



Quick, easy bariatric-friendly foods (for meals or snacks)

- Atkins Frozen meals
- Fast food – salad, sandwich without bun, grilled chicken nuggets
- Rotisserie chicken
- Steamer (frozen) bags of veggies
- Frozen shrimp
- Deli meat (turkey, chicken, ham, roast beef)
- Deli tuna or chicken salad (watch the portion size)
- Make chicken or tuna salad at home
- Bagged tuna
- Low fat sliced cheese
- Lettuce greens, baby carrots (for salads) – use any protein on top
- Smoothie (can do if you get a Magic Bullet – cheap on amazon and bed bath beyond)
- Protein bars (Quest, Fit Joy, Oh Yeah One! Bars)
- Beef jerky (lower than 5 gm sugar)
- Yogurt (lower than 15 gm sugar)
- Unsweetened applesauce
- Sugar free jello
- Cottage cheese
- Canned fruit in own juice (less than 15 gm sugar)
- Whole fruit (up to 3 small servings)
- Zoodles with tomato sauce (from jar) and premade meat/turkey meatballs
- Cheese sticks
- Turkey burger
- Chicken burger
- Turkey/chicken sausage or bacon
- Boiled eggs