

3 – 6 Month Bariatric Lifestyle Meal Plan

This meal plan consists of 5 – 6 small, low-fat, low sugar meals daily.

Meals should be well balanced and include:

Protein: 8 - 9 oz. (minimum)

Fruits: 1 - 3 servings

Vegetables: 3+ servings

Starches: 0 - 2 servings

Fats: 3 – 4 servings

Liquids: 48 – 64 oz. (Sugar Free)

Everyone Progresses Differently

- Protein intake should be a minimum of 60 grams daily
- Meal size should gradually increase from $\frac{1}{4}$ - $\frac{1}{2}$ cup to $\frac{3}{4}$ - 1 cup portions per meal
- Introduce only one new food daily
- If new food is not tolerated the first time, reintroduce food again later in your recovery.

Keys to success:

- Balance each meal with protein, vegetables and fruits
- Eat every 3 – 4 hours
- Eat slowly, meals should take ~30 minutes
- Eat protein first, then follow with fruits and vegetables
- Chew foods to applesauce consistency
- Stop eating when satisfied, not overfilled
- Stop drinking 30 minutes before meals
- Do not drink during meals
- Wait 30 minutes after meals to resume drinks
- Sip drinks slowly and avoid using straws
- Begin to reintroduce raw fruits and vegetables
- Limit processed grains/starches (bread, pasta, rice, crackers)
- Avoid highly processed foods that are high in sugar and fat
- Avoid carbonated beverages

Sample Meal Plan

Breakfast	1-2 eggs scrambled with diced tomato and 1 Tbsp. avocado
Snack	4 oz. light, low-fat Greek yogurt mixed with 1 Tbsp. chia seeds and $\frac{1}{4}$ - $\frac{1}{2}$ cup peaches
Lunch	$\frac{1}{2}$ cup lentils Small baby spinach salad with 2 Tbsp. reduced fat salad dressing
Snack	2 Tbsp. nut butter and apple slices
Dinner	2 – 3 oz. chicken $\frac{1}{2}$ cup green beans
Snack	$\frac{1}{4}$ - $\frac{1}{2}$ cup low-fat refried beans with salsa

Food Journaling:

- It is recommended that you keep a food diary and calculate the amount of protein you are consuming.
- If you are unable to consume at least 60 grams of protein on your meal plan, you can continue to supplement 1 protein drink daily.



BARITASTIC

Protein

Minimum 8 – 9 oz. per day

1 oz. of protein = 8 grams of protein

Lean Meats:

- Beef (lean)
 - Chicken (no skin)
 - Fish/Seafood
 - Pork (lean)
 - Turkey (no skin)
 - Tuna (Water packed)
 - Venison.
 - Veal (lean)
- 3oz.

1 oz. of meat or fish = 1 oz. of protein
Bake, broil or grill. Consume loin or round cuts of meat.

Do NOT eat:

Diary:

- 2% Milk
- Chocolate Milk
- Whole Milk
- Regular Cheese
- 4% Milk Fat Cottage Cheese

Fish:

- Canned in oil
- Fried or battered

Meats:

- Breaded
- Prime cuts
- Well-marbled

Pork:

- Bacon
- Ham hocks
- Sausage
- Spareribs
- Salami

Poultry:

- Dark meat
- Duck
- Goose
- Skin
- Wings

Other:

- Bologna
- Hot dogs
- Liverwurst
- Pepperoni

Meat Substitutes:

- Eggs
 - Egg whites 2 = 1 oz.
 - Whole egg with yolk 1 = oz.
 - Eggbeaters $\frac{1}{4}$ cup = 1 oz.
- Legumes (beans) $\frac{1}{2}$ cup = 1 oz.
- Peanut or Nut Butter 2 Tbsp. = 1 oz.
- Veggie Burger 1 patty = 2 oz.
- Bean Based Soup 1 cup = 1 oz.
- Tofu/Tempeh $\frac{1}{2}$ cup = 1 oz.
- Nuts $\frac{1}{4}$ cup = 1 oz.
- Quinoa 1 cup = 1 oz. protein and 2 starches

Dairy (Low Fat):

- Milk (1% or skim) 8 fluid oz. = 1 oz.
- Soy Milk 8 fluid oz. = 1 oz.
- Flavored Yogurt (light, low-fat) 6-8 oz. = 1 oz.
- Flavored Greek Yogurt (light, low-fat) 6 oz. = 2 oz.
- Plain Yogurt (low-fat) 6-8 oz. = 1 oz.
- Plain Greek Yogurt (low-fat) 6 oz. = 2 oz.
- Cheese (low-fat) 1 oz. = 1 oz.
- Ricotta Cheese (low-fat) $\frac{1}{2}$ cup = 2 oz.
- Cottage Cheese (low-fat) $\frac{1}{2}$ cup = 2 oz.

Adequate Daily Protein Intake Is Essential for Optimum Nutrition and Long-term Health.

Vegetables and Fruits

Vegetables: 3 or more servings per day

Fruits: 1 – 3 servings per day

Non-Starchy Vegetables: unlimited
1 cup raw or ½ cup cooked = 1 serving

Dark Green:

- Broccoli
- Dark green leafy lettuce
- Spinach

Red & Orange:

- Carrots
- Red Pepper
- Tomatoes

Other Vegetables

- Asparagus
- Beets
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green or Wax Beans
- Mushrooms
- Okra
- Onions
- Turnips

Tips:

- Fill half your plate with vegetables
- Satisfy your appetite by choosing more vegetable servings
- Choose raw vegetables to increase fiber intake
- Eat a variety of different colored produce

Do NOT eat:

- Vegetables prepared in cream or cheese sauce
- Fried vegetables
- Leafy greens cooked with fatty meats – try skinless smoked turkey, liquid smoke or skimmed chicken broth

Starchy Vegetables – count as starch, not vegetable

Fruit:

- Berries 1 cup
- Fruit
 - Canned ½ cup
 - Dried 2 Tbsp.
 - Fresh 1 medium
 - Frozen 1 cup
 - Juice ½ cup/day maximum
- Melon cubes 1 cup

**Fruit must be packed in water or juice with no added sugar.
Fruit juice must not contain added sugar.**

Starch

0 – 2 servings per day (Portions shown below equal 1 serving)

Starchy Vegetables:

- Corn
- Peas
- Potatoes
- Root Vegetables (Tropical)
- Sweet Potatoes
- Winter Squash
- Legumes (beans)
 - Kidney Beans
 - Lentils
 - Lima Beans

½ cup

Whole Grains:

- Amaranth
- Barley
- Einkorn
- Farro
- Millet
- Oats
- Quinoa
- Wild Rice

Other:

- Broth or Tomato Based Soup
- 98% Fat-free Cream Soup (made with fat-free milk)
- Lentil/Bean Soup

1 cup

Tips:

- Limit your starch intake at this stage.
- If you plan to eat starches, make starchy root vegetables your first choice.
- Choose whole grain products.

Do NOT eat:

- Biscuits
- Chow Mein Noodles
- Croissants
- Danish
- Donuts
- Fried Rice
- Fried Starches
- Muffins
- Pasta with butter, cream or cheese sauce
- Rice with butter, cream or cheese sauce
- Ramen Noodles
- White Processed Starches
 - Potato Chips
 - Pretzels
 - Crackers
 - Rice Cakes

Additional Starches (use 100% whole grain):

- Bagel (small) ½
- Bread 1 small slice
- Cold Cereal (no sugar coating) 1 cup
- Cooked Pasta ½ cup
- Cooked Rice ½ cup
- English Muffin ½
- Hamburger Bun ½
- Hot Dog Roll ½
- Instant Hot Cereal ½ cup
- Pancake (4 inch) ½
- Pita (4 inch) 1
- Tortilla (4 inch) 1
- Waffle (4 inch) ½

For optimum weight loss avoid the additional starches.

Fats, Snacks & Beverages

Fats: 3 – 4 servings per day (Portions shown below equal 1 serving)

- Avocado 2 Tbsp. or 1/8
- Butter 1 tsp.
- Cream cheese (light) 2 Tbsp.
- Flaxseed (ground) 1 Tbsp.
- Hummus 2 Tbsp.
- Margarine
 - Light 1 Tbsp.
 - Regular 1 tsp.
- Mayonnaise
 - Light 1 Tbsp.
 - Regular 1 tsp.
- Nuts 2 Tbsp.
- Oils
 - Olive Oil
 - Sesame Oil
 - Peanut Oil
 - Grapeseed Oil
 - Avocado Oil1 tsp.
- Olives 8 large
- Parmesan Cheese 2 Tbsp.
- Peanut / nut butter 1 Tbsp.
- Salad Dressing
 - Reduced fat 2 Tbsp.
 - Regular 1 Tbsp.
- Sunflower Seeds 1 Tbsp.
- Sour cream (light) 2 Tbsp.

Miscellaneous:

- Sweetener (Calorie Free)
 - Spices
 - Herbs
 - Sugar-free Jam/Jelly
 - Sugar-free Syrup
- As desired.
-
- 2 Tbsp.

Tips:

- **Closely monitor portion sizes as fat is the most concentrated source of calories .**
- **Choose horseradish or mustard on sandwiches to replace mayonnaise.**
- **Use non-fat vegetable or margarine spray.**
- **Read food labels to check for added sweeteners.**

Do NOT eat:

- Cream
- Cream Cheese
- Corn syrup
- Fat Back
- Half & Half
- Honey
- Jam
- Jelly
- Lard
- Maple Syrup
- Molasses
- Palm Oil
- Pork Rinds
- Sour Cream
- Sugar (white or brown)
- Whipped Topping

Beverages: 48 – 64 oz. per day

- Water
- Flavored Water
- Decaffeinated Coffee
- Unsweetened, Decaffeinated Tea
- Sugar-free beverages

Tips:

- No carbonated beverages
- No more than 8 oz. of caffeinated beverages per day
- No sweetened beverages.
- Sip slowly – no more than 1 oz. at a time

Snacks

- 100 – 150 calories
- Less than 9 grams of sugar
- Less than 5 grams of fat
- Use of sugar substitute is acceptable

Potential Problem Foods

Some foods have difficulty passing through the opening of the stomach and may cause blockage if not chewed well. These foods include:

- Bread (Untoasted or doughy)
- Coconut
- Dried Fruit
- Fibrous vegetables (asparagus, celery, corn)
- Membrane of citrus fruits
- Nuts
- Pasta
- Peanut Butter
- Popcorn
- Red Meat (beef or pork)
- Rice
- Seeds and skins of fruit and vegetables
- Shrimp

These foods should be eaten with caution. They should be cooked well and cut into small pieces.

Keep Active!

You must stay active to burn calories, build muscle mass and increase your metabolism. A good fitness routine will include a combination of flexibility, cardio and strength training. Following a weekly fitness routine will increase your chances for success.

Strive to be physically active every day:

- Aim to incorporate moderate aerobic physical activity to include a minimum of 150 minutes per week (30 minutes, 5x weekly or 50 minutes, 3x weekly)
- Walk or ride a bike, rather than drive, whenever possible
- Take a walk around your neighborhood 15 minutes in the morning and 15 minutes in the evening
- Take the stairs instead of the elevator
- Walk outside or inside around building during work breaks
- Walk around malls or large department stores
- Park further away from entrances in parking lots
- Set an alarm to get up and move every 60 minutes
- Limit use of phone time, social media, computer and TV

Establish a weekly exercise routine:

- Schedule your routine on the same day, at the same time, every week
- Strive to be active 150 minutes a week or more – three days of cardio and two days of strength training
- Your ultimate goal should be 300 minutes per week

References:

- General healthy food guidelines - choosemyplate.gov
- How to read a food label - cfsan.fda.gov
- Nutrition, fitness and behavior modifications - nal.usda.gov/fnic
- General exercise information - shapeup.org
- Eatright.org
- Highland's support group – bariatricsupport.urmc.edu

Protein Tally: 55 – 65 grams or 8 – 9 oz.

	Serving Size	Protein Source	Grams of Protein	KCAL	Protein oz.	Day's Tally
Lean Meat	3 oz.	Chicken Breast	26	140	3	
	3 oz.	Chicken Thigh – no skin	19	140	3	
	3 oz.	Chicken Sausage	14	150	2	
	3 oz.	Turkey – light meat	19	135	3	
	3 oz.	Turkey – ground, 90% lean	14	122	2	
	3 oz.	Turkey – deli meat	14	90	2	
	3 oz.	Turkey Sausage	23	195	3	
	2 oz.	Turkey Bacon	8	140	1	
	2 oz.	Canadian Bacon	10	70	2	
	3 oz.	Beef – 95% lean sirloin	24	160	3	
	3 oz.	Beef – ground, 95% lean	22	140	3	
	3oz.	Pork Loin, chop	24	177	3	
	Fish and Seafood	3 oz.	Fish – tuna, haddock, salmon	20	100	3
3 oz.		Shrimp	17	80	3	
3 oz.		Scallops	22	120	3	
Dairy	½ cup	Cottage Cheese – low-fat	14	80	2	
	¼ cup	Ricotta Cheese – low-fat	9	113	1	
	1 oz.	Cheese – low-fat	8	100	1	
	1 oz.	Cheese Stick – mozzarella 1% fat	7	85	1	
	6 oz.	Yogurt – light, low-fat , plain	5-7	80-100	1	
	6 oz.	Greek Yogurt – light, low-fat, plain	15	100	2	
	1 cup	Milk – skim or 1%	8	80-100	1	
Eggs	2	Egg Whites	7	35	1	
	1	Egg	6	80	1	
	¼ cup	Egg Beaters	6	30	1	
Beans	1 cup	Lentil Soup	9	150	1	
	½ cup	Refried Beans – no fat	7	120	1	
	½ cup	Beans (variety)	7	100	1	
	½ cup	Split Peas	8	120	1	
Soy Products Meatless Vegetarian	2 Tbsp.	Peanut Butter	8	200	1	
	1	Vegetarian Meatless Burger	15	130	2	
	2	Morning Star Sausage Links	9	80	1	
	1 cup	Soy Milk	7	100	1	
	4 oz.	Tofu/Tempe	8	117	1	
	1 oz.	Nuts	7	159	1	