

Bariatric Basics: Recipes and Meal Plan!

Instructions:

The foundation of this diet is to have protein three times per day, lower carbs/starches, and lower fat with at least 64 ounces of fluids (sugar free, non-carbonated).

Each day choose a breakfast, lunch, and dinner. Snacks are optional (can have 1-2 snacks per day) and dessert is optional. Dining out options are available below. You may also choose premade/frozen foods at any time (options are below).

Feel free to make larger batches of the recipes to last throughout the week or to have similar foods each day if that works for your schedule.

Limit meal size to 1-1.5 cups and ***always eat protein first.***

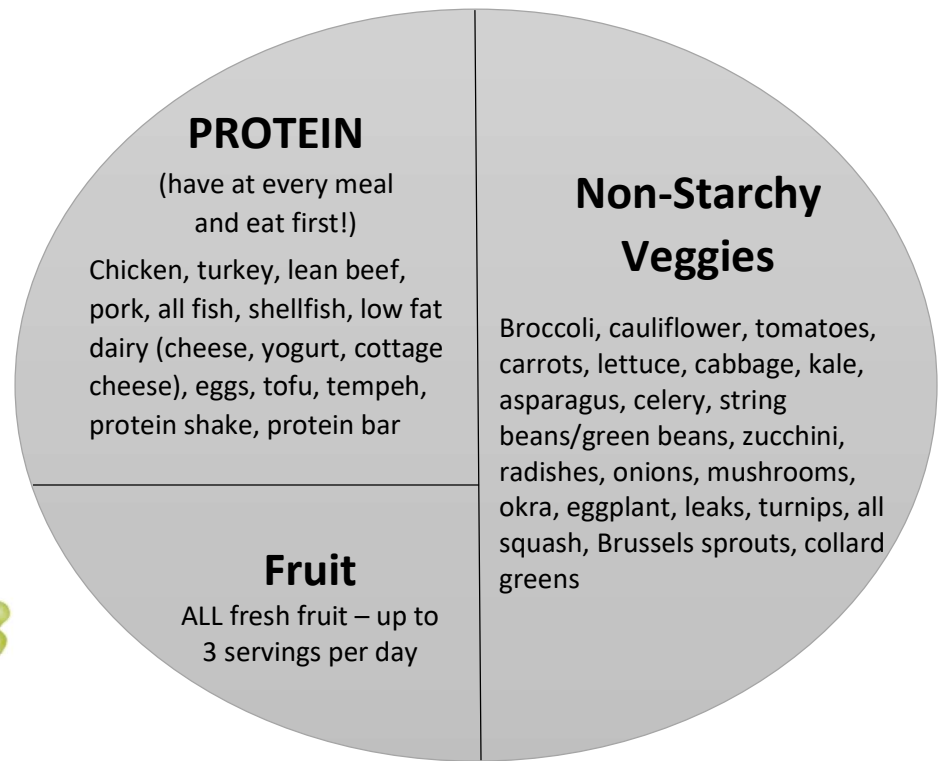
Tips:

- This menu has minimal starch – you can follow the menu as it is or count carbs (50 gm per day). Counting carbs is more difficult as some non-starchy foods have carbs, as you'll see below.
- Many of the meals vary in calories, protein, carbs, etc. If you had an intense workout, choose the meals/snacks with higher carbs/protein. If you choose a meal higher in fat (as an example), try to choose meals that are lower in fat during the day to balance it out.

Breakfast	Lunch	Dinner	Dessert (optional)
<p>1 baked “egg cups” with spinach and feta (RECIPE) (83 cal, 6 fat, 2 carb, 6 prot)</p> <p>2 slices Canadian bacon or turkey bacon (35 cal, 1 fat, 1 carb, 5-8 prot,)</p> <p>¼ cup berries (20 cal, 0 fat, 4 carbs, 0.5 prot)</p>	<p>1 cup mixed salad (5 cal, 0 fat, 1 carb, 0.5 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1 fat, 2.5 carb, 0.5 prot)</p> <p>1/2 cup low fat tuna (80 cal, 2 fat, 0 carb, 10 prot)</p> <p>1 Cheese stick (80 cal, 6 fat, 1 carb, 6 prot)</p> <p>½ Apple (40 cal, 0 fat, 10 carb, 0 prot)</p>	<p>2 boiled eggs (140 cal, 10 fat, 0 carb, 12 prot)</p> <p>3 oz piece grilled chicken parmesan (RECIPE) (140 cal, 5 fat, 4.5 carb, 18 prot)</p> <p>Over ½ cup Garlic Parmesan Zoodles (RECIPE) (76 cal, 5 fat, 3 carb, 3 prot) (Can use spaghetti squash or any pasta substitute)</p> <p>w/ ~4 pieces Baked asparagus with parmesan (RECIPE) (62 cal, 4.5 fat, 2 carb, 3 prot)</p>	<p>½ cup of Halo Top or Enlightened ice cream (70 cal, 2 fat, 6 net carbs, 5 prot)</p>
<p>Low sugar Greek yogurt (e.g. Oikos Triple Zero, Dannon Light n’ Fit) (110 cal, 0 fat, 13 carb, 15 prot)</p> <p>1/4 cup ProGranola (LINK) (50 cal, 2.5 fat, 1 carb, 6 prot)</p> <p>1/2 medium fruit (30-50 cal, 0 fat, 5-12 carb, 0.5 prot)</p>	<p>1/2 cup Chili with no beans (RECIPE) (110 cal, 3 fat, 6 carb, 13 prot)</p> <p>1/2 tbsp low fat sour cream (10 cal, 0.5 fat, 0.5 carb, 0.5 prot)</p> <p>2 Tbsp low fat shredded cheese (40 cal, 2.5 fat, 0.5 carb, 4.5 prot)</p> <p>1 serv. parmesan crisps (100 cal, 7 fat, 1 carb, 9 prot)</p>	<p>1 cup sliced cucumbers (16 cal, 0 fat, 4 carb, 1 prot)</p> <p>2 tbsp low fat dressing (50 cal, 2.5 fat, 5 carb, 1 prot)</p>	<p>1/8th Shrimp Stir fry (RECIPE) (155 cal, 6.5 fat, 4 carb, 19 prot)</p> <p>1/2 packet instant Miso soup (15 cal, 0.5 fat, 1.5 carb, 1.5 prot)</p> <p>1 cups mixed salad (10 cal, 0 fat, 2 carb, 1 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)</p>
<p>Shake (1 serving protein powder, 8 oz unsweetened almond milk or fat free milk, ½ cup berries or ½ banana, handful spinach) (180 cal, 3 fat, 12 carb, 28 prot)</p>	<p>Lettuce wrap: 2 slices deli turkey, 1 slices low fat cheese (any non-starchy veggies, mustard, low fat mayo optional) (115 cal, 2 fat, 2 carb, 20 prot)</p> <p>½ cup of cut non-starchy veggies (10 cal, 0 fat, 2.5 carb, 0 prot)</p> <p>1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)</p>	<p>½ protein bar (Quest, Pure Protein, Fit Joy, One Bar) (100 cal, 2 fat, 2-3 net carbs, 7-10 prot)</p> <p>1 medium fruit (60 cal, 0 fat, 10-15 carb, 1 prot)</p>	<p>½ cup Chicken and Veggie soup (RECIPE) (135 cal, 7.5 fat, 4 carb, 13 prot)</p> <p>1/2 cup steamed/sautéed cauliflower rice (10 cal, 0 fat, 2.5 carb, 1 prot)</p>
<p>Protein bar (Quest, Pure Protein, Fit Joy, One Bar, Power Crunch, Fit Crunch) (190-200 cal, 2-9 fat, 5-8 net carbs, 15-20 prot)</p> <p>½ apple sliced</p>	<p>1 slice Thin Slim Zero Carb Bread sandwich (LINK) (45 cal, 2 fat, 0 carb, 7 prot)</p> <p>1 slice ham, 1 slice low fat cheese and tomatoes (130 cal, 4 fat, 2.5 carb, 20 prot)</p>	<p>Quest protein chips (140 cal, 6 fat, 5 carb, 20 prot)</p> <p>3 oz Herb Rubbed pork (RECIPE) (110 cal, 5.5 fat, 0.5 carb, 13 prot)</p> <p>½ cup cauliflower mash (BRAND) (60 cal, 3 fat, 6 carb, 2 prot)</p> <p>I Can’t Believe it’s not Butter Spray</p>	<p>1 medium fruit or ¾ cup cut fruit/berries (60-100 cal, 0 fat, 10-25 carb, 1 prot)</p>

(40 cal, 0 fat, 11 carb, 0 prot)	1 serving Sugar free pudding (60 cal, 1.5 fat, 13 carb, 0 prot)			
2 Scrambled eggs with 1 slice low fat cheese (193 cal, 10 fat, 2 carb, 21 prot) 1 chicken sausage (55 cal, 3 fat, 0.5 carb, 6 prot)	3 oz Rotisserie chicken (150 cal, 3 fat, 1 carb, 21 prot) Veggie Steamer bags (1/2 cup) (12 cal, 0 fat, 2 carb, 0.5 prot) May use I Can't Believe it's not Butter Spray, Mrs. Dash, fresh garlic or garlic powder	Cheese stick (80 cal, 6 fat, 1 carb, 6 prot) 2 slices turkey (60 cal, 1 fat, 2 carb, 12 prot)	3 oz Baked Salmon in Foil (RECIPE) (110 cal, 3 fat, 2.5 carb, 17 prot) Balsamic butternut squash and kale (RECIPE) (72 cal, 2 fat, 14 carb, 2 prot)	½ cup strawberries 1 tbsp whipped cream (74 cal, 5 fat, 7 carb, 2 prot)
¼ cup low fat cottage cheese (45 cal, .5 fat, 3 carb, 7 prot) ¼ cup peaches in water (15 cal, 0 fat, 3.5 carb, 0 prot) 1 boiled egg (70 cal, 5 fat, 0 carb, 6 prot)	1 cups chopped Greek salad (red peppers, 5 black olives, ¼ cup low fat feta cheese (RECIPE)) (130 cal, 11 fat, 7 carb, 3 prot) Can use low fat dressing to reduce fat content 3 oz skinless, grilled chicken (90 cal, 0 fat, 0 carb, 18 prot)	Low sugar turkey jerky (less than 5 grams sugar) (60 cal, 0 fat, 6 carb, 11 prot)	½ Serving Unstuffed Turkey Cabbage Rolls (RECIPE) (70 cal, 2.5 fat, 4 carb, 9 prot) Cauliflower “mac and cheese” (replace macaroni with cauliflower) (RECIPE) (135 cal, 10 fat, 2 carb, 7 prot)	Sugar free Hersey's syrup in 8 oz fat free milk (85 cal, 0 fat, 15 carb, 9 prot)
2 egg low fat cheese omelet with choice of non-starchy veggies (e.g. spinach, onion, peppers) (220 cal, 12 fat, 9 carb, 21 prot) 2 slices Turkey bacon (35 cal, 1 fat, 1 carb, 5-8 prot,) ½ Banana (50 cal, 0 fat, 13 carb, 0 prot)	½ Zucchini Boat (RECIPE) (140 cal, 6.5 fat, 3.5 carb, 17.5 prot) 1 cup mixed salad (5 cal, 0 fat, 1 carb, 0.5 prot) 1 tbsp low fat dressing (25 cal, 1.5 fat, 2.5 carb, 0.5 prot)	½ cup Unsweetened applesauce (50 cal, 0 fat, 12 carb, 0 prot) ½ protein bar (90 cal, 2 fat, 8 carb, 10 prot)	3 oz Sugar-free BBQ pulled chicken (RECIPE) (100 cal, 4 fat, 2 carb, 14 prot) Greek Yogurt Coleslaw (RECIPE) (34 cal, 0 fat, 6 carb, 2 prot) 1/2 cup Sautéed string beans (RECIPE) (37 cal, 2.5 fat, 3 carb, 1 prot)	1 serving Swiss Miss diet hot chocolate (25 cal, 0 fat, 4 carb, 2 prot)
Peanut butter cup shake (1 scoop PB2; 1 scoop chocolate protein powder; 1 cup unsweetened almond milk) (181 cal, 3.5 fat, 8 carb, 30 prot) ½ Apple (40 cal, 0 fat, 10 carb, 0 prot)	1 cup White Chicken Chili (RECIPE) (221 cal, 9 fat, 4 carb, 29 prot) Garnish with Quest Protein chips “Tortilla Style” (140 cal, 6 fat, 5 carb, 20 prot for entire bag – use just a few) Optional: Scallions, 2 tbsp low fat cheese, 1 tbsp low fat sour cream	1 medium fruit (60-100 cal, 0 fat, 10-25 carb, 1 prot) Baby Bell low fat cheese (50 cal, 3 fat, 0 carb, 6 prot)	Egg Roll in a bowl (RECIPE) (310 cal, 20 fat, 7 carb, 23 prot) Can use lettuce wraps	1 snack pack Sugar free Jell-O (5 cal, 0 fat, 0 carb, 1 prot) Sugar free Cool Whip (20 cal, 1 fat, 3 carb, 0 prot)
Breakfast out or pre-packaged breakfast (see below for options)	1 Sweet Italian Chicken Sausage (130 cal, 8 fat, 2 carb, 13 prot) ¼ cup Caramelized Onions and Peppers (RECIPE) (40 cal, 2 fat, 4 carb, 0 prot)	3 small sticks celery 2 tbsp PB2 prepared with water (51 cal, 1 fat, 7 carb, 4 prot)	3 oz 90% Lean Burger, ¼ avocado, 1 slice low fat cheese, ¼ cup sautéed onions (230 cal, 15 fat, 6 carb, 21 prot)	Any options on Low Carb Swaps handout (see Low Carb Swap separate handout)

	<p>1 tbsp Dijon Mustard (15 cal, 1.5 fat, 1 carb, 0 prot)</p> <p>1 slices Thin Slim Zero Carb Bread sandwich (LINK) (45 cal, 2 fat, 0 carb, 7 prot)</p>		<p>1 slice Thin Slim Zero Carb Bread (LINK) (45 cal, 2 fat, 0 carb, 7 prot)</p> <p>2 Baked Zucchini Fries (RECIPE) (55 cal, 4 fat, 1 carb, 5.5 prot)</p> <p>Sriracha low fat mayo (RECIPE) (17 cal, 1 fat, 1 carb, 1 prot)</p>	
	<p>Frozen Meal (see below for options)</p>	<p>Any options on Low Carb Swaps Handout (see Low Carb Swap separate handout)</p>	<p>Pizza Night (see below for options)</p>	
	<p>Dining out (see below for options) Any leftover dinner</p>		<p>Dining out (see below for options) Frozen Meal (see below for options) Any combination of low carb swaps with lean protein - ex. Impastable pasta with turkey meatballs (see Low Carb Swap separate handout)</p>	



Dining out options

Chic-Fil-A

6 piece grilled chicken nuggets kid's meal with fruit cup
Regular grilled chicken nuggets
Grilled Chicken Club sandwich, no bun
Egg White Grill, no bun

Chic-Fil-A Grilled Nuggets



Chic-Fil-A Egg White Grill



Olive Garden Chicken Piccata



Olive Garden

Chicken or Salmon Piccata
Chicken Margarita with Parmesan Crusted Zucchini
Herb Grilled Salmon
House Salad (ask for no croutons) with Signature Italian Dressing and grilled chicken on the side

Subway

All sandwiches can be made into a salad (over spinach or chopped)

- Rotisserie Chicken, Oven Roasted Chicken, Tuna, Seafood salad, Italian BMT, Cold Cut Combo, Roast Beef, Turkey, Steak and Cheese, Ham
- Avoid Veggie patty

Ask for the egg white and regular egg omelet to be made into a wrap and add options from above, plus veggies

Dressings – avoid honey mustard, BBQ sauce, sweet onion, hickory sauce, sweet chili sauce.

- Best dressing choice – ask for pre-packaged Fat Free Italian

Subway Chopped Salad



Panda Express

Grilled Teriyaki Chicken (Medium Entrée – 2 servings, do not get extra sauce) (300 cal, 8 net carb)

String bean chicken breast (190 cal, 9 net carb)

Mushroom chicken (220 cal, 10 net carb)

Grilled Chicken Teriyaki and Mixed Veggies Bowl (335 cal, 13 net carb)

At limited locations – Grilled Asian Chicken, Steamed Ginger Fish, and Shanghai Angus Steak with Asparagus

AVOID: fried options, rice, sweet and sour sauce, teriyaki sauce, eggrolls, pot stickers

PRO TIP: Add extra steamed veggies to any dish, ask for steamed protein options like chicken

Panda Express Grilled Teriyaki Chicken



Jimmy Johns

Any Unwich option! Choose lower fat meats like turkey, ham, roast beef, and load up on veggies

Best choices/fewest calories:

- Slim Tuna Salad Unwich (425 cal, 3 carb, 25 prot)

Jimmy Johns Unwich



- Gourmet Smoked Ham Club Unwich (415 cal, 6 carb, 28 prot)
- J.J. BLT Unwich (315 cal, 1 carb, 12 prot)
- Beach Club Unwich (465 cal, 6 carb, 30 prot)

Cheesecake Factory (from the SkinnyLicious Menu)

- Greek Salad (460 cal, 13 carb)
- Little House Salad (270 cal, 9 carb)
- Crazy Crab Bites (350 cal, 11 carb)
- Mexican Chicken Lettuce Wrap Tacos (260 cal, 14 carb)
- Ahi Carpaccio (260 cal, 13 carb)
- Seared Tuna Tataki Salad (510 cal, 16 carb)
- Grilled Salmon (570 cal, 16 carb)

Zoe's:

- Cauliflower Rice Bowl-chicken (490 cal, 15 carb, 30g fat, 41 prot)
- Protein Power Plate (520 cal, 18 carb, 33 fat, 41 prot)
- Marinated slaw (170 cal , 7 carb, 14 fat, 5 prot)
- Chicken Kabobs (290 cal, 5 carb, 11 fat, 41 prot)
- Steak Kabobs (490 cal, 18 carb, 27 fat, 42 prot)
- Salmon Kabobs (330 cal, 3 carb, 17 fat, 40 prot)
- Shrimp Kabobs (170 cal, 4 carb, 7 fat, 23 prot)
- Roasted veggies (110 cal, 10 carb, 8 fat, 2 prot)
- Fresh baked feta (500 cal, 31 carb, 32 fat, 19 prot)
- Mediterranean lamb kafta (350 cal, 8 carb, 25 fat, 22 prot)

Chipotle - here are all the things you can get for very low carbs - you can make a bowl or salad with your choice of the following:

- Chicken (219 cal, 0 carb, 11 fat, 32 prot)
- Steak (230 cal, 2 carb, 12 fat, 30 prot)
- Carnitas (227 cal, 0 carb, 12 fat, 27 prot)
- Barbacoa (285 cal, 1 carb, 16 fat, 24 prot)
- Sofritas (150 cal, 9 carb, 10 fat, 8 prot)
- Romaine Lettuce (5 cal, 1 carb, 0 fat, 0 prot)
- Fajita Vegetables (20 cal, 5 carb, 0 fat, 1 prot)
- Fresh Tomato Salsa (25 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Green-Chili Salsa (15 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Red-Chili Salsa (30 cal, 4 carb, 0 fat, 0 prot)

**Cheesecake Factory Mexican
Chicken Lettuce Wraps**



**Cheesecake Factory Seared
Tuna Tataki Salad**



**Zoe's Cauliflower Rice Bowl
w/ Chicken**



Zoe's Steak Kabob



Chipotle Steak Bowl



Chipotle Salad w/ Chicken



- Cheese (110 cal, 1 carb, 8 fat, 6 prot)
- Guacamole (230 cal, 8 carb, 22 fat, 2 prot)

Any Chinese Food Takeout

Steamed menu – any protein and vegetable (e.g. steamed chicken and broccoli; steamed shrimp and mixed veggies) – sauce will come on the side (use 2 tbsp of sauce). Ask to replace rice with steamed vegetables.

Wonton soup (no wontons), egg drop soup, hot and sour soup

Any Sushi Restaurant

Miso Soup or Clear Soup

Salad or Avocado Salad (ask for dressing on side and use 1 tbsp)

Seaweed Salad

Sashimi Appetizer

Rolls – no rice, ask for cucumber wrap or avocado wrap

- All fish including Tuna, Salmon, Yellowtail, Red Snapper, Shrimp, Crab/Crab Stick, White Tuna, Tobiko, Salmon Roe, Scallop, Smoked Salmon, Squid, Striped Bass are good! Avocado and vegetables (except sweet potato) are good, except if they are fried or are prepared with tempura.
- Avoid options with tempura, fried, crunchy, rice noodles and any sweet sauces

Handrolls – ask for no rice

Sashimi – comes with no rice (all A la Carte fish options are OK except Eel - too much sugar)

Pizza Options

Take out - Pie 5 Pizza

- Cauliflower crust – ask for any of the following: light cheese, extra veggies, chicken (if getting high fat meats like bacon, sausage, pepperoni, ask to put on half the amount to save fat/calories)

Make at home (order online) – [Cali'flour Foods](#), [Outer Aisle Gourmet](#), [Real Good Foods](#), [Quest Pizza](#)

- **Tip:** Use low fat cheese, lower sugar marinara sauce (5 grams of sugar or less), load up the veggies and use lean protein sources like grilled chicken, turkey bacon or chicken sausage

All Chinese Restaurants – Steamed Chicken and Broccoli with Sauce on Side



Sushi with no rice – cucumber wrap



Pie 5 Cauliflower Crust Pizza



Frozen meal options

Atkins Frozen meals (all 300 cal or less, 5 gm sugar or less, 8 net carbs or less, and higher protein than fat)

- Beef Stew
- Chicken Marsala
- Roasted Turkey w/ Garlic Mashed Cauliflower
- Beef Teriyaki Stir Fry
- Chicken and Broccoli Alfredo
- Crustless Chicken Pot Pie



Healthy Choice Simply

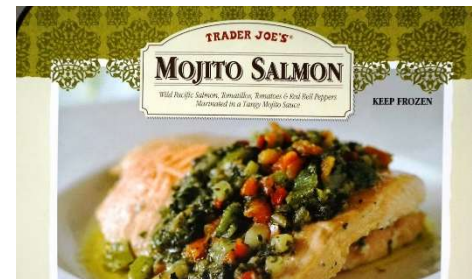
- Grilled Chicken and Broccoli Alfredo
- Grilled Chicken Pesto and Vegetables



Stouffer's Family Size Meatloaf in Gravy (has 6 servings)

Trader Joes frozen foods

- Crab cakes
- Shrimp toast
- Palak Paneer
- Shrimp Stir Fry
- Shiitake Mushroom Chicken
- Chile Lime Chicken or Turkey Burgers
- Mahi Mahi or Salmon burgers
- Mojito Salmon
- Cauliflower and Broccoli Vegetable Patties
- Turkey Meatballs
- Cauliflower – Grilled Cauliflower, Mashed Cauliflower, Riced Cauliflower



Green Giant

- Riced Veggies (except sweet potato)
- Cauliflower Mash – all kinds
- Veggie Spirals – zucchini, butternut squash, beet



Canned Soups

Progresso

- Light Chicken and Cheese Enchilada (90 cal, 4 fat, 6 net carb, 4 prot)
- Chicken Cheese Enchilada Flavor (150 cal, 11 fat, 7 net carb, 6 prot)
- Light Beef Pot Roast (80 cal, 2 fat, 8 net carb, 7 prot)
- Classic French Onion (45 cal, 0.5 fat, 7 net carb, 2 prot)

Amy's

- Thai Coconut Soup, avoid sweet potato (140 cal, 10 fat, 7 net carb, 4 prot)

Campbell's

- Low Fat Cream of Chicken Soup (60 cal, 2 fat, 8 carb, 2 prot)
- Low Fat Cream of Mushroom Soup (60 cal, 2 fat, 9 carb, 1 prot)



Breakfast-out options

Starbucks

Siggis yogurt

Sous vide egg bites (egg white veggie)

All Skinny lattes (sugar free, fat free)

Moon cheese

Turkey Jerky

Banana or Fruit cup

Subway

TIPS: Avoid all breads/flatbreads/wraps – ask them to put the options below in a plastic container without bread. Ask for double egg, meat, veggies or guacamole. Eat bacon in moderation as it is very high in fat.

Egg and cheese

Bacon, egg, cheese

Black forest ham, egg and cheese

Steak, egg and cheese

Any diner (including IHOP, Denny's and local diners)

Most omelets will be OK – you can get all non-starchy veggies and cheese (feta and mozzarella cheese will be lower in fat than cheddar).

Ask for cottage cheese, fruit, side salad, turkey bacon, or Canadian bacon on the side and nix the potatoes.

Starbucks Sous Vide Egg Bites



Starbucks Bacon, Egg and Cheese, no bread



Prepackaged breakfast

Atkins Ham and Cheese Omelet (210 cal, 15 fat, 4 carb, 16 prot) – **best choice!**

Atkins Bacon Scramble (370 cal, 28 fat, 6 carb, 23 prot)

Jimmy Dean Simple Scrambles Turkey Sausage (150 cal, 7 fat, 3 carb, 17 prot) – **best choice!**

Jimmy Dean Simple Scrambles Meat Lovers (300 cal, 24 fat, 2 carb, 23 prot)

Jimmy Dean Simple Scrambles Real Eggs, Sausage, and Cheddar Cheese (300 cal, 24 fat, 2 carb, 22 prot)

Jimmy Dean Delights Egg'wich Ham, Bell Peppers, Mushroom, Bacon, and Egg with Turkey Sausage and Cheese (240 cal, 17 fat, 7 carb, 13 prot)

Jimmy Dean Delights Egg'wich Broccoli and Cheese with Chicken Sausage (280 cal, 21 fat, 8 carb, 14 prot)



For questions or suggestions to add to document, contact COMP Director of Nutrition, Jana Wolff, RDN, LDN on Facebook at Jana Wolff RD or Email at jwolff@gbmc.org