



Sample Meal Plan

900 calories, 94g Protein

DISCLAIMER: This meal plan is for informational purposes only. Nikki Massie, owner of Bariatric Foodie, is not a registered dietician nor is she a healthcare professional. Your eating plan should always be decided in consultation with your bariatric dietician, nutritionist, or surgeon. This plan does not constitute medical advice, nor does it replace the advice of healthcare professionals. User discretion is advised.

Have you been given a 900 calorie and/or 90+ gram protein a day goal by your dietician, nutritionist or bariatric surgeon? This eating guide meets those requirements. In this plan, you'll find one make-ahead breakfast, two make-ahead lunches, and two make-ahead dinners, sufficient to feed one bariatric post-op over the course of a week.

NOTE: Always consult your registered dietician for nutritional advice. Also, eating capacities may vary, but dinners & lunches are designed to freeze well!

Breakfast

No matter if you eat five minutes or two hours after you wake up, breakfast is important! Try this protein packed choice you can make ahead.

Berry Cheesecake Breakfast		
Makes: 5 servings of 6 oz. each		
Calories	179	Recipe Directions <ul style="list-style-type: none"> ● 30 oz. 0% unflavored Greek yogurt ● 5 tbsp. Greek cream cheese ● ½ c. no-calorie sweetener ● 1 tsp. Lemon juice ● 1 ¼ c. mixed berries ● 1 ¼ c. Bear Naked Protein Granola <p>In a bowl, mix together yogurt, cream cheese, sweetener and lemon juice. Divide between 5 containers and top with ¼ c. each strawberries. When ready to serve, add granola for crunch.</p>
Fat	3g	
Sodium	113 mg	
Carbs	16g	
Sugar	12g	
Fiber	2	
Protein	21g	

Lunch

Lunch #1: Taco Casserole

This makes 9 servings of 1 c. each. Great for sharing with the family or freezing.

Calories	297	Recipe Directions <ul style="list-style-type: none"> • 1 lb ground turkey • 1 small zucchini diced • 1 small yellow onion diced • 1 garlic clove minced • 1 pkg taco seasoning • 10 oz black beans drained and rinsed • 8 oz fat-free refried beans canned • 8 oz tomatoes & chiles canned • 2 c Mexican blend cheese <p>Preheat oven to 350 degrees. Spray a pan with non-stick cooking spray, set it over medium heat and allow it to get hot. saute veggies with garlic until they are softened. Drain any excess liquid and transfer to a bowl.</p>	<p>Brown ground meat, drain and then transfer to the same bowl and mix with canned beans and tomatoes and chiles.</p> <p>Mix in taco seasoning thoroughly and then transfer mixture to a 13x9 casserole dish.</p> <p>Evenly spread out fat free refried beans on top (this may be easier if you heat them in a microwave safe bowl for a minute or so.</p> <p>Top with cheese and then bake in a 350 oven for about 30 minutes or until the cheese is oozy, melty and slightly browned.</p> <p>Cool 10-15 minutes before slicing and serving.</p>
Fat	13		
Sodium	700 mg		
Carbs	15g		
Sugar	0		
Fiber	6g		
Protein	25g		

Lunch #2: Spicy Vegetarian Chili

Makes 10 servings of 1 c. each.

Calories	248	Recipe <ul style="list-style-type: none"> • 1 tbsp. extra-virgin olive oil • 1 large yellow onion, diced <input type="checkbox"/> • 1 green bell pepper, diced <input type="checkbox"/> • 1 red bell pepper, diced <input type="checkbox"/> • 2 garlic cloves, minced <input type="checkbox"/> • 1 large butternut squash, diced <input type="checkbox"/> • 1 lb. textured vegetable protein (or medium-firm tofu) • 3 c. water <input type="checkbox"/> • 20 oz. low-sodium petite diced tomatoes <input type="checkbox"/> • 10 oz. black beans, drained and rinsed • 10 oz. light red kidney beans, drained and rinsed • 10 oz. dark red kidney beans, drained and rinsed • 1 jalapeno pepper, diced with seeds (optional) • 2 tbsp. chili powder • ½ tbsp. ground chipotle powder • 2 tsp. lime juice • Salt & pepper, to taste 	Directions <p>Set a large pot over medium heat and allow it to get hot. Add olive oil and swirl around the bottom of the pot. <input type="checkbox"/></p> <p>Add onions, peppers, garlic, and squash. Drop heat to medium-low. Cover and allow to cook about 10 minutes, stirring often, until squash is softened.</p> <p>Add textured vegetable protein, water, tomatoes, beans, jalapeno peppers, spices, and lime juice. Mix thoroughly. Cover again and reduce heat to low. Simmer for an additional 20 minutes.</p> <p>When done, the mixture should have changed from a bright to a darker red. It should have some liquid but not a lot. If more liquid is desired, add it, but be sure to adjust the seasonings accordingly.</p>
Fat	2		
Sodium	155 mg		
Carbs	37g		
Sugar	7g		
Fiber	14g		
Protein	30g		

Dinner #1: Alfredo Chicken Roulade

Makes 6 Chicken Roulades. This dinner makes enough for the entire family. For the family, pair it with whole wheat pasta. For you, try it with some zoodles! (Zucchini noodles)

Calories	134	Recipe Directions <ul style="list-style-type: none"> ● 1 tbsp. extra virgin olive oil ● 1 red bell pepper, cut into strips ● 1/2 an onion, cut into sliver ● 2 c. baby spinach ● 6 thin-cut chicken breasts ● 6 wedges Laughing Cow cheese (I use Garlic-Herb) ● Salt, pepper and any other spices you like ● 1 jar light Alfredo Sauce (I use Classico) <p>Preheat oven to 350 degrees.</p> <p>Set a skillet over medium heat, allow it to get hot and add olive oil. Saute onions and peppers. Set aside in a bowl and toss with spinach.</p> <p>Lay out chicken breasts. Spread a cheese wedge over each breast, then top with a bit of the vegetable mixture. Roll the chicken up and place, seam side down, in a casserole dish.</p> <p>Over with Alfredo sauce and bake for 25-30 minutes,</p>
Fat	7g	
Sodium	502 mg	
Carbs	10g	
Sugar	5g	
Fiber	3g	
Protein	16g	

Dinner #2: Chicken & Veggie Flatbread

Makes 1 flatbread.

Calories	399	Recipe Directions <ul style="list-style-type: none"> ● low-carb flatbread (like Aldi Fit & Active or FlatOut) ● an assortment of your favorite veggies sliced into strips or diced ● 1 Fit & Active Chicken Sausage (I used Chipotle flavored) diced small ● 1/4 c. shredded cheese (I used Cheddar Jack) ● a pinch of salt ● a pinch of pepper ● non-stick cooking spray <p>Preheat oven to 350 degrees. Lay a flatbread out on a cookie sheet and bake for 10 minutes. Place a skillet over medium heat and allow it to get hot. Saute onions and peppers for 1-2 minutes before adding diced sausage. Top flatbread with the sausage/veggie mixture, then with shredded cheese. Bake for 15 minutes or until cheese is melted.</p>
Fat	11g	
Sodium	771 mg	
Carbs	52g	
Sugar	20g	
Fiber	17g	
Protein	48g	