

Breakfast Ideas (mix and match any of the ideas for a balanced breakfast):

- Cloud bread with scrambled eggs
- 2 ingredient pancakes (1 banana, 2 eggs, vanilla extract and cinnamon)
- Turkey/chicken bacon
- Turkey/chicken sausage
- Muffin tin eggs
- Egg casseroles with low fat cheese and non-starchy veggies
- Cottage cheese with fresh peaches
- Greek or regular low fat yogurt (less than 15 grams of sugar)
- Turkey and low fat cheese roll ups
- Hard boiled eggs (can make ahead of time in large batches – refrigerate up to 1 week)
- Creamy low fat ricotta “noatmeal” with fruit OR cauliflower “grits” (grind cauliflower finely)
- Protein shake with fruit or protein bar (see p. 12-13 of binder)
- Fresh fruit or unsweetened applesauce

Always think about what you CAN eat, NEVER about what you can't eat.



Lunch Ideas:

- Chili without beans (only onions, peppers and other non-starchy veggies) with Whisps (parmesan crisps)
- Lite tuna salad “unwich” (lettuce wrap) with Quest protein chips
- Salad with grilled chicken and fake bacon crumbles, low fat cheese with a veggie soup on side
- Lite chicken salad on cloud bread
- Ham and cheese roll ups, 2 hard boiled eggs, baby carrots and lite ranch
- Cabbage wrap with ham, cheese, banana peppers, cucumbers, mustard and lite mayo or sugar free honey mustard
- “Cheese shell” tacos with ground turkey
- Salmon or tuna cake (without bread crumbs) with cabbage slaw and lite mayo

Dinner Ideas (Make dinners in bulk, portion out for a few days and then freeze the rest):

- Cauliflower fried rice with shrimp
- Grilled steak with roasted garlic broccoli and cauliflower mash
- Baked chicken parmesan (no bread crumbs) with low fat cheese and zucchini "zoodles"
- Spaghetti squash Mexican style with low fat ground beef/turkey, low fat cheese, lite sour cream, salsa
- Stuffed peppers with 93% ground turkey, chicken, beef, or pork, onions, seasonings, lite sour cream and a side salad
- Baked/grilled fish (any kind) with garlic/herbs and grilled asparagus and zucchini
- Friday night pizza - cauliflower or ground chicken crust
- Crab cakes without fillers with a cauliflower mac and cheese (for crab cake use lite mayo, Dijon mustard, herbs, egg, Whisps (parmesan crisps), and broil or use air fryer)

Desserts:

- Sugar free cool whip with PB2 over chocolate sugar free pudding
- Halo Top ice cream
- Chocolate Triple Zero Greek Yogurt with PB2
- Quest “cereal” bars crumbled on sugar free pudding or yogurt
- Cloud bread with sugar free jam
- Microwave a protein bar or cut into pieces and bake like cookies
- Check out Quest website for more sweet recipes

Websites for recipes:

Bariatricfoodie.com
 Bariatriceating.com
 Mybariatriclife.com
 Pinterest.com/gbmchealthcare

OR

Simply type any of the ideas above into a google search for the recipe

Healthy Snacks Ideas

TIP: Have 1-2 snacks per day. Pair high protein items (meats/cheese) with low protein items (fruit/veggies)

- Hard boiled egg (6 gm protein)
- Reduced-fat string cheese (6-8 gm protein)
- Greek yogurt (10-14 gm protein) – choose items with less than 15 gm sugar
- ½ cup low fat cottage cheese (~15 gm protein)
- Deli meat (turkey, chicken, roast beef, ham) – protein varies
- Protein shake mixed with fat free or 1% milk, or unsweetened soy/almond milk (~15-30 gm protein)
- ½ protein bar (10-15 gm protein)
- Non-starchy veggies dipped in light dressing (e.g. baby carrots in light ranch)
- Piece of whole fruit or 1 cup berries/grapes
- PB 2 reconstituted with water/milk paired with either apple, banana or celery
 - PB2 has 45 calories, 1.5 gm fat, 5 gm protein (regular peanut butter is significantly higher in fat and calories)
- Sugar free pudding, jell-o, popsicles
- Beef or turkey jerky with less than 5 gm sugar
- ¼ cup olives

For a chip/cracker substitute:

- Quest protein chips (comes in all chip flavors – can get at GNC, Walmart or Amazon)
- Parmesan Crisps (e.g. “Whisps” – can get in salad section of most grocery stores)

For cookie substitute:

- Quest “Cereal” Bars (contain no cereal – can get at GNC or online)
- Cut up Quest bars and bake them

For ice cream substitute:

- ½ cup Halo Top ice cream
- ½ cup Arctic Zero
- 1 Enlightened bar or ½ cup Enlightened ice cream