

## Post-Op Meal Guide

Below is a chart of food choices broken down by meals and snacks. With these choices, your calories for each day will be around 1200 total. **This is just a guide, but follow the options as closely as possible.** Calories and protein are given for the portion size recommended to allow you to choose foods that reach your protein goal of 65-85 grams a day and to get a feel for calories and portions. Notice that every snack includes protein.

### NOTES:

- Cut food into SMALL pieces (about the size of a dime).
- Chew, chew, chew. Chew each bite 20-30 times.
- Try one new food at a time.
- Always put protein first and include protein at every meal.
- Eat 3 small meals and 2-3 small snacks per day.
- Eat only when you are hungry. Other times, drink low calorie beverages.
- Eat no more than the portions listed. Stop eating when you are no longer hungry even if you have food left on your plate.
- **For gastric bypass and LAP-BAND:** DO NOT EAT AND DRINK AT THE SAME TIME. No beverages while you eat and AT LEAST 30 minutes after you eat.
- **For gastric sleeve:** Take a SMALL sip of water after every 2 – 3 bites. Wait 30 minutes after you finish eating before drinking beverages.
- Aim for 64 fluid ounces of water or zero-calorie beverage each day. **Sip, sip, sip.**
- Eat to the point of when you are starting to feel full. Stop eating **before** you are full.
- Take your vitamin and mineral supplements daily.

## Meal Choices: 3 per day, about 250 calories each

<b>Meal Choice</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
2 scoops Bariatric Advantage shake mix with 1 cup nonfat milk	240	36	20	1.5
Fruit smoothie made with 1½ scoops Bariatric Advantage shake mix, ½ cup 1% milk, ½ medium banana, 5 strawberries, and sugar substitute	240	26	30	2.5
Kashi Go Lean cereal with 6 oz light yogurt and 1 scoop Unjury unflavored protein powder	260	33	34	0
½ cup low fat granola, ½ cup nonfat Greek yogurt with sugar substitute and flavored with vanilla or almond extract	260	17	44	3
1 package cooked plain instant oatmeal with ½ cup blueberries and add 1 scoop Unjury unflavored protein powder after cooking	230	26	30	2
½ cup part skim ricotta cheese and ¾ cup berries flavored with sugar substitute and vanilla extract	250	16	23	11
½ cup 1% cottage cheese, 1 small pear (diced), 2 tbsp All-Bran cereal, and 1 tbsp chopped walnuts	240	16	36	6
1 whole wheat frozen waffle topped 1 tbsp natural peanut butter and ½ medium banana (sliced)	240	7	31	11
½ cup egg substitute scrambled with 2 tbsp shredded cheddar cheese and topped with 1 tbsp salsa on 1 small whole wheat tortilla	260	20	29	7
1 hard boiled egg, 1 Morningstar Farms breakfast sausage patty, ½ whole wheat English muffin with 1 tsp butter	260	19	17	13
1 whole egg and 1 egg white scrambled with 2 tbsp low fat shredded cheese and 1 tbsp nonfat milk, served with 1 slice whole wheat toast and ½ tsp butter	250	22	8	13
½ cup egg substitute scrambled with 1 tbsp diced green pepper and 1 tbsp diced onion, served with 2 Morningstar Farms breakfast sausage links and 1 slice whole wheat toast with 1 tsp butter	250	25	20	8

<b>Meal Choice</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
3 ounces canned chicken (drained) mixed with 2 tbsp light mayo, 1 tbsp finely diced celery, seasoned with onion and/or garlic powder with ½ cup fresh chopped tomato	250	24	6	15
Tuna salad made with 3 oz water-packed, drained tuna mixed with 2 tbsp light mayo, 1 tbsp chopped green onion, ½ tsp fresh dill spread on 5 whole wheat saltine crackers with ½ cup peeled cucumber slices	250	21	14	12
Egg salad sandwich made with 2 chopped hard boiled eggs, 1 tbsp light mayo, ½ tsp mustard, a sprinkle of celery seeds on top of 1 slice whole wheat bread	260	17	23	15
Deli-style pita made with ½ small whole wheat pita stuffed with 3 oz of deli turkey breast, deli ham, <b>OR</b> deli chicken breast and ¾ oz sliced provolone cheese, 1 tbsp light mayo, and ¼ cup shredded lettuce	250	22	12	12
Bean burrito made with ½ cup nonfat refried beans, 2 tbsp salsa, 2 tbsp low fat shredded cheddar cheese on 1 taco-size whole wheat tortilla	250	13	41	4
1 Morningstar Farms Griller Prime patty on ½ whole wheat sandwich thin with 1 tsp mustard, 1 slice onion, 2 slices tomato, dill pickle slices with ½ cup baby carrots	260	21	25	10
Beef taco made with one 6 inch corn tortilla, 3 oz taco seasoned lean ground beef, 1 tbsp shredded low fat cheddar cheese, 1 tbsp salsa, 1 tbsp chopped onion	270	28	13	11
Pita pizza made with 1 small whole wheat pita spread with 2 tbsp pizza sauce and topped with ¼ cup shredded part-skim mozzarella cheese, 2 oz cooked, chopped chicken breast, 1 tbsp chopped green bell pepper, 1 tbsp chopped onion	240	23	21	8
Meatball pita made with 1 small whole wheat pita stuffed with 3 oz. turkey meatballs, ¼ cup marinara sauce, 1 tbsp shredded part-skim mozzarella cheese	250	20	27	8

<b>Meal Choice</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
Chef's salad made with ½ cup shredded romaine lettuce, ¼ cup chopped fresh tomato, 1 oz chopped deli ham, 1 oz chopped deli turkey breast, 1 chopped hard boiled egg, 1½ tbsp low fat ranch dressing with 5 whole wheat saltine crackers	250	18	20	11
Spinach salad made with 1 cup fresh baby spinach, 2 tbsp reduced fat feta crumbles, 1 chopped hard boiled egg, 2 oz chopped cooked chicken, 1 tbsp sliced kalamata olives, 2 tbsp low fat vinaigrette	230	23	8	13
¾ cup chili con carne with beans topped with 1 tbsp shredded cheddar cheese, 1 tbsp fat free sour cream, 1 tbsp chopped onion	240	13	27	9
1 cup of split pea, lentil <b>OR</b> bean soup with ½ scoop Unjury unflavored protein powder stirred in after heating and served with 10 oyster crackers	250	21	35	3
3 oz grilled white fish with ¼ cup mashed sweet potatoes topped with 1 tsp butter and ½ cup green beans sautéed in ½ tsp olive oil and tossed with 1 tbsp slivered almonds	250	23	16	10
3 oz broiled salmon served with ¾ cup summer squash sautéed in 1 tsp olive oil and topped with 1 tbsp grated parmesan cheese	250	26	6	14
Chicken stir-fry made with 2 oz chicken breast, ½ cup Asian style vegetables, ¼ cup cooked brown rice stir fried in 1 tsp canola oil	230	21	17	8
3 oz meatloaf with ½ cup broccoli florets and ¼ cup boiled potatoes topped with 1 tsp butter and 1 tbsp fat free sour cream	230	14	16	12
3 oz pork tenderloin with cabbage sauté made with ½ cup shredded red cabbage, ½ cup chopped apple and sautéed in 1 tsp canola oil	250	27	14	10

## Snack Choices, 2-3 snacks a day, about 100- 150 calories each

Snack Choice	Calories	Protein (g)	Carbs (g)	Fat (g)
Protein shake to =	100-150	15-20	varies	varies
Protein bar to =	100- 150	10-20	varies	varies
1 scoop Bariatric Advantage shake mix made with ½ cup light vanilla soy milk and ice	120	17	9	1.5
6 oz light yogurt & 6 raw almonds	150	7	20	4
½ cup 1% cottage cheese with ¼ cup unsweetened applesauce sprinkled with nutmeg and topped with 1 tbsp slivered almond	150	15	11	4.5
3 tbsp part skim ricotta cheese mixed with ¼ cup sliced strawberries, sugar substitute and spread on 1 large brown rice cake	110	6	13	4
1 mini Babybel original cheese with 3 reduced fat Triscuits	150	8	9	9
1 wedge Laughing Cow light Swiss cheese with 1 small apple	120	4	22	3
1 medium apple with 1 tbsp natural peanut butter	140	4	15	8
1 hard boiled egg with 1 medium piece of fresh fruit	150	7	22	5
2 wedges melon wrapped with 1 oz prosciutto	150	9	24	3.5
1 oz turkey or beef jerky with 5 grapes	100	14	8	1
1 piece part skim string cheese wrapped with 2 oz deli turkey breast, deli chicken breast <b>OR</b> deli ham	130	17	2	7
½ cup shelled edamame	100	10	9	2.5
3 oz baked, flavored tofu	110	12	6	4.5
¼ cup hummus with 1 cup baby carrots	150	6	21	6
1 cup lentil soup with 5 oyster crackers	140	7	27	1
2 cups low fat microwave popcorn with 1 tbsp dry roasted peanuts	120	4	13	6