

## Soft Meal Plan: 4 weeks

The meal plan is designed to prevent complications, discomfort and maximize weight loss.  
Stop eating and drinking when satisfied. Overfilling may stretch the stomach pouch and hinder weight loss.

Total volume per meal should equal  $\frac{1}{4}$  -  $\frac{1}{2}$  cup. Eat your protein first and eat only the foods listed below.

Protein: Eat 5-6 protein meals per day,  $\frac{1}{4}$  -  $\frac{1}{3}$  cup per meal

- Cooked chicken or turkey (no skin)
- Lean ground beef (at least 90% lean)
- Ground venison
- Any fish or seafood
- Tofu, tempeh
- Eggs (yokes and whites)
- Canned beans (kidney, lentils)
- Cream soups made with low-fat milk (98% fat-free)
- Reduced fat cheese
- 1% cottage cheese
- Part skim ricotta cheese
- Milk or Lactaid (skim, fat-free, 1%)
- Soy milk light (plain or vanilla)
- Plain or light low-fat yogurt or Greek yogurt
- Sugar-free, homemade pudding with low-fat milk

Foods After Meeting Protein Requirements:

1-2 Tbsp. per meal

Fruit:

- Fresh, ripe, soft – no skins or seeds
- No oranges, grapefruit, grapes or berries
- Canned fruit – no sugar added

Vegetables:

- Soft, cooked fresh, frozen or canned
- Avoid seeds and skins
- Avoid raw and fibrous
- Tomato sauce puree – no seeds or skins
  - No pasta allowed

Cereal:

- Cooked – cream of rice, oatmeal, grits
- Cold, unsweetened, soaked in milk

Fluids: 48-64 oz. per day

- Water
- Unsweetened decaffeinated tea
- Decaffeinated coffee

## Sample Meal Plan

Breakfast: Choose 1 of the following

Option 1:

- 1 scrambled egg with 1 oz. or less low fat cheese

Option 2:

- ½ cup Greek yogurt

Option 3:

- Oatmeal made with milk and 2 Tbsp. protein powder

Snack 1:

- 1/4 – 1/3 cup of 1% cottage cheese
- 1-2 Tbsp. fruit

Lunch:

- 1/4 – 1/3 cup chicken
- 1-2 Tbsp. vegetables

Snack 2:

- Protein supplement

Dinner:

- 1/4 – 1/3 cup fish
- 1-2 Tbsp. soft, cooked vegetables

Snack 3 (optional):

- Choice of 1 dairy serving