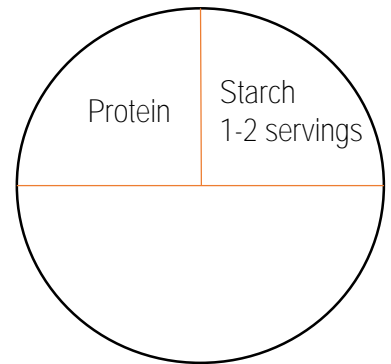
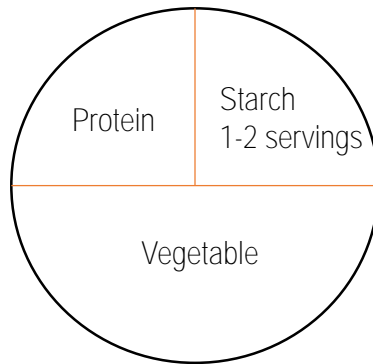
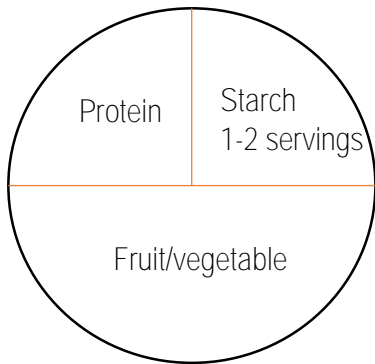


Bariatric Lifestyle Meal Plan

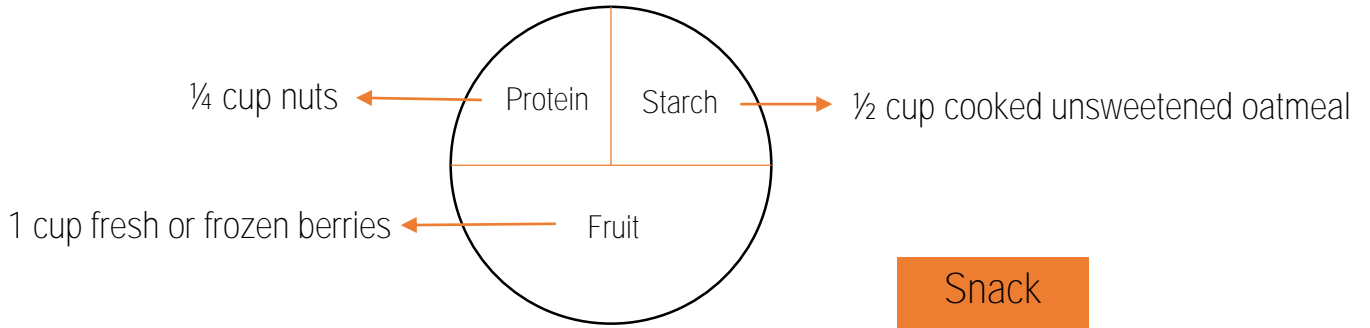
This meal plan is designed to provide the nutrients needed to help keep you full and satisfied throughout the day.



Daily Meal Plan and Sample Menu

Food Groups	Daily Servings
Protein	8-9 ounces
Fruits	1-3 servings
Vegetables	3+ servings
Starches	3-6 servings
Fats	4-5 servings

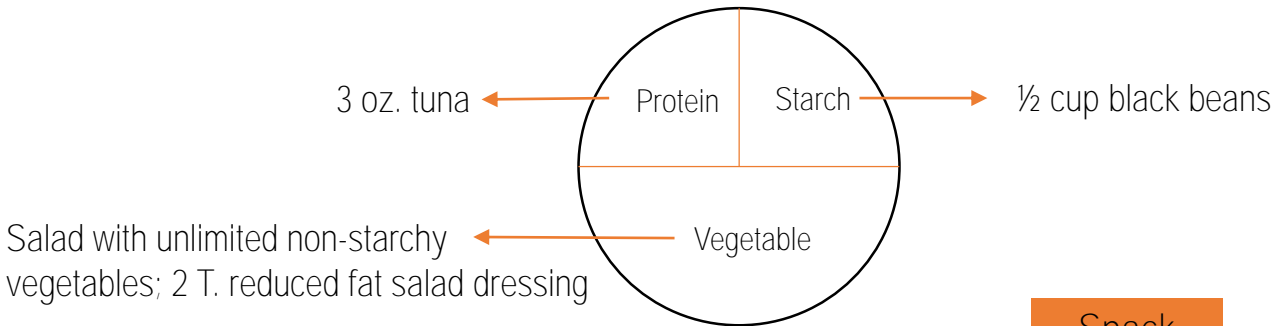
Breakfast



Snack

Low fat cheese stick
or light low fat yogurt

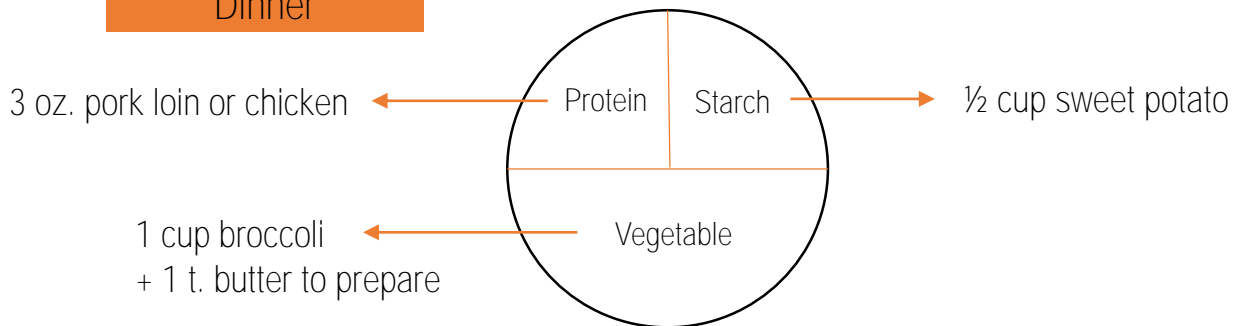
Lunch



Snack

Medium apple (sliced)
+ 1 hard boiled egg

Dinner



Drink fluids between meals and snacks. Stop drinking 30 minutes before and during eating. Wait 30 minutes after eating to take a drink.

Protein



Starch

3-6 servings daily

Recommended Foods/Serving Size

Starchy Vegetables

Corn	½ cup
Peas	½ cup
Potatoes	½ cup
Sweet Potato	½ cup
Winter Squash	½ cup
Legumes	½ cup
• Beans	
• Kidney beans	
• Lentils	
• Lima beans	
Lentil/Bean soup	1 cup
Tropical root vegetables	½ cup
• Plantain	
• Yucca	

Cooked Whole Grains

Quinoa	½ cup
Millet	½ cup
Oats	½ cup
Farro	½ cup
Amaranth	½ cup
Barley	½ cup
Einkorn	½ cup
Wild Rice	½ cup
Broth or Tomato based canned soup	1 cup
98% fat free cream soup (made with fat free milk)	1 cup
Cooked pasta	½ cup
Cooked rice	½ cup
Instant hot cereal	½ cup
Cold Cereal (no sugar coating)	1 cup
Bread (2+ grams of fiber)	1 slice
Small Bagel	½ small
Pancake (1)	4 inch
Waffle (1)	4 inch
English muffin	½
Hamburger roll	½
Tortilla (1)	6 inch
Pita (1)	6 inch

Foods to Avoid

Pasta/rice dishes with butter, cream, or cheese sauce
Chow mein noodles
Ramen noodles
Fried rice
Biscuits
Croissants
Donuts
Danish
Muffins
French fries
Home fries
Any fried starch

Tips:

-

Fats

4-6 servings daily

Recommended Foods/Serving Size

Butter or margarine	1 teaspoon
Light margarine	1 Tablespoon
Mayonnaise	1 teaspoon
Light mayonnaise	1 Tablespoon
Salad dressing	1 Tablespoon
Reduced fat salad dressing	2 Tablespoon
Oils	
• Avocado	1 teaspoon
• Canola	1 teaspoon
• Grapeseed	1 teaspoon
• Olive	1 teaspoon
• Peanut	1 teaspoon
• Sesame	1 teaspoon
Seeds	1 Tablespoon
• Chia	
• Pumpkin	
• Sunflower	
Ground flaxseed	1 Tablespoon
Parmesan cheese	2 Tablespoon
Light sour cream	2 Tablespoon
Light cream cheese	2 Tablespoon
Nuts	2 Tablespoon
Peanut butter/nut butter	1 Tablespoon
Avocados	2 Tablespoon
Large olives	8
Hummus	2 Tablespoon

Foods to Avoid

Fat back
Pork rinds
Lard
Palm oil
Heavy cream
Half & half
Whipped topping
Sour cream
Cream cheese

Miscellaneous - Use to Add Flavor

Sugar free jam/jelly	2 Tablespoon
Sugar free syrup	2 Tablespoon
Mustard/Herbs/Spices	As desired
Calorie free sweetener	As desired
Sugar free jello/popsicles	

Added Sugars to Avoid:

Brown sugar
Corn Syrup
High fructose corn syrup
Honey
Jam/Jelly
Maple syrup
Molasses
Sugar

Closely monitor portion sizes as fat is the most concentrated source of calories.
Read food labels to check for added sweeteners and avoid those with ingredients on the unapproved list .

Snacks

Snacks should be <150 calories, <5 grams of fat, <9 grams of added sugar.
Include protein and high fiber foods to help satisfy appetite longer.
To Keep appetite satisfied, add snack when meals are more than 4 hours apart.

1 rice cake + 1 Tablespoon nut butter

1 small fruit + 1 Tablespoon nut butter

Raw vegetables + ¼ cup hummus

Light low fat yogurt + small piece of fresh fruit

1 oz. low fat cheese + 10 almonds

2 Tablespoon reduced fat salad dressing+ raw vegetables + 1 oz. low fat cheese

½ cup 1% cottage cheese + ½ cup canned fruit (packed in water or juice)

Celery sticks + 1 Tablespoon nut butter

Baby carrots + ¼ cup hummus

Sugar free, homemade pudding with 1 cup low fat milk

2 hard boiled eggs + carrots

10 walnut halves + ½ banana

10 almonds + ½ cup grapes

1 mini snack bag low fat popcorn

8 oz. drinkable yogurt (<10g added sugar)

Healthy Shopping List

Vegetables

Fresh, frozen or canned.
Canned veggies with <140mg sodium.

- Artichoke
- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Collard Greens
- Cucumber
- Eggplant
- Escarole
- Green/Wax Beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Pea Pods
- Peppers
- Radishes
- Rhubarb
- Romaine Lettuce
- Sauerkraut
- Scallions
- Spinach
- Sugar Snap Peas
- Summer Squash
- Swiss Chard
- Tomato
- Turnip Greens
- Water Chestnuts
- Zucchini

Starchy Vegetables

- Beans/legumes
- Corn
- Peas
- Plantains
- Potato (White & Sweet)
- Pumpkin
- Winter Squash

Dairy

All dairy should be low fat or fat free.
Choose cheeses with 1% or fat free milk.

- 1% or Fat Free Milk
- Low Fat Lactaid Milk
- Low Fat Soy Milk
- Low Fat Cheese
- Low Fat String Cheese
- Low Fat Ricotta Cheese
- 1% Cottage Cheese
- Low Fat Pudding
- Low Fat Yogurt, Plain
- Light Yogurt, Flavored
- Low Fat Greek Yogurt, Plain
- Low Fat Greek Yogurt, Flavored

Fats

- Avocado
- Butter/Margarine
- Hummus
- Light/Fat Free Cream Cheese
- Light/Fat Free Mayo
- Light Miracle Whip
- Light/Fat Free Sour Cream
- Light Tub Margarine
- Reduced Fat Salad Dressing
- Oils: Canola, Olive, Safflower

Condiments

- Cooking Spray
- Herbs/Seasonings
- Salsa/Mustard/Horseradish
- Spray Butter/Margarine
- Sugar-Free Jelly/Jam/Syrup
- Sugar Substitute

Fruits

Fresh, frozen, dried or canned
(canned fruit must be packed in its own juice)

- Apples
- Applesauce (Natural)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Cranberries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Healthy Shopping List

