

## 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.**

## 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.

## 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

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