest in small containers, bento boxes, or sectioned plates to help with portion control.
- Weigh or measure foods (especially proteins) to ensure you’re meeting your targets without over-eating.

### 7. Plan for Leftovers

- Make meals that work well as leftovers — like a roasted chicken or vegetable soup—to use for lunch the next day.
- Transform leftovers creatively: tonight’s chicken can be tomorrow’s chicken salad wrap.

### 8. Schedule Meal Prep Time

- Set aside 1-2 hours each week (like Sunday afternoon) for meal prep.
- Use this time to cook, chop, and portion your meals for the week ahead.

### 9. Avoid Boredom with Theme Nights

- Create theme nights to keep meals exciting:
  - **Meatless Monday:** Tofu stir-fry
  - **Taco Tuesday:** Lettuce-wrap tacos
  - **Fish Friday:** Grilled salmon with veggies

## 10. Pack Snacks in Advance

- Pre-portion snacks like almonds, yogurt, or protein bars so they're easy to grab when hunger strikes.
- Avoid mindless snacking by only eating from your pre-portioned servings.

## 11. Use a Meal Planning App or Template

- Use meal planning apps (like *MyFitnessPal* or *BariatricPal*) to log meals, track protein, and plan your week.
- Alternatively, print a weekly meal template to keep on your fridge or phone for easy reference.

## 12. Prepare for Busy Days with Emergency Meals

- Keep a few low-prep meals on hand for hectic days (like pre-cooked chicken, frozen veggies, or low-sodium soups).
- Store protein shakes or bars for times when a sit-down meal isn't possible.

## 13. Practice the 30 Rule for Fluids

- Wait 30 minutes after meals to drink liquids.
- Carry a water bottle and sip throughout the day to meet hydration goals.

## 14. Build a Flavor Station

- Keep low-calorie sauces, herbs, and spices handy to add variety without extra calories:
- Salsa, hot sauce, mustard, lemon juice, or vinegar
- Seasonings like garlic powder, oregano, or paprika

## 15. Involve Support Systems

- Get your family or friends involved in meal planning and prep.
- Join bariatric support groups to exchange recipes and meal ideas.

## Bonus: Sample Grocery List

- **Proteins:** Chicken breast, ground turkey, fish, eggs, tofu
- **Vegetables:** Broccoli, spinach, zucchini, bell peppers, carrots
- **Fruits:** Berries, apples, bananas (in moderation)
- **Dairy:** Greek yogurt, cottage cheese, low-fat cheese
- **Snacks:** Almonds, roasted chickpeas, string cheese
- **Other:** Protein powder, hummus, whole-grain crackers

These tricks will help you stay organized, save time, and reduce stress around meals – all while staying committed to your weight loss journey.

### Day 1

- **Breakfast:** Scrambled eggs with spinach and feta
- **Snack:** ¼ cup of cottage cheese with blueberries
- **Lunch:** Grilled chicken breast with steamed broccoli
- **Snack:** A boiled egg
- **Dinner:** Baked salmon with roasted asparagus

### Day 2

- **Breakfast:** Greek yogurt (low-sugar) with chia seeds
- **Snack:** String cheese
- **Lunch:** Turkey and avocado lettuce wrap
- **Snack:** A handful of almonds (about 10-12)
- **Dinner:** Ground turkey chili with black beans

### Day 3

- **Breakfast:** Protein shake with unsweetened almond milk
- **Snack:** ½ a banana with peanut butter
- **Lunch:** Shrimp stir-fry with zucchini noodles
- **Snack:** Roasted chickpeas
- **Dinner:** Grilled tilapia with sautéed spinach

### Day 4

- **Breakfast:** Cottage cheese with sliced peaches
- **Snack:** Hard-boiled egg
- **Lunch:** Chicken Caesar salad (light dressing, no croutons)
- **Snack:** Edamame (¼ cup)
- **Dinner:** Beef and vegetable stir-fry

### Day 5

- **Breakfast:** Oatmeal with protein powder and cinnamon
- **Snack:** Greek yogurt with walnuts
- **Lunch:** Grilled chicken breast with quinoa and mixed greens
- **Snack:** Low-fat cheese stick
- **Dinner:** Baked cod with roasted Brussels sprouts

### Day 6

- **Breakfast:** Protein pancakes with sugar-free syrup
- **Snack:** Apple slices with almond butter
- **Lunch:** Tuna salad with cucumbers and tomatoes
- **Snack:** Small handful of pumpkin seeds
- **Dinner:** Grilled pork chops with roasted cauliflower

### Day 7

- **Breakfast:** Omelet with mushrooms, peppers, and cheese
- **Snack:** Cottage cheese with strawberries
- **Lunch:** Turkey burger (no bun) with avocado
- **Snack:** ½ protein bar (watch for sugar content)
- **Dinner:** Baked chicken thighs with roasted sweet potatoes

# Bariatric Surgery & Eating on a Budget

Eating on a budget while losing weight – focus on getting the most for your money without compromising health or results.

## 1. Prioritize Protein on a Budget

**Eggs:** A high-protein, affordable option for any meal.

**Canned tuna, sardines, or salmon:** Great for quick lunches.

**Beans and lentils:** Cheap and versatile protein sources.

**Tofu or edamame:** Budget-friendly plant-based proteins.

**Rotisserie chickens:** Convenient and often cheaper per pound than raw chicken. Use leftovers for multiple meals.

## 2. Buy Frozen Instead of Fresh Produce

Frozen vegetables and fruits are just as nutritious as fresh and often cheaper.

They last longer and reduce waste.

Use frozen spinach in smoothies or mixed veggies in stir-fries.

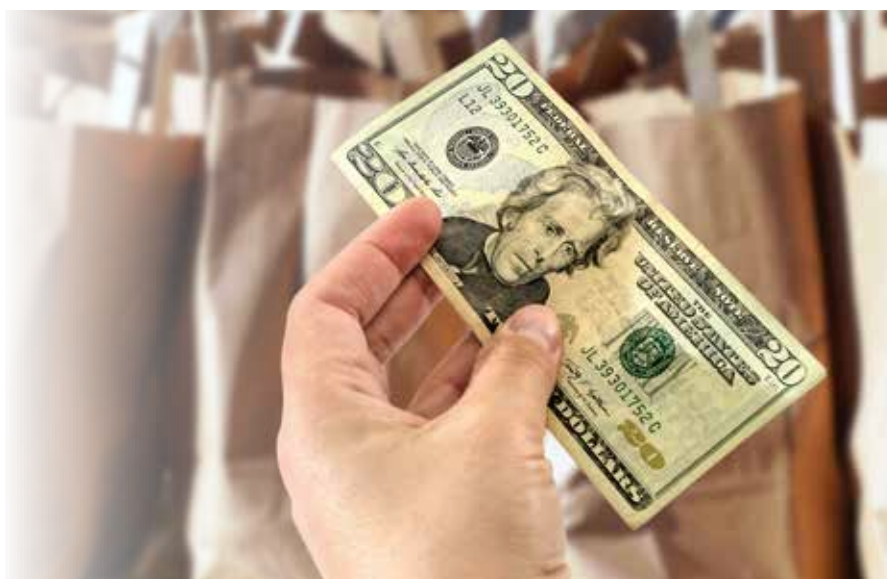
## 3. Focus on Filling, Nutrient Dense Foods

**Oatmeal:** A filling, low-cost breakfast option.

**Potatoes and sweet potatoes:** Inexpensive, high in fiber, and filling.

**Brown rice and whole-grain pasta:** Keep you full longer than refined carbs.

**Popcorn:** A cheap, whole-grain snack (air-popped is healthiest).



## 4. Cook in Batches

Make large portions of soups, stews, and casseroles to freeze for later.

Prepare grains, proteins, and veggies in advance to create quick mix-and-match meals throughout the week.

### **Examples:**

Make a large pot of chili with beans and veggies.

Cook several servings of brown rice, grilled chicken, and roasted veggies for easy meal prep.

## 5. Embrace “Ugly” Produce

Some stores offer discounted “imperfect” produce. They may not look perfect but are still fresh and nutritious.

Check the clearance section for fruits and veggies nearing expiration – use them quickly or freeze for later.



## 6. Avoid Convenience Foods and Drinks

Pre-packaged snacks, protein bars, and bottled smoothies are costly and often high in sugar. Instead, make your own snacks like trail mix or boiled eggs.

Brew your own coffee and tea at home instead of buying expensive drinks.

## 7. Shop Sales and Use Coupons

Look for deals on meat, produce, and pantry staples.

Sign up for store loyalty programs and apps that offer discounts.

Consider generic brands – they are often identical to name-brand products but cost less.

## 8. Eat Seasonally and Locally

Seasonal produce is cheaper and more flavorful.

Visit local farmers' markets near closing time for potential discounts.

## 9. Reduce Food Waste

Store food properly to extend shelf life.

Use up leftovers creatively, like turning veggies into a stir-fry or old bread into croutons.

Keep an "eat soon" bin in the fridge to remind yourself to use perishable items.

## 10. Consider Meatless Days

Go vegetarian or vegan for a few meals each week. Plant-based meals with beans, lentils, and grains are much cheaper than meat-based ones.

**Example:**

Lentil curry with brown rice or a black bean veggie bowl.

## 11. Avoid Eating Out and Fast Food

Eating out can add up quickly. Aim to cook at home most days.

When eating out, choose healthy, filling options like salads with protein or grilled items.

## 12. Keep It Simple

You don't need fancy recipes – stick to simple, nutritious meals.

Base your diet around easy combinations of protein, carbs, and vegetables:

**Grilled chicken + sweet potato + green beans**

**Scrambled eggs + avocado toast**

**Rice + black beans + salsa + veggies**

## 13. Use Affordable Healthy Substitutes

Greek yogurt instead of sour cream or mayonnaise.

Chickpeas or black beans as a replacement for meat in some dishes.

Cauliflower rice or zoodles (zucchini noodles) as low-carb options.

Rolled oats can replace breadcrumbs in meatloaf or meatballs.

## 14. Shop at Discount or Wholesale Stores

Check out stores like Aldi, Costco, or Sam's Club for deals on bulk items.

Dollar stores sometimes carry pantry staples like oats, canned beans, or frozen veggies at lower prices.

## 15. Grow Your Own Herbs or Vegetables

Fresh herbs can be expensive! Consider growing basil, parsley, or mint on a windowsill.

If you have space, small vegetable plants like tomatoes or peppers can save money in the long run.

## 16. Make Soups and Stews

Soups stretch ingredients and make multiple servings from a few items.

Use leftover veggies, beans, and bones for a nutrient-rich broth.

## 17. DIY Snacks and Convenience Foods

Make your own granola or energy bites using oats, honey, and seeds.

Prepare fruit and veggie slices in advance to grab quickly when hunger strikes.

Try air-popped popcorn—it's a cheap and healthy snack.

## 18. Use a Slow Cooker or Instant Pots

These appliances make cooking easy and help tenderize cheap cuts of meat.

Make large batches of chili, soups, or stews, and freeze portions for future meals.

## 19. Stick to a Simple Breakfast Routine

Rotate between oatmeal, yogurt bowls, and scrambled eggs to save on costs and decision fatigue.

Keep breakfast ingredients minimal—just a few essentials that can be used in different ways.

## 20. Limit Pre-Cut or Pre-Washed Produce

Pre-packaged salads and pre-cut fruits are convenient but expensive.

Buy whole items and chop or wash them yourself to save money.

## 21. Avoid Waste by Meal Planning

Write out a weekly menu and use leftovers strategically:

**Monday:** Roast chicken

**Tuesday:** Chicken salad

**Wednesday:** Chicken tacos

Plan meals around the same ingredients to minimize waste.

## 22. Use Pantry Staples Creatively

Keep affordable staples like rice, beans, oats, canned tomatoes, and spices on hand.

Get creative with “pantry meals” when groceries run low, like a veggie stir-fry over rice or pasta with canned tomatoes and herbs.

## 23. Stick to Water as Your Main Drink

Avoid spending on sodas, juices, or sports drinks.

Infuse water with lemon, cucumber, or mint for variety.

Herbal teas are an inexpensive way to stay hydrated with flavor.

## 24. Opt for Simple, Single-Ingredient Snacks

Choose nuts, fruits, hard-boiled eggs, or raw veggies as snacks.

Pre-portion these snacks to avoid overeating and make them easy to grab.

## 25. Keep Your Freezer Stocked

Freeze leftovers and even fruits or vegetables that are about to go bad.

You can also freeze meal components like cooked rice, broth, and meats for quick meals later.

## 26. Make Use of Theme Nights

Plan theme nights (like “Taco Tuesday” or “Stir-Fry Friday”) to reuse ingredients in different ways and stay organized.

A theme-based plan helps with bulk buying – for example, buying tortillas or rice that you’ll use across multiple meals.

## 27. Limit Expensive Proteins Like Beef or Salmon

Save higher-cost meats for special occasions or once-a-week treats.

## 28. Buy Dairy Alternatives if You’re Lactose Intolerant

Unsweetened almond or oat milk lasts longer in the fridge and can be cheaper over time than dairy milk.

Many plant-based yogurts and cheeses are also affordable when bought in bulk or on sale.

## 29. Track Your Spending and Adjust Accordingly

Keep track of your weekly food expenses to see where your money is going.

If you notice overspending in a particular area (like snacks or drinks), adjust accordingly the next week.

With these tips, you can eat healthy, lose weight, and stay within your budget. You don’t need fancy ingredients or expensive superfoods—simple whole foods and a bit of planning will get you great results.



Here’s a personalized grocery list designed for your weight loss goals and budget. This list focuses on affordable, nutrient-dense foods that are filling, versatile, and easy to prep. I’ve also organized it by food categories for convenience.

## Personalized Grocery List for Weight Loss on a Budget

### Proteins (High in Protein, Affordable, and Filling)

- Eggs (1-2 dozen)
- Chicken thighs or drumsticks (2-3 lbs)
- Canned tuna (in water, 2-4 cans)
- Ground turkey or chicken (1-2 lbs)
- Lentils (dry or canned)
- Black beans or chickpeas (2-4 cans or 1-2 lb dry)
- Tofu (1-2 blocks)
- Optional:* Greek yogurt (for snacks or breakfasts)

### Grains & Carbs (Whole Grains to Keep You Full)

- Brown rice (2-3 lbs)
- Oats (quick or rolled)
- Whole-wheat bread (1 loaf)
- Quinoa (if on sale)
- Whole-wheat pasta or corn tortillas

### Vegetables (Fresh & Frozen for Affordability and Variety)

- Frozen mixed vegetables (1-2 bags)
- Carrots (2 lbs)
- Broccoli (fresh or frozen)
- Spinach (fresh or frozen)

- Bell peppers (2-3)
- Sweet potatoes (3-4)
- Onions (2-3)
- Zucchini (2-3)

### **Fruits** (Fresh & Frozen for Snacks and Smoothies)

- Bananas (5-7)
- Apples (3-5)
- Berries (frozen, 1 bag)
- Oranges or clementines (optional, 1 bag)

### **Healthy Fats & Oils**

- Natural peanut butter (unsweetened)
- Olive oil (small bottle)
- Chia seeds or sunflower seeds (optional for smoothies or salads)

### **Dairy & Alternatives**

- Low-fat Milk (dairy or plant-based, unsweetened)
- Low-fat Cheese (small block for variety)
- Low-fat Cottage cheese (optional, for snacks)

### **Snacks & Extras**

- Air-popped popcorn kernels
- Hard-boiled eggs (prep them yourself!)
- Hummus (store-bought or homemade)
- Dark chocolate (a little for cravings)

### **Spices & Pantry Staples**

- Salt and pepper
- Garlic powder
- Paprika or chili powder
- Cumin
- Soy sauce or hot sauce (for flavor variety)
- Canned tomatoes (for soups or sauces)
- Broth cubes or stock

## **Sample Weekly Menu Using this Grocery List**

### **Breakfast Options**

- Oatmeal with peanut butter and banana
- Scrambled eggs with spinach and whole-wheat toast
- Greek yogurt with berries and chia seeds

### **Lunch Options**

- Chicken and veggie stir-fry with brown rice
- Lentil and vegetable soup with whole-wheat bread
- Tuna salad with chopped vegetables and crackers

### **Dinner Options**

- Baked chicken thighs with sweet potatoes and broccoli
- Tofu stir-fry with mixed vegetables and quinoa
- Ground turkey chili with black beans and canned tomatoes

## Snack Options

Apple slices with peanut butter

Hard-boiled eggs

Popcorn with a pinch of salt

Hummus with carrot sticks

## Shopping Tips for this List

**Stick to the basics:** Use simple meals with repeat ingredients to save money and reduce waste.

**Buy in bulk** when possible (like rice, oats, and beans).

**Batch cook:** Prepare meals in advance to avoid eating out.

**Freeze extra food** to avoid spoilage.



# Grocery Shopping Through the Eyes of a Bariatric Patient

## Meats, Fish, Nuts and Meat Alternatives:

- Chicken – no skin (regular or deli slices)
- Turkey – no skin (regular or deli slices)
- Cornish hen (without skin)
- Cod
- Flounder
- Haddock
- Halibut
- Trout
- Salmon (fresh or canned)
- Swordfish
- Tuna (canned in water, drained)
- Catfish
- Herring (smoked not creamed)
- Sardines
- Imitation crab meat
- Beef sirloin
- Flank steak
- Tenderloin
- Roast (rib, chuck, and rump)
- Steak (T-bone, porterhouse, cubed)
- Ground round
- Deli-sliced roast beef
- Lean pork
- Canadian bacon
- Pork tenderloin
- Center loin chop
- Deli-sliced ham
- Roast lamb
- Crab
- Lobster
- Scallops
- Shrimp
- Clams (fresh or canned in water)
- Peanut Butter, reduced fat
- Nuts (almonds, walnuts)
- Tofu
- Vegetable crumbles or burgers
- Eggs
- Egg substitutes



## Milk, Milk Products and Non-Dairy

- FairLife, traditional or Lactaid Fat Free milk or 1% milk
  - Soy milk, unflavored
  - High protein low-sugar yogurt
  - Low-fat cottage cheese
  - Low-fat ricotta cheese
  - Fat-free, reduced fat or part skim milk cheeses
  - Fat-free pudding
- 

## Vegetables

- Asparagus
  - Beets
  - Broccoli
  - Cabbage
  - Carrots
  - Cauliflower
  - Celery
  - Collards
  - Eggplant
  - Garlic
  - Green beans
  - Kale
  - Leafy greens
  - Mushrooms
  - Onions
  - Peppers
  - Romaine lettuce
  - Spinach
  - Squash
  - Sugar snap peas
  - Sweet peppers
  - Tomato juice
  - Tomatoes
  - Turnips
  - Zucchini
- 

## Starchy Vegetables

- Corn
  - Green peas
  - Plantains
  - Potato
  - Winter squash
- 

## Fruits

- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Clementine
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi fruit
- Mangoes
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Strawberries
- Tangerines
- Watermelon
- Lemon

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## Starches and Beans

### (Breads)

- Whole wheat bread
- Whole wheat mini bagels
- Whole wheat buns or rolls
- Sandwich thins
- Whole wheat pita pockets
- Whole grain tortillas

### (Beans)

- Black beans
- Black eyed peas
- Hummus
- Lentils
- Red beans
- Pinto beans
- Navy beans
- Lima beans

### (Cereals/grains)

- Plain Cheerios
- Multi-Grain Cheerios
- Kashi Autumn Wheat
- Total
- Wheat Chex
- Special K Original
- Fiber One
- Shredded Wheat
- Bran Flakes
- Kashi Go Lean
- Kashi Good Friends
- Product 19
- Life Original
- Regular Oatmeal

### (Crackers and snacks)

- Black beans
- Black eyed peas
- Hummus
- Lentils
- Red beans
- Pinto beans
- Navy beans
- Lima beans

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## Fats and Oils

- Canola oil
- Olive oil
- Avocado
- Low-fat mayonnaise
- Low-fat margarine, whipped or tub margarines
- Smart Balance
- HeartRight Light
- Promise Activ Light
- Parkay
- Blue Bonnet Light
- Brummel & Brown

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## Condiments

- Light or low-fat vinegar-based salad dressing
- Balsamic vinegar
- White or apple cider vinegar
- Mustard
- Ketchup
- Sugar-free jam
- Light soy sauce
- Salsa
- Garlic
- Fresh herbs and spices

# Bariatric Breakfast Ideas

Here are some high-protein bariatric-friendly breakfast ideas that are easy to prepare, filling, and nutritious:

## Egg-Based Breakfasts

1. **Scrambled Eggs with Cheese** – Add low-fat cheddar or mozzarella for extra protein.
2. **Egg White Omelet** – Fill with lean meats (turkey, chicken) and veggies.
3. **Mini Frittatas or Egg Muffins** – Bake eggs with spinach, mushrooms, and turkey sausage in muffin tins.
4. **Soft-Boiled or Poached Eggs** – Pair with avocado for healthy fats.

## Dairy and Yogurt Options

5. **Greek Yogurt with Protein Powder** – Add berries and chia seeds for texture.
6. **Cottage Cheese with Fruit** – Top with strawberries or a few nuts for balance.
7. **High-Protein Pudding** – Make ahead with Greek yogurt or use bariatric-friendly mixes.
8. **Skyr (Icelandic Yogurt) Parfait** – Layer with nuts, seeds, or sugar-free granola.

## Protein Shakes and Smoothies

9. **Whey Protein Shake** – Blend with almond milk, ice, and a spoonful of peanut butter.
10. **Green Smoothie** – Use protein powder, spinach, almond milk, and a bit of banana.
11. **Coffee Protein Shake** – Combine cold brew with protein powder for a morning boost.

## Bariatric Pancakes and Bakes

12. **Protein Pancakes** – Make with eggs, oats, and vanilla protein powder.
13. **High-Protein Waffles** – Use a low-carb waffle mix with added protein.
14. **Baked Oats with Protein Powder** – Make ahead for easy mornings.



## Meat and Seafood Options

15. **Turkey or Chicken Sausage Patties** – Pre-cooked or homemade for convenience.
16. **Smoked Salmon with Cream Cheese** – Serve on cucumber slices or a high-protein cracker.
17. **Ham and Egg Roll-Ups** – Wrap deli ham around scrambled eggs or cottage cheese.

## Plant-Based Breakfasts

18. **Tofu Scramble** – Season with turmeric and add vegetables.
19. **Edamame and Hummus Bowl** – A savory protein-rich option.
20. **Chia Seed Pudding with Protein Powder** – Soak overnight and enjoy chilled.

## Egg and Savory Options

21. **Egg Bites (Starbucks-Style)** – Make sous vide-style\* egg bites with cheese and bacon or turkey sausage.
22. **Breakfast Quesadilla** – Use a low-carb tortilla, scrambled eggs, and shredded chicken.
23. **Shakshuka with Egg Whites** – Poach eggs or egg whites in spiced tomato sauce.
24. **Avocado Boats with Scrambled Eggs** – Fill half an avocado with egg or cottage cheese.  
*\*Sous vide is a cooking technique that involves sealing food in a vacuum bag and cooking it in a water bath at a precise temperature.*

## Dairy-Free and Plant-Based

25. **Tempeh Breakfast Hash** – Tempeh, sweet potatoes, and spinach sautéed together.
26. **Vegan Protein Pancakes** – Use pea protein powder and almond flour for a dairy-free option.
27. **Tofu & Avocado Toast (on High-Protein Bread)** – Mash silken tofu and avocado with spices.
28. **Chia Seed Pudding with Protein Powder** – Soak overnight and enjoy chilled.

## Meat & Seafood Protein Ideas

28. **Lox and Eggs Scramble** – Smoked salmon mixed into scrambled eggs.
29. **Chicken & Spinach Breakfast Bowl** – Shredded chicken over sautéed spinach with a poached egg.
30. **Breakfast Steak Bites with Eggs** – Small portions of lean steak with scrambled eggs.

## Sweet Options with Protein

31. **Cottage Cheese Pancakes** – Made with eggs, cottage cheese, and a bit of almond flour.
32. **Protein Donuts** – Bake donuts using a whey protein-based batter.
33. **Overnight Protein Oats** – Mix protein powder, oats, and almond milk the night before.

## Portable Breakfasts

34. **Protein Bars with Coffee** – Choose low-carb, bariatric-friendly protein bars for on-the-go.
35. **Egg and Cheese Wraps** – Use cooked eggs as the “wrap” for ham and cheese.
36. **Protein Muffins** – Bake muffins with whey protein, eggs, and almond flour for easy breakfasts.

## Warm Breakfast Bowls

37. **Quinoa Breakfast Bowl** – Add scrambled eggs, avocado, and salsa on top of cooked quinoa.
38. **Creamy High-Protein Grits** – Stir in unflavored protein powder and top with turkey bacon.
39. **Polenta with Cottage Cheese** – Warm polenta topped with cottage cheese and berries.

## Smoothie and Shake Alternatives

40. **Protein “Ice Cream” Breakfast Bowl** – Blend protein powder, Greek yogurt, and frozen fruit.
41. **Pumpkin Spice Protein Smoothie** – Add pumpkin puree and cinnamon to your protein shake.
42. **Acai Protein Bowl** – Blend acai puree with protein powder and top with seeds or nuts.

These breakfasts are designed to provide ample protein while being easy to digest and bariatric-friendly. Adjust portion sizes according to your needs, focusing on small, balanced servings that keep you satisfied throughout the morning.



# Bariatric Lunch Ideas

Here's a list of high-protein, bariatric-friendly lunch ideas that are quick to make, easy to digest, and packed with the nutrients you need.

## Wraps and Roll-Ups

1. **Turkey or Chicken Lettuce Wraps** – Use lettuce leaves as wraps with deli meat, hummus, and cucumber slices.
2. **Low-Carb Tortilla Wrap** – Fill with grilled chicken, avocado, and a sprinkle of cheese.
3. **Deli Meat Roll-Ups** – Roll turkey or ham around light cream cheese or pickle slices.

## Salads with a Protein Punch

4. **Grilled Chicken Salad** – Toss greens with chicken, avocado, and a light vinaigrette.
5. **Tuna Salad with Greek Yogurt** – Use yogurt instead of mayo and enjoy with whole-grain crackers or cucumber slices.
6. **Egg Salad Lettuce Cups** – Spoon egg salad into lettuce leaves for an easy, low-carb option.
7. **Shrimp and Avocado Salad** – Toss cooked shrimp with avocado and a dash of lime.

## Quick Bowls and Bites

8. **Chicken or Tuna Power Bowl** – Use quinoa or cauliflower rice as a base and add lean protein, veggies, and salsa.
9. **Turkey Meatballs with Zoodles** – Pair pre-cooked turkey meatballs with zucchini noodles.
10. **Edamame and Hummus Snack Plate** – Add hard-boiled eggs and cucumber slices for variety.



## Easy Sandwich Alternatives

11. **Eggplant or Portobello Mushroom "Sandwich"** – Use grilled veggies instead of bread with lean turkey or ham.
12. **High-Protein Cracker Snacks** – Top whole-grain or seed crackers with cottage cheese and smoked salmon.
13. **Avocado Toast with Protein** – Use high-protein bread and top with cottage cheese or smoked salmon.

## Soups and Stews

14. **Chicken or Turkey Chili** – Make ahead and reheat for a quick lunch.
15. **Egg Drop Soup** – Easy to prepare with broth, eggs, and a drizzle of soy sauce.
16. **Lentil or Black Bean Soup** – Add chicken or tofu for extra protein.

## Leftover Protein Packs

17. **Rotisserie Chicken with Veggies** – Quick and easy to throw together.
18. **Grilled Salmon with Cucumber Salad** – A light yet satisfying lunch.
19. **Cold Chicken or Tuna Pasta Salad** – Use whole-wheat pasta and plenty of lean protein.

## Savory Snacks as Lunch

20. **Bariatric Protein Box** – Combine hard-boiled eggs, cheese, nuts, and a few grapes for balance.
21. **Cheese and Meat Skewers** – Alternate cheese cubes and turkey slices on skewers for easy eating.
22. **Jerky and Veggie Sticks** – Pair low-sodium jerky with sliced bell peppers or cherry tomatoes.

## Warm Bowls and Meals

23. **Chicken and Cauliflower Rice Stir-Fry** – Toss grilled chicken with low-sodium soy sauce and veggies.
24. **Stuffed Bell Peppers** – Fill with lean ground turkey or chicken, black beans, and cheese.
25. **Turkey or Beef Chili with Greek Yogurt** – Use yogurt as a topping instead of sour cream.
26. **Baked Salmon with Asparagus** – Add a drizzle of lemon for flavor.

## Low-Carb Casseroles

27. **Crustless Quiche** – Made with eggs, low-fat cheese, and veggies like spinach or mushrooms.
28. **Zucchini Lasagna** – Replace noodles with zucchini and layer with lean ground beef and ricotta.
29. **Chicken Broccoli Casserole** – Mix shredded chicken with Greek yogurt and broccoli, topped with cheese.

## Seafood Lunches

30. **Ceviche** – Fresh shrimp or fish marinated in lime juice with tomatoes, onions, and cilantro.
31. **Sardines on Whole-Grain Crackers** – Add sliced cucumber or avocado.
32. **Fish Tacos (Low-Carb Version)** – Use lettuce wraps or almond flour tortillas.

## Bento Box Lunches

33. **Mediterranean Box** – Grilled chicken, hummus, olives, and cucumber slices.
34. **Protein Bento** – Hard-boiled eggs, turkey slices, cheese cubes, and a handful of nuts.
35. **Vegan Protein Box** – Edamame, tofu, hummus, and roasted chickpeas.

## Quick Meal Preps

36. **Chicken Salad in an Avocado Half** – Add light mayo or Greek yogurt to the chicken mixture.
37. **Cottage Cheese and Sliced Peppers** – A quick, no-cook lunch option.
38. **Protein-Packed Deviled Eggs** – Use Greek yogurt in place of mayo and add turkey bacon crumbles.

## More Wrap and Sandwich Alternatives

39. **Turkey and Hummus Collard Green Wraps** – Use collard leaves instead of tortillas.
40. **Stuffed Cucumber Boats** – Fill cucumber halves with tuna salad or cottage cheese.
41. **Chicken or Tofu Lettuce Cups** – Add slivered almonds for extra crunch.

## Savory Snacks That Double as Lunch

42. **Protein-Packed Trail Mix** – Almonds, pumpkin seeds, and dried edamame.
43. **Cheese Crisps and Deli Meat** – A crunchy, low-carb pairing.
44. **Roasted Chickpeas with Baby Carrots** – A satisfying and crunchy plant-based option.

## Cold Meal Ideas

45. **Cold Grilled Chicken and Veggie Bowl** – Add cherry tomatoes, cucumber, and a sprinkle of feta.
46. **Quinoa and Tuna Salad** – Mix cooked quinoa with tuna, olive oil, and herbs.
47. **Chilled Lentil Salad with Tofu** – Toss lentils with veggies and vinaigrette.

These additional options ensure variety and simplicity while focusing on high-protein, nutrient-dense meals that align with your bariatric needs.

# Bariatric Dinner Ideas

Here are high-protein, bariatric-friendly dinner ideas that are easy to prepare, nutritious, and flavorful.

## Grilled and Baked Proteins

1. **Grilled Chicken with Steamed Broccoli** – Add a sprinkle of parmesan for extra flavor.
2. **Baked Salmon with Lemon and Asparagus** – Wrap in foil for a mess-free dinner.
3. **Turkey Meatloaf Minis** – Make individual meatloaf portions for easier serving.
4. **Herb-Crusted Tilapia** – Pair with roasted Brussels sprouts.

## Stir-Fries and Skillets

5. **Chicken and Vegetable Stir-Fry** – Use cauliflower rice or zucchini noodles instead of regular rice.
6. **Shrimp and Snow Pea Stir-Fry** – Quick-cooking and light with a soy or ginger sauce.
7. **Ground Turkey Skillet with Peppers and Onions** – A fajita-style dish without the tortillas.
8. **Tofu and Bok Choy Stir-Fry** – A plant-based option with a soy-based sauce.

## Casseroles and Bakes

9. **Crustless Spinach and Feta Quiche** – Easy to prep and packed with protein.
10. **Chicken, Broccoli, and Cheese Casserole** – Use Greek yogurt or low-fat cream for a creamy sauce.
11. **Zucchini Lasagna** – Swap pasta for zucchini slices with lean beef and ricotta cheese.
12. **Stuffed Bell Peppers** – Fill with quinoa, turkey, and black beans.



## Sheet Pan Dinners

13. **Sheet Pan Chicken and Veggies** – Toss with olive oil and seasonings, then bake.
14. **Salmon with Green Beans and Cherry Tomatoes** – A complete meal cooked in one pan.
15. **Pork Tenderloin with Roasted Vegetables** – Easy to slice and portion for later meals.

## Burgers and Patties

16. **Turkey Burgers on Lettuce Buns** – Top with avocado or a slice of cheese.
17. **Salmon Patties with Yogurt Sauce** – Made with canned salmon for convenience.
18. **Tofu or Black Bean Burgers** – A vegetarian alternative, served with sautéed greens.

## Soups and Stews

19. **Chicken and Vegetable Soup** – Make a big batch for leftovers.
20. **Turkey or Beef Chili** – Top with shredded cheese and a dollop of Greek yogurt.
21. **Lentil and Chicken Stew** – High in protein and fiber.

## Bowl Dinners

22. **Quinoa Power Bowl with Chicken** – Add roasted veggies and a tahini drizzle.
23. **Poke Bowl with Shrimp or Tuna** – Use cauliflower rice as a base to reduce carbs.
24. **Egg Roll in a Bowl** – Sauté ground turkey with cabbage and soy sauce for a deconstructed egg roll.

## Savory Wraps and Tacos

25. **Lettuce Wrap Tacos** – Fill with lean beef, salsa, and guacamole.
26. **Grilled Fish Tacos (Lettuce Wrap)** – Use cod or tilapia with a squeeze of lime.
27. **Chicken Shawarma Lettuce Wraps** – Flavorful, high-protein, and easy to assemble.

## Oven and Air Fryer Favorites

28. **Air Fryer Chicken Tenders** – Use almond flour for a crispy coating.
29. **Baked Tofu Nuggets** – Marinate in soy sauce for extra flavor.
30. **Air-Fried Salmon Bites** – Perfect bite-sized dinner.

## Grilled and Pan-Seared Proteins

31. **Grilled Shrimp Skewers** – Marinate in garlic and lemon, served with a side of grilled veggies.
32. **Seared Ahi Tuna with Cucumber Salad** – Light, protein-packed, and quick to prepare.
33. **Chicken Piccata** – Pan-seared chicken with a lemon-caper sauce and steamed broccoli.
34. **Turkey Cutlets with Mushrooms** – A quick skillet meal with a savory mushroom sauce.

## Casseroles and Bakes (More Options)

35. **Eggplant Parmesan (Low-Carb)** – Bake breaded eggplant with marinara and mozzarella.
36. **Chicken Enchilada Casserole** – Use a low-carb tortilla alternative and shredded chicken.
37. **Shepherd's Pie (Turkey Version)** – Use mashed cauliflower in place of potatoes.
38. **Cauliflower and Sausage Bake** – Mix cauliflower with Italian sausage, cheese, and marinara.

## Soups, Stews, and Chili

39. **Thai Chicken Soup with Coconut Milk** – Add lean chicken breast and vegetables for a warming dish.
40. **Miso Soup with Tofu** – Light but satisfying with a protein boost from tofu.
41. **Beef and Vegetable Stew** – Slow-cooked, tender beef with non-starchy vegetables.
42. **White Chicken Chili** – Made with shredded chicken, white beans, and light broth.

## More Sheet Pan & One-Pot Meals

43. **Sheet Pan Salmon with Brussel Sprouts** – Add a drizzle of balsamic glaze after baking.
44. **One-Pot Chicken and Quinoa Pilaf** – Mix in herbs and vegetables for a complete meal.
45. **Sheet Pan Tofu with Vegetables** – Roast marinated tofu with bell peppers and onions.
46. **Italian Sausage and Veggie Bake** – Toss sausage links with zucchini, peppers, and onions.

## Stuffed and Rolled Delights

47. **Stuffed Portobello Mushrooms** – Fill with ground turkey or sausage and cheese.
48. **Chicken Roll-Ups with Spinach and Feta** – Roll chicken breast around spinach and bake.
49. **Stuffed Zucchini Boats** – Fill with ground beef, marinara, and cheese.
50. **Cabbage Rolls with Lean Beef** – Use cabbage leaves to wrap lean beef and rice.



## Asian-Inspired Dinners

51. **Chicken Teriyaki (Low-Sugar)** – Serve with steamed broccoli and cauliflower rice.
52. **Tofu and Vegetable Stir-Fry** – Add edamame for extra plant protein.
53. **Beef Bulgogi Lettuce Wraps** – Use ground beef or steak with Korean seasonings.
54. **Chicken Pho (Broth-Based Noodles)** – Use shirataki noodles to reduce carbs.

## Low-Carb, Protein-Packed Pasta Substitutes

55. **Bolognese Sauce over Spaghetti Squash** – A low-carb take on spaghetti.
56. **Zoodles with Grilled Shrimp** – Toss with garlic and olive oil.
57. **High-Protein Pasta with Turkey Meatballs** – Use chickpea or lentil pasta.
58. **Alfredo Sauce over Cauliflower Gnocchi** – A lighter version of the classic

## Air Fryer and Oven-Baked Meals

59. **Air-Fried Turkey Meatballs** – Serve with marinara sauce and zucchini noodles.
60. **Crispy Air-Fried Chicken Wings** – Toss in a light buffalo sauce.
61. **Air-Fried Tofu Nuggets with Sriracha Mayo** – A plant-based option with a spicy kick.
62. **Baked Cod with Parmesan Crust** – A simple, protein-packed fish dish.

## Burgers and Bowls

63. **Chicken Shawarma Bowls** – Add cauliflower rice, tomatoes, and a yogurt drizzle.
64. **Greek Turkey Burger Bowl** – Deconstructed burger with cucumbers, feta, and tzatziki.
65. **Salmon Burger Lettuce Wraps** – Add avocado and a squeeze of lemon.
66. **Deconstructed Taco Bowl** – Ground turkey, salsa, avocado, and lettuce.

## Grain-Free Tacos and Wraps

67. **Buffalo Chicken Lettuce Wraps** – Toss shredded chicken in hot sauce and wrap in lettuce.
68. **Korean BBQ Beef Tacos** – Use low-carb tortillas or lettuce wraps.
69. **Grilled Fish Tacos with Slaw** – Swap tortillas for cabbage wraps.
70. **Eggplant Wraps** – Grill thin slices of eggplant and wrap around chicken or turkey fillings.

These dinners are simple, high in protein, and easy to modify based on your preferences. Portion control is essential for bariatric meals, so focus on lean proteins and non-starchy vegetables to stay on track.



# Snacks and Bariatric Surgery

## Why snack?

Snacks can be a part of a healthy diet. Sometimes a snack is necessary to meet nutrition goals, sometimes it can be something to hold you over until the next meal. Not everyone needs or wants to snack, that's okay too. Choose items wisely between 100-150 calories and no more than 10 grams of sugar. Be sure to read the Nutrition Facts label. Schedule when and where you eat (ideally at a table) without distraction and plan your portion to avoid grazing between meals. Remember to stop eating at the first sign of fullness.

## Snacking versus grazing

Healthy snacking is eating planned food between meals with consideration of nutritional quality. Mindful selection of snacks results in an energy boost and fueling the body with important nutrients. Grazing is mindless, daylong feeding that never completely satisfies hunger. Grazing often results in over consumption of calories and consumption of foods with poor nutritional value. It is important to recognize whether the urge to eat is a result of physical versus emotional hunger.

## Focus on protein

- 1-2 ounces meat
- 1-2 hard-boiled eggs
- ¼ cup nuts, soy nuts, dry roasted edamame, freeze-dried chickpeas
- 2 ounces reduced-fat cheese
- 5 ounces low-fat, low sugar, high protein Greek yogurt
- 5 ounces low-fat cottage cheese without fruit



## Consider some fiber

- 1 serving of fresh fruit is 1 cup berries; 1 medium size piece; ½ cup most fruits; 12-15 grapes; ¼ cup raisins; 1 cup unsweetened applesauce
- 1 serving of vegetables is 1 cup sliced; 4 oz of tomato or vegetable juice
- 3 cups air popped, unbuttered popcorn. Sprinkle with cinnamon, chili powder or parmesan cheese
- Whole grain crackers with greater than 2 grams of fiber per serving

## Try it warm

- 8 ounces of steamed skim or 1% milk with cinnamon
- 1 cup sugar-free hot chocolate made with skim or 1% milk (or a dairy-free unsweetened high protein option like soy milk; most nut milks do not contain much protein)
- 1 corn or whole wheat tortilla warmed in an oil-sprayed skillet or microwaved with 1-ounce low-fat cheese, melted
- Bone broth (consider adding 1 serving of vegetables and 1-2 ounces of lean meat)

## Cool it down

- Freeze a 5-to-6-ounce container of low-fat, low-sugar yogurt and let it thaw slowly
- Freeze ½ cup of a high protein beverage mixed with ½ serving fruit and let it thaw slowly
- Blend frozen high protein beverage in 1 cup of cold decaf coffee
- Sugar-free popsicles or fudgsicles
- Make your own popsicles with your favorite flavor of Crystal Light or a sugar-free drink
- Blend ice cubes of Crystal Light or a sugar-free drink

## Options to compliment a snack

- Seasonings like cinnamon, crushed red pepper flakes, Everything Bagel Seasoning, mustard, hot sauce
- Low calorie salad dressings
- Pickles
- Broth

## More Suggestions / RECIPE IDEAS

- 1 small tomato and 1-ounce low-fat mozzarella cheese with 1 tsp balsamic vinegar
- 1 cup cut-up vegetables with ½ cup cottage cheese (consider Everything Bagel Seasoning or Hidden Valley Ranch seasoning for more flavor)
- 1 hard-boiled egg and ⅛ – ¼ avocado
- 2 tsp nut butter, 1 rice cake, ½ banana OR other fruit
- 2 ounces reduced fat cheese with 1 serving cut-up fruit or vegetable.
- 1-ounce reduced fat cheese with 2-3 whole grain crackers
- ½ serving fruit with ½ cup low-fat cottage cheese or low-sugar Greek yogurt
- ½ cup apple slices and 1-ounce low-fat cheese
- 1 tablespoon nut butter with ½ apple sliced or 1 cup celery
- ⅓ cup total trail mix with nuts, low sugar cereal, raisins, or dried cranberries
- ¼ cup beans, a tablespoon of salsa topped with a tablespoon of nonfat plain Greek yogurt
- ¼ avocado on 2 light rye crackers or rice cakes
- ⅓ cup hummus with carrot sticks or 2 whole grain crackers
- Small green salad with 1-ounce tuna or chicken or beans/chickpeas
- 2-3 whole grain crackers, graham, or whole grain cracker with 1 tablespoon peanut butter
- 2-3 whole grain crackers with 2 ounces tuna or egg salad or 2 slices of ham or turkey
- 1 cup low-fat plain Greek yogurt with cucumber spears
- ½ cup non-fat, low sugar lemon yogurt with ½ cup blueberries
- ½ cup instant sugar-free pudding

## Your TOP Snacks:

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## Dairy & Dairy Alternatives

1. **Greek Yogurt (Plain, Low-Fat)** – Add a few berries or a drizzle of honey.
2. **Cottage Cheese** – Pair with diced cucumber or tomato for flavor.
3. **Cheese Sticks (Low-Fat Mozzarella)** – Convenient, portion-controlled protein.
4. **High-Protein Pudding** – Made with protein powder or ready-made bariatric-friendly brands.

## Meat & Seafood

5. **Deli Roll-Ups** – Sliced turkey or chicken rolled with a bit of cheese or avocado.
6. **Tuna or Salmon Packets** – Mix with a light dressing or enjoy plain.
7. **Beef Jerky (Low-Sodium)** – Choose softer textures and small portions.
8. **Chicken Meatballs** – Opt for low-fat, baked versions for easy snacking.

## Eggs

9. **Hard-Boiled Eggs** – Slice with a sprinkle of salt or paprika.
10. **Egg Muffins** – Mini baked egg cups filled with veggies and lean meat.

## Legumes & Plant-Based Proteins

11. **Hummus with Veggies** – Carrots, cucumbers, or bell pepper slices.
12. **Edamame (Lightly Salted)** – High in protein and fiber.
13. **Roasted Chickpeas** – Crunchy and packed with plant protein.



## Protein Bars & Powders

14. **Bariatric Protein Bars** – Low in sugar and carbs, high in protein (look for <200 calories).
15. **Protein Shakes** – Use whey or plant-based protein powders for on-the-go snacks.

## Nuts & Seeds

16. **Almonds or Pistachios (in Moderation)** – Good for healthy fats and protein.
17. **Chia Seed Pudding** – Made with unsweetened almond milk and vanilla protein powder.

## Dairy & Egg Ideas

18. **Ricotta with Cinnamon and Stevia** – A high-protein dessert alternative.
19. **Egg Salad Lettuce Wraps** – Use light mayo or Greek yogurt for extra protein.
20. **Skyr Yogurt** – Icelandic yogurt, even thicker and higher in protein than Greek.

## Seafood & Meat Variations

21. **Shrimp Cocktail** – Pre-cooked shrimp with a light cocktail sauce.
22. **Turkey or Chicken Jerky** – Softer and lower in fat than beef options.
23. **Smoked Salmon with Cream Cheese on Cucumber Slices** – Bite-sized and refreshing.

## Plant-Based Alternatives

24. **Silken Tofu with Soy Sauce & Green Onions** – A savory, high-protein snack.
25. **Tempeh Slices with Hummus or Avocado** – Adds fiber along with protein.
26. **Seitan Bites** – Try small portions of seitan, a wheat-based meat substitute, for variety.

## Bites and Mini Meals

27. **Turkey or Chicken Sausage Bites** – Heat pre-cooked sausage for a warm snack.
28. **Mini Crustless Quiches** – Loaded with veggies, lean meats, and cheese.
29. **Stuffed Mini Bell Peppers** – Fill with light cream cheese or cottage cheese.

## Protein-Packed Desserts & Treats

30. **Protein Mug Cake** – Made with protein powder, egg, and a little almond flour.
31. **Frozen Greek Yogurt Bark** – Spread yogurt on parchment, add berries, and freeze.
32. **High-Protein Ice Cream** – Look for bariatric-friendly brands like Halo Top or Yasso.

## Savory & Crunchy Options

30. **Protein Mug Cake** – Made with protein powder, egg, and a little almond flour.
31. **Frozen Greek Yogurt Bark** – Spread yogurt on parchment, add berries, and freeze.
32. **High-Protein Ice Cream** – Look for bariatric-friendly brands like Halo Top or Yasso.

## Protein-Packed Desserts & Treats

33. **Turkey Pepperoni Chips** – Microwave pepperoni slices until crispy.
34. **Seaweed Snacks** – Low-calorie with a little protein and minerals.
35. **Cheese Crisps** – Baked Parmesan or cheddar crisps offer a crunchy, low-carb option.
36. **Protein-Packed Trail Mix** – Almonds, pumpkin seeds, and sugar-free chocolate chips.

These snacks prioritize lean proteins and minimize added sugars and simple carbs, making them ideal for bariatric needs. Portion control is essential post-surgery, so aim for 1–2 ounces or small servings to avoid discomfort.



# Protein and Bariatric Surgery

## What is protein?

- Protein is an essential macronutrient found throughout the body in muscle, tissue, bone, eyes, skin, and hair.
- Protein is made from building blocks called amino acids. We have 20 different amino acids in our bodies, nine of which we cannot make on our own, so they must come from food.

## Functions of protein

- Protein provides structure for tissues like bones, tendons, ligaments, cartilage, skin and muscles.
- It supports tissue repair and wound healing.
- Protein makes antibodies to protect us from infection.
- It is involved in the production of some hormones that carry messages around the body.
- Protein helps to maintain fluid balance.

## Why is protein important for weight loss?

- Eating enough protein can increase satiety and regulate appetite, resulting in overall reduced energy intake.
- It helps preserve and increase lean body mass (muscle).
- Having more lean body mass (muscle) helps to increase energy expenditure (increased metabolic rate).



## What are sources of protein?

- Animal sources: meat, poultry, fish, seafood, eggs, and dairy.
  - ▶ Chose lean meats and low-fat dairy to reduce fat intake.
  - ▶ Be mindful of the fat content in cheese when using as a protein source.
- Plant sources: nuts, nut butters, beans, lentils, tofu, tempeh, quinoa, edamame.
  - ▶ Be mindful of the fat content in nuts or nut butters when using as a protein source.
- Supplements: protein shakes, bars, and products (Quest chips, Kodiak waffles, Premier protein pancakes).



## How much protein do we need?

- The American Society for Metabolic and Bariatric Surgery (ASMBS) recommends 60–80g/day for bariatric patients.
- Your Registered Dietitian can individualize this goal for you if necessary.

## Tips to achieve your protein goal

- Start early. Don't skip meals and aim for 20–30 grams of protein at each meal.
- Eat protein foods first and then move on to the other foods on the plate.
- Plan your menu in advance; base your meals and snacks around foods that are high in protein.
- Use the Baritastic app to log your intake and have awareness of your protein intake.
- Read food labels to verify protein content. Ideally the protein content is higher than the fat content.
- Use a food scale or measuring cups/spoons to portion out your protein foods and verify amounts you are eating.

## Protein food examples:

- Tuna, chicken, or salmon packets (15–20g protein)
- Plain Greek yogurt or low sugar Greek yogurt
- Cottage cheese (low-fat)
- String cheese (low-fat)
- Deli meat roll-ups
- Eggs or egg whites
- Bone broth
- Jerky (beef, turkey, plant-based)
- Edamame
- Nuts

## Your TOP Protein Foods:

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# Recipes

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## High protein tuna or chicken salad:

**25-30 grams protein**

Mix ½ cup tuna or shredded chicken with ¼ cup plain Greek yogurt, 1 tablespoon mayo, salt and pepper. Add mix-ins like chopped nuts, celery, grapes, pickles, onions, or fun seasonings if you want to change up the flavor!

## Greek yogurt ranch dip:

**12 grams protein**

Mix ½ cup plain Greek yogurt with 1-2 tablespoons dry ranch seasoning. Use as a dip for veggies or your favorite whole grain crackers. You can also add to wraps or sandwiches for extra protein and flavor.

## Greek yogurt fruit dip:

**15 grams protein**

Mix ½ cup nonfat vanilla Greek yogurt with 1 tablespoon nut butter or 2 tablespoons powdered nut butter. Use as a dip for a fruit or eat on its own!

## Hummus Greek yogurt dip:

**8 grams protein**

Mix 2 tablespoons of hummus with ¼ cup of nonfat plain Greek yogurt. Use as a dip for pita chips, pretzels, whole grain crackers, or veggies.

## Bone broth soup:

**30-35 grams protein**

Add 4 cups bone broth, 8-10 ounces cooked lean protein of choice (shredded chicken breast, ground turkey, etc.), ⅓ cup brown rice or pasta noodles, and 1-2 cups vegetables\* of choice (chopped celery, carrots, kale, onion, etc.) to a pot. Season with salt and pepper. Cook on medium heat for 10-15 minutes or until rice/pasta is cooked.\*\* This makes 4 servings. 1 serving = 1.5-2 cups.

\* *Vegetables like onion and celery add lots of flavor. Even more reason to load up on vegetables\* for this recipe!*

\*\* *For a creamier soup, add ⅓ cup nonfat, plain Greek yogurt after cooking and stir to combine. Bonus for the added protein!*

## Egg salad:

**20 grams protein**

Mash 2 hard-boiled eggs with 2 egg whites (or about ¼ cup whites) and mix with 2 tablespoons of plain Greek yogurt, 1 tablespoon mayo, salt and pepper. Can be eaten as a sandwich on whole grain bread or with crackers.

## Egg bites:

**18 grams protein**

Preheat the oven to 350 degrees F. Lightly whisk 6 eggs with salt and pepper. Lightly spray a muffin tin and divide the egg mixture between 6 cups. Add a sprinkle of cheese and crumbled turkey sausage for extra protein! You can also add toppings like spinach, onion, peppers, or other vegetables. Bake at 350 degrees for 15-20 minutes. Makes 6 egg bites. 1 serving = 2 egg bites

\* *For a lower fat version, substitute ½ cup of egg whites for 3 of the eggs.*

## Edamame salad:

**18 grams protein**

Add 2 cups shelled edamame, 8 ounces shredded chicken, 1 cup chopped cucumber, ½ cup chickpeas, and 8 ounces of feta cheese to a bowl. In a separate bowl, add ½ cup olive oil, ¼ cup lemon juice, ½ tbsps parsley, and salt/pepper to taste. Whisk the olive oil mixture together and drizzle over the salad. Toss to coat. This makes about 10 servings. 1 serving = ½ cup.

## Want more ideas?

### Check out the following resources:

Bariatric Food Coach [bariatricfoodcoach.com/](http://bariatricfoodcoach.com/)

Bariatric Meal Prep [bariatricmealprep.com/](http://bariatricmealprep.com/)

Baritastic (recipes) [baritastic.com/](http://baritastic.com/)

Bariatric Pal [store.bariatricpal.com/](http://store.bariatricpal.com/)

# Protein Shakes and Bars

## Protein Powders

- Celebrate High Protein Meal Replacement 24-27g
- Quest Protein 30g
- Unjury 20g
- Isopure Infusions 20g
- Orgain 21g
- Pure Protein Natural Whey 25g
- Syntrax Nectar 23g
- Optimum Nutrition Gold Standard Whey 24g
- Dymatize Elite 100% Whey Protein 25g
- Isopure Low or Zero Carb Whey 25g
- GHOST 100% Whey Protein 25g
- Bariatric Fusion Protein Powder 27g
- Bariatric Advantage 20g
- Body Fortress Super Advanced Whey 25g
- EAS 100% Whey 25g
- Elevation (found at Aldi) 30g
- Clean Simple Eats 20g
- Ascent 25g
- Muscle Milk Genuine 32g

## Ready-to-Drink

- Glucerna Protein Smart 30g
- Premier Protein 30g
- Fairlife Nutrition Plan 30g, Core 26g, Elite 42g
- Ensure Max Protein 30g
- Boost Max 30g
- Unjury 20g
- Orgain 20-30g
- Muscle Milk Genuine 25g/Zero 20g/ProAdvanced 40g
- Pure Protein 30g
- GNC Lean Shake 25g
- Quest 30g
- Atkins Plus Protein 30g
- Shamrock Farms Rockin Protein 30g
- Huel 25g
- Slate 20g
- Alani Nu 30g



## Plant-Based

- KOS Organic Plant-Based 20g
  - Unjury Planted 20g
  - OWYN 20-32g
  - Truvani 20g
  - GHOST Vegan 20g
  - Ensure Plant-Based 20g
  - Orgain Organic Protein Powder 20g
  - Garden of Life 20g
  - Optimum Nutrition Gold Standard 100% Organic Plant-Based Vegan Protein 24g
  - Vega Clean Protein 25g
  - BodyLogix Vega Protein 25g
  - Muscle Milk Plant-Based 30g
  - Kachava 25g
  - 1<sup>st</sup> Phorm 19g
  - Ripple 20g
  - Aloha 18g
  - Koia 20g
  - Evolve 20g
  - Ritual 20g
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## Clear Proteins

- Protein20 15-20g
  - Ascent Clear Protein Isolate 20g
  - Atkins Lift 20g
  - Gatorade Zero with Protein 10g
  - Premier Clear Protein 20g
  - Unjury Clear 21g
  - Dymatize ISO100 Hydrolyzed Clear 25g
  - Clean Simple Eats Clear 20g
  - 1UP Clear Protein 20g
  - SEEQ Clear Protein 22g
  - Isopure Clear Whey Isolate 20g
  - Oath Nutrition Clear 20g
  - Wicked Protein Clear Whey Isolate 23g
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## Bars

- Barebells
- Built
- FitCrunch
- PowerCrunch
- Quest
- ONE
- Kind Bars Max
- Alani
- Pure Protein
- Premier
- Kirkland Protein Bars (Costco)
- Think
- Kate's Real Food
- EPIC (savory)
- 1<sup>st</sup> Phorm Protein Sticks (savory)
- MisFits (plant-based)
- NoCow (plant-based)
- Barebells (plant-based)
- Aloha (plant-based)
- ONE (plant-based)
- Sunwarrior (plant-based)
- Garden of Life (plant-based)
- Vega (plant-based)

# Bariatric Friendly “Bowl” Ideas

Here's a list of 50 bariatric-friendly bowl recipes that are high in protein and fiber. These recipes focus on small portions, lean proteins, healthy fats, and fiber-rich vegetables and grains. Each bowl is designed to be flavorful and easy to prepare.

## Breakfast Bowls

1. **Egg White Veggie Scramble Bowl:** Egg whites, spinach, bell peppers, mushrooms, and low-fat feta cheese.
2. **Greek Yogurt Berry Bowl:** Greek yogurt, mixed berries, chia seeds, and a sprinkle of granola.
3. **Protein Oatmeal Bowl:** Oats, whey protein powder, almond butter, and fresh strawberries.
4. **Cottage Cheese Fruit Bowl:** Cottage cheese, diced pineapple, and kiwi slices.
5. **Tofu Scramble Breakfast Bowl:** Tofu, turmeric, kale, cherry tomatoes, and avocado slices.

## Chicken Bowls

6. **Grilled Chicken and Quinoa Bowl:** Grilled chicken, quinoa, spinach, and roasted sweet potatoes.
7. **Buffalo Chicken Bowl:** Shredded chicken, Greek yogurt, buffalo sauce, cauliflower rice, and celery.
8. **Mediterranean Chicken Bowl:** Chicken, cucumber, cherry tomatoes, red onion, and tzatziki on a bed of arugula.
9. **Chicken Caesar Salad Bowl:** Grilled chicken, romaine lettuce, Parmesan cheese, and a light Caesar dressing.
10. **Lemon Herb Chicken Bowl:** Chicken, broccoli, brown rice, and lemon vinaigrette (low-fat).



## Seafood Bowls

11. **Tuna Avocado Bowl:** Canned tuna, avocado, cucumber, and a splash of lime juice.
12. **Shrimp and Zucchini Noodle Bowl:** Shrimp, zucchini noodles, garlic, and olive oil.
13. **Salmon and Kale Bowl:** Baked salmon, steamed kale, and roasted carrots.
14. **Cod and Lentil Bowl:** Cod fillet, lentils, spinach, and a drizzle of tahini dressing (low-fat).
15. **Spicy Crab Bowl:** Imitation crab, sriracha mayo (light), cauliflower rice, and edamame.

## Beef Bowls

16. **Beef Taco Bowl:** Lean ground beef, lettuce, salsa, and a sprinkle of low-fat cheese.
17. **Korean Beef Bowl:** Ground beef, soy sauce, zucchini, and a sprinkle of sesame seeds.
18. **Steak and Veggie Bowl:** Grilled steak, asparagus, mashed cauliflower, and chimichurri sauce.
19. **Philly Cheesesteak Bowl:** Sliced steak, sautéed onions, peppers, and a dollop of light cream cheese.
20. **Beef and Barley Bowl:** Shredded beef, cooked barley, and sautéed mushrooms.



## Pork Bowls

21. **Pork Carnitas Bowl:** Shredded pork, cauliflower rice, Pico de Gallo, and avocado.
22. **BBQ Pulled Pork Bowl:** Pulled pork, coleslaw (light dressing), and roasted sweet potato cubes.
23. **Thai Pork and Veggie Bowl:** Ground pork, shredded cabbage, carrots, and peanut sauce (sugar-free).
24. **Pork and Brussels Sprout Bowl:** Pork loin, roasted Brussels sprouts, and quinoa.
25. **Teriyaki Pork Bowl:** Pork tenderloin, steamed broccoli, and brown rice with teriyaki sauce (sugar-free).

## Vegetarian Bowls

26. **Black Bean and Sweet Potato Bowl:** Black beans, roasted sweet potato, and avocado over quinoa.
27. **Lentil Buddha Bowl:** Lentils, spinach, roasted red peppers, and hummus.
28. **Chickpea and Spinach Bowl:** Chickpeas, wilted spinach, and tahini drizzle.
29. **Greek Veggie Bowl:** Cucumber, cherry tomatoes, chickpeas, feta, and tzatziki (low-fat).
30. **Tofu and Cauliflower Rice Bowl:** Grilled tofu, cauliflower rice, and edamame.

## Turkey Bowls

31. **Turkey Taco Bowl:** Ground turkey, lettuce, salsa, and a dollop of Greek yogurt.
32. **Turkey Meatball Bowl:** Turkey meatballs, zucchini noodles, and marinara sauce (low sugar).
33. **Turkey and Wild Rice Bowl:** Ground turkey, wild rice, and sautéed mushrooms.
34. **Turkey Chili Bowl:** Turkey chili, topped with diced avocado and fresh cilantro.
35. **Thanksgiving Bowl:** Ground turkey, mashed sweet potato, and green beans.

## Plant-Based Protein Bowls

36. **Quinoa and Edamame Bowl:** Quinoa, edamame, cucumber, and miso dressing (low-fat).
37. **Tempeh Stir-Fry Bowl:** Tempeh, broccoli, and snap peas in a soy-ginger glaze (sugar-free).
38. **Vegan Burrito Bowl:** Black beans, brown rice, avocado, and salsa.
39. **Falafel Bowl:** Baked falafel, mixed greens, and tahini dressing.
40. **Spicy Peanut Tofu Bowl:** Tofu, shredded cabbage, and carrots with peanut sauce (sugar-free).

## Asian-Inspired Bowls

41. **Sushi Bowl:** Imitation crab, cucumber, avocado, and cauliflower rice.
42. **Bibimbap Bowl:** Ground turkey, spinach, shredded carrots, and a fried egg.
43. **Teriyaki Chicken Bowl:** Chicken, brown rice, broccoli, and teriyaki glaze (sugar-free).
44. **Miso Salmon Bowl:** Salmon, bok choy, and a sprinkle of sesame seeds.
45. **Thai Shrimp Bowl:** Shrimp, shredded cabbage, and peanut sauce (sugar-free).

## Snack and Light Bowls

46. **Hummus Veggie Bowl:** Hummus, celery, carrots, and cucumber.
47. **Avocado Egg Salad Bowl:** Hard-boiled eggs, avocado, and a dash of mustard.
48. **Mini Charcuterie Bowl:** Turkey slices, low-fat cheese cubes, almonds, and olives.
49. **Protein Snack Bowl:** Deli turkey, a boiled egg, and cherry tomatoes.
50. **Edamame Snack Bowl:** Steamed edamame with a sprinkle of sea salt.

# Sweet Alternatives

for bariatric patients that prioritize low sugar, high protein, and nutrient density, ideal for smaller portions:



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## Fresh Fruits

1. Sliced apple with cinnamon
2. Fresh berries (blueberries, strawberries, raspberries)
3. Watermelon cubes
4. Grapes (frozen for a refreshing treat)
5. Orange or mandarin segments
6. Kiwi slices
7. Pomegranate seeds
8. Pineapple chunks (in moderation)
9. Mango slices
10. Cherry tomatoes with balsamic glaze

## Dairy-Based Treats

11. Plain Greek yogurt with a touch of honey or stevia
12. Cottage cheese with peaches or pineapple
13. String cheese and a small apple slice
14. Ricotta cheese mixed with a bit of cocoa powder and stevia
15. Low-fat frozen yogurt (no sugar added)



## Bariatric-Friendly Ice Cream Alternatives

16. Halo Top or Enlightened (low-calorie ice cream) Choose bariatric-approved flavors.
17. Sugar-free sorbet – Made with frozen fruit and water.
18. Protein popsicles – Blend protein shake mix and freeze in molds.
19. Froyo bites– Freeze drops of Greek yogurt mixed with fruit puree.
20. Blended avocado and lime sorbet – Creamy and low-sugar.
21. Yasso Yogurt Bars

## Protein-Packed Options

16. Protein bars (low sugar, bariatric-friendly)
17. Protein pudding (made with sugar-free mix and protein powder)
18. Hard-boiled egg with a sprinkle of cinnamon (trust me, it works!)
19. Sugar-free protein shakes blended with frozen fruit
20. Peanut butter (1 tsp) with celery sticks

## Smoothies

21. Berry smoothie (unsweetened almond milk, protein powder, and berries)
22. Green smoothie (spinach, frozen mango, and vanilla protein)
23. Chocolate protein shake (protein powder, cocoa, and almond milk)

## Baked Fruit Desserts

24. Baked apple with cinnamon and a dab of butter
25. Grilled peach halves with a drizzle of sugar-free syrup
26. Roasted pear slices with nutmeg and walnuts

## Sugar-Free or Low-Sugar Desserts

27. Sugar-free gelatin with whipped cream
28. Sugar-free pudding cups
29. Sugar-free chocolate chips (in moderation)

## Chilled Treats

30. Greek yogurt popsicles (freeze yogurt with blended fruit in molds)
31. Ice chips made from sugar-free drink mixes
32. Sugar-free Italian ice

## Nut and Seed-Based Snacks

33. Almond butter on cucumber slices
34. Sunflower seeds with a few dark chocolate chips
35. Homemade trail mix (unsweetened coconut, nuts, and dried fruit in moderation)

## Dark Chocolate Options

36. 1 square of 70% (or higher) dark chocolate
37. Sugar-free dark chocolate mini bars
38. Dark chocolate-covered almonds (1-2 pieces)

## Chia and Oat-Based Ideas

39. Chia pudding (chia seeds with unsweetened almond milk and a splash of vanilla)
40. Overnight oats (small portion with unsweetened almond milk and cinnamon)

## Warm, Sweet Snacks

41. Golden milk (turmeric, unsweetened almond milk, and a little honey)
42. Sugar-free hot cocoa
43. Decaf coffee with sugar-free vanilla syrup

## Savory-Sweet Combos

44. Sweet potato puree with a dash of cinnamon
45. Avocado pudding (avocado blended with cocoa powder and stevia)

## Creative Sweet Snacks

46. Zucchini bread made with almond flour and sugar substitutes
47. Banana slices with a small smear of almond butter
48. Baked chickpeas with cinnamon and stevia
49. Apple nachos (apple slices topped with peanut butter drizzle and a sprinkle of granola)
50. Greek yogurt bark (spread yogurt on a tray, sprinkle with fruit, and freeze)

## Portable Options

51. Low-sugar fruit leather – Made with pureed fruit and no added sugar.
52. Mini nut butter packets – Great for on-the-go sweetness.
53. Dehydrated apple chips – Crisp and naturally sweet.
54. Protein cookies (bariatric-approved) – Look for recipes with minimal sugar.
55. Coconut macaroons (sugar-free) – A soft, satisfying treat.

# Bariatric Surgery and Slider Foods: What You Need to Know

## What are Slider Foods?

Slider foods are soft, processed, or high-carb foods that pass easily through the stomach pouch or sleeve created during bariatric surgery without providing lasting fullness. These foods can “slide” through the digestive system, leading to overeating, weight regain, and nutritional deficiencies over time.

## Examples of Slider Foods

- **Chips and Crackers:** Potato chips, pretzels, tortilla chips, or rice cakes.
- **Sweets and Desserts:** Cookies, candy, ice cream, and pastries.
- **Beverages:** Milkshakes, fruit juices, sweetened coffees, or sugary drinks.
- **Carb-Heavy Foods:** White bread, pasta, and mashed potatoes.
- **High-Fat Foods:** Fried foods, creamy dips, and cheese sauces.

These foods often lack the protein, fiber, and nutrients needed to support your weight loss and overall health goals.

## Why Are Slider Foods Problematic?

1. **Minimal Satiety:** These foods don't stretch the stomach pouch and pass through quickly, making it easier to overconsume calories.
2. **Triggers Cravings:** Slider foods, especially sugary and carb-heavy ones, can lead to cravings and emotional eating.
3. **Nutrient Deficiencies:** Focusing on slider foods can crowd out more nutritious options, like protein-rich foods, fruits, and vegetables.
4. **Weight Regain Risk:** Regular consumption of slider foods increases the chance of regaining weight, undermining long-term success.



## How to Avoid Slider Foods

- **Plan Balanced Meals:** Focus on meals with lean protein, fiber-rich vegetables, and healthy fats.
- **Practice Mindful Eating:** Eat slowly, chew thoroughly, and recognize when you are full.
- **Monitor Liquid Calories:** Avoid drinking your calories with sugary drinks or high-calorie smoothies.
- **Portion Control:** Measure snacks and meals to avoid eating large quantities out of habit.

## Healthier Snack Alternatives

Instead of slider foods, opt for snacks that are high in protein or fiber and will keep you feeling fuller for longer:

- Greek Yogurt (Low-Sugar)
- Cottage Cheese with Berries
- Hard-Boiled Eggs
- Hummus with Sliced Veggies
- Almonds or Mixed Nuts (Portion-Controlled)
- Turkey Roll-Ups with Avocado

## What to Do If You Struggle with Slider Foods

1. **Track Your Eating Habits:** Use a food journal to identify patterns or emotional triggers.
2. **Consult a Dietitian:** Get personalized guidance on meal planning and healthy alternatives.
3. **Join Support Groups:** Engage with bariatric communities to share strategies and encouragement.
4. **Behavioral Therapy:** Work with a therapist to address emotional eating or cravings.

## Key Takeaways

- Slider foods can derail your weight loss journey by providing empty calories without lasting fullness.
- To achieve long-term success, focus on nutrient-dense foods like lean proteins, vegetables, and whole grains.
- Develop healthy eating habits and seek support if you encounter challenges with food choices or cravings.

By staying mindful of your choices, you can avoid the pitfalls of slider foods and stay on track with your health goals.