

1200 Calories Pre-Bariatric Meal Plan

What to Eat Pre-Bariatric Surgery

1. Starting Now: Higher Protein Healthy Meal Plan—1200 calories (usually for women); 1500 calories (usually for men): 3 meals; one snack. Practice 30 minutes between meals (or snack) and beverages.

High Protein Healthy Meal Plan to Start NOW

Less portions for 1200 calories, higher for 1500 calories

Protein First • Vegetables 2nd • Fruits or Starches if Still Hungry

Meat and Protein choice—1- 2 oz. at breakfast; 3 – 6 oz. at lunch and dinner

Meat, Chicken, Turkey, Fish (each oz. has about 7 g of protein and about 55 cal):

- More than 90% lean ground beef/turkey/chicken
- Chicken breast, turkey breast
- Lean seafood: tilapia, haddock, perch, sole, monkfish, grouper, cod, flounder, crab, halibut, shrimp, scallops
- Tuna (if canned—canned in water and drained)

Eggs (Egg whites preferred—1 whole egg per day permitted (yolk has 5 g of fat))

- Egg whites, egg beaters (1 cup = about 2 oz. lean protein—94 cal, 20 g protein).
- Whole eggs or yolks (1 per day limit—each large egg has about 80 cal and 6 g of protein)
(For those of you who don't like egg whites, use one whole egg and the rest egg whites.
Make egg salad with one hard-boiled egg and the whites from 3 other hard-boiled eggs. Use 1 tbsp. fat free mayo or 1 tsp. lite mayo + mustard. Or if you scramble your eggs, use one whole egg and the rest egg whites (1/2 cup egg whites or egg substitutes)

Vegetarian Protein Choices: Tofu and Veggie Burgers (see page 3)

Low-fat Dairy Protein (2 – 3 servings per day)

Beverages: 1 cup skim or 1% milk (can be lactose-reduced), skim milk plus or unsweetened soy milk; almond milk (acceptable but is lower in protein—add protein powder);

Yogurt choices (140 calories or less): 5-6 oz. container of diet (sugar-free) or Greek Yogurt (<140 calories);

6 oz. container Plain non-fat (80 cal, 9 g protein--you can add artificial sweetener) or 1 container Triple Zero (120 cal, 16 g protein), or Dannon Light and Fit (80 calories, 12 g of protein), or 4 oz. Activia Light (60 cal, 4 g protein)

Cheese choices: 1/2 cup 1% or non-fat cottage cheese (80 calories, 14 g protein)

1/4 cup fat-free or reduced fat ricotta (80 cal, 7 g protein), 1 slice or 1 inch cube of non-fat or low-fat (can be shredded) cheese (see list on page 2)

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Vegetable Choices (1 -2 cups at lunch & dinner)	Fruit choices: 1 small piece or as noted
Alfalfa sprouts, asparagus, beets, broccoli, cabbage, cauliflower, cucumber, green beans, green peppers, lettuce, mushrooms, onions, spinach, yellow squash, tomatoes zucchini (other non-starchy vegetables permitted) No starchy vegetables such as corn, potatoes, sweet potatoes, acorn or butternut squash)	Apple, peach, nectarine, 1/2 banana or small banana, 3/4 cup berries, 1/2 cup canned fruit in water or natural juice (drained), 17 grapes, 1/2 cup applesauce (no sugar added); 1/2 cup melon chunks (cantaloupe, honeydew, watermelon)
Starch Choices (must be high fiber)	
High fiber crackers (flatbread style), light bread slices, 100 calorie flats or rounds; light English muffins, high fiber flour tortilla), 1/2 cup cooked oatmeal	1/2 cup cooked beans--kidney, black, cannellini (white), garbanzos (chickpeas), 1/2 cup cooked brown rice or quinoa (buy quinoa that is already rinsed)
Beverage Choices	Free Foods (Very low-calorie foods)
Water (with lemon), Vitamin Water Zero, SoBe Lifewater, Zero Crystal light, Wyler's lite, Decaf coffee or tea, Diet decaf iced tea Can have artificial sweeteners: Equal (NutraSweet/Aspartame); Splenda (sucralose); Stevia. No sugar alcohols (sorbitol, xylitol; erythritol, mannitol others)	Sugar-free Jello, sugar-free ice pops, low-sodium soy sauce, Mrs. Dash, vinegar, lemon juice, non-stick Pam cooking spray, herbs, spices, mustard, Worcestershire sauce, Tabasco sauce, low-sodium and fat-free broth
Low Fat Cheese Choices	
<ul style="list-style-type: none"> • Borden 2% Singles (50 calories/slice) • Cabot 50% Reduced Fat Light Cheddar (70 calories/1-inch cube) • Cabot 75% Reduced Fat Light Cheddar (50 calories/1-inch cube) • Frigo String Light (50 calories/1 piece) 	<ul style="list-style-type: none"> • Jarlsberg Deli Reduced Fat Swiss (50 calories/slice) • Laughing Cow Light Wedges (35 calories/wedge) • Mini Babybel Light (50 calories each) • Mozzarella Reduced Fat Shredded (various brands, see label)
Low-calorie Salad Dressings—less than 35 calories/2 Tbsp. (Measure!)	
<ul style="list-style-type: none"> • ShopRite Fat Free (Italian & Ranch) • Hidden Valley Fat Free (Ranch) • Kraft Light (Balsamic Vinaigrette, Raspberry Vinaigrette) 	<ul style="list-style-type: none"> • Kraft Free (Zesty Italian) • Maple Groves Farms Fat Free (Raspberry Vinaigrette and Cranberry Balsamic, Balsamic Vinaigrette)

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Protein Snacks

- 1/2 cup low-fat cottage cheese with raw veggies
- 1/2 cup low-fat cottage cheese with 1/4 cup fruit
- Raw veggies with low-fat salad dressing**
- 2 slices turkey, chicken or roast beef rolled in lettuce leaves
- 1 -2 oz. non-fat or low-fat cheese
- 1 hard-boiled egg (limit 1 egg yolk per day)
- 1 container Greek Yogurt (can be flavored, look for non-fat)
- Small mixed salad with 1 oz. shredded low fat cheese
- 2 rice cakes (plain) with 1 Tbsp., non-fat low fat cream cheese or 1 Tbsp. Better 'n Peanut Butter Peanut Butter (1/2 the calories of regular peanut butter)
- 5-6 crackers with 1-2 slices or 1-2 oz. low fat cheese* (about the size of 2 dice) or one - 2 sticks of low-fat string cheese or 1-2 Tbsp. avocado (guacamole)
- 1/2 English Muffin or one 100 calorie “round” or “flat” with small amount tomato sauce and 1/4 cup shredded part-skim mozzarella (put in toaster oven at about 300 degrees, until cheese is melted)

Vegetarian Protein			
Company	Product/serving size	Calories	Protein (g)
Morningstar Farms	Veggie Burger, Original Grillers 1 burger	130	15
	Sausage Patty, 1 patty	80	10
	Veggie Burger, Garden	110	10
Boca	Veggie Burger, Mediterranean Chickpea	110	10
	All American Flame Grilled Veggie Burger	120	15
	Original Veggie Burger	70	13
	Vegan Burger	120	13
Tofu (various brands)	All American Classic	90	15
	*Firm- 4 oz. (1/2 cup)	94	10
	Silken/Soft 6 oz.	108	14

*Firm Tofu – can be cubed and using a small amount of reduced sodium soy sauce, stir-fried. Mix with stir-fried fresh or frozen veggies.

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Snack Protein Bars (calories/grams protein)	
Less than about 160 calories, and about 10-15 grams of protein:	
Lean for Life Zest Lemon Crisp (<u>160/15</u>)	Kind (<u>140/10</u>)
Luna Bar Berry (<u>190/12</u>)	South Beach Diet (<u>142/10</u>)
Lean for Life Zesty Lemon Crisp (<u>160/15</u>)	
Protein Shake Options	
Can be used instead of a meal—powdered do-it-yourself shakes or liquid shakes	
- Protein Powder Shakes	Samples of protein powder:
<u>1 scoop:</u>	
- 120 calories or less,	- Optimum Nutrition Whey Protein Powder (1 scoop 120 cal /20 g protein)
- less than 5 g total fat,	- Quest Peanut Butter Protein Powder (1 scoop 110 cal/23 g protein)
- less than 10 g total carbs and	
- 15 – 25 g protein	
How to mix powdered protein powder:	
- Mix 1 scoop of protein powder with 8 oz. milk (fat free, 1% milk, skim milk plus or soy and 3 – 4 ice cubes in a blender. Can use almond milk, but has less protein.	
- Liquid Shakes	Samples of Liquid Shakes
- 225 calories or less,	- GNC Total Lean Shake (170/25)
- less than 5 grams total fat,	- Oh Yeah Nutritional Shake (220/32)
- less than 10 grams total carbs and	- Muscle Milk (230/25)
- 20 – 35 grams protein	- Muscle Milk Light (200/30)

Full Liquid Protein Supplements (not for clear liquids)				
GNC Total Lean Shake	14	170	25	Lactose-free
Oh Yeah Nutritional Shake	14	220	32	Lactose-free
Muscle Milk	14	230	25	Lactose-free
Muscle Milk Light	17	200	30	Lactose-free
Premier Protein	11	160	30	Contains milk

Most can be purchased locally (GNC, Vitamin Shoppe, CVS, Shoprite. Call or check online)

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Qualifications for Protein Shakes –

read labels

Whey protein OR Soy protein preferable

Total calories: Less than 225 per serving

Total Fat: Less than 10 grams of fat per serving

Protein: 20-35 grams of per serving

Total Carbohydrate:

Less than 15 grams per serving

Nutrition Facts

Serving Size 8.5 fl oz (250 mL)

Servings Per Container 1

Amount Per Serving

Calories 160 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Potassium 360mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **6%**

Sugars 3g

Protein 20g **40%**

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More about Protein Supplements

In our group classes, many had questions about acceptable supplements that were either vegan (no animal products, including dairy or eggs—mostly pea protein) or without artificial sweeteners or any other additives.

They have to be mixed with a liquid. Some may be found in the Vitamin Shoppe or other local health food stores but all can be found online and website links are included. Please refer to the label to determine the serving sizes.

Products without artificial sweeteners:

- **Optimum Nutrition--Naturally Flavored Gold Standard 100% Whey**; no artificial flavors or sweeteners, flavored with a small amount of natural sugar. Per scoop: 130 calories, 24 g protein, 5g total CHO, 4g sugars. https://www.optimunutrition.com/en_US/products/naturally-flavored-whey#dupBJgQrjVmMDRWX.97

Protein powders sweetened with Stevia (some also have unflavored alternatives that have no sweeteners).

- **About Time** has a whey and vegan powder that is sweetened with Stevia: <https://tryabouttime.com/>
22 g protein 120 calories, 1 g carb

- **Jay Robb's** protein supplements (whey OR egg white protein) are sweetened with stevia: <http://www.jayrobb.com/> 110 calories, 25 g protein, 1 g carb

- **BiPro** has protein powders and protein water sweetened with stevia: <https://www.biprousa.com/>
80 calories, 20 g protein, 0 carbs

Vegan- Unjury Protein Planted—No artificial sweeteners, flavors or colors. Sweetened with a small amount of sugar and stevia. 130 cal. 20 g protein, 3 g sugar, 8 g total carb
<https://www.unjury.com/>

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Sample Meal A	Sample Meal B
BEVERAGES: Allow 30 minutes between meals & beverages	
Breakfast: 8:00 am	Breakfast: 8:00 am
6 oz. container Greek yogurt	2 eggs, scrambled with vegetables of choice (ie. mushrooms, onions, peppers)
1 piece of fruit	1 Light English Muffin or other starch choice
BEVERAGES: Allow 30 minutes between meals & beverages	
Lunch: 12:30 pm	Lunch: 12:30 pm
1/2 can tuna or salmon canned in water, drained or 3 oz. tofu chopped	One 3- 4 oz. lean hamburger or turkey burger or veggie burger
1 tsp. light mayonnaise (mix with above)	One light whole grain hamburger roll or other starch choice
1 cup chopped vegetable salad with low calorie dressing	1 cup mixed green salad with low calorie dressing
2 slices light bread or other starch choice	
BEVERAGES: Allow 30 minutes between meals & beverages	
Snack (see lists pages 3 & 4) 3:00 pm	
BEVERAGES: Allow 30 minutes between meals & beverages	
Dinner: 6:30 pm	Dinner: 6:30
3 oz. of chicken or fish cut in small pieces or 3 oz. tofu cubed	3 – 4 turkey or vegetarian meat balls (about 3 oz.)
Add 2 cups stir fried veggies (fresh or frozen) and stir fry on non-stick pan with 1 tsp.	1/2 cup low fat pasta sauce
Serve over 1/2 cup cooked quinoa or rice	1/2 cup cooked pasta
	1 cup cooked spinach or other veggie
BEVERAGES: Allow 30 minutes between meals & beverages	

Beverages between meals:

7:00 am (4 oz.);
 9:30 – 11:30 am (20 oz.);
 1:30 – 2:30 pm (16 oz.);
 4:30 – 5:30 pm (8 oz.);
 7:30 – 9 pm (16 oz.) = **64 oz. total**

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Timing of Meals: Suggested, depends on your schedule. One snack between lunch and dinner.
Additional snack only if hungry.

Breakfast	
French Toast 2 slices light bread— 1/2 cup non-fat, 1% or soy milk 1/4 cup egg whites or egg substitutes, Mix milk and egg whites and dip bread. Brown using non-stick pan using small amount oil. Top with 1 Tbsp. sugar-free syrup and 1/4 cup fresh berries	Eggs Your Way 1/2 cup egg whites or egg substitutes (can use egg whites) 1 slices whole grain toast or 2 slices light bread or other starch choices. (can scramble with or add veggies— onions, mushrooms, steamed spinach) <u>*or use 1/4 cup egg whites and</u> <u>scramble with 2 Tbsp. low fat grated</u> <u>cheese</u>

Other Meal Suggestions

MEASURE portion sizes using standard measuring cups/spoons in the beginning.

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Quick Breakfast

One **Quick protein shake**--1 scoop protein powder (15-25 grams protein per scoop) and 1 cup skim or 1 % milk, unsweetened soy or almond milk. Mix in blender with 3 – 4 ice cubes.

Yogurt and Fruit

1 ~6 oz. container of Greek yogurt (less than 140 calories)
1/2 cup mixed berries or other fruit

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Lunch	
<u>Sandwich and Salad</u> 2 slices light bread or 100 calorie flat or light English muffin 4 oz. lean roast beef, chicken or turkey or <u>veggie burger</u> Lettuce and tomato Mustard or 1 tsp. reduced-fat mayonnaise 1 cup mixed green salad with 2 tbsp. low calorie salad dressing	<u>Pita Pizza</u> One 100 calorie flat or 1 light English muffin 1/2 cup low-fat tomato sauce 1/4 cup shredded part-skim mozzarella 1/4 cup cooked spinach (can be fresh or frozen) Stuff round or top English muffin with sauce, mozzarella and spinach; cook in toaster oven or oven until cheese melts.
<u>Large Chef Salad</u> 2 cups mixed green salad (can add peppers, tomatoes, cucumbers) 1/2 tuna canned in water, or sliced turkey (3 oz.) and cheese (1 oz. low-fat) or <u>cubed tofu (grilled)</u> 2 tbsp. low-calorie salad dressing	<u>Hamburger and Salad</u> 3- 4 oz. Hamburger (lean) patty or <u>veggie burger</u> 100 calorie flat sandwich bun 1 tbsp. ketchup if desired Small green salad with 2 Tbsp. low calorie salad dressing 1 cup non-starchy vegetable of choice

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Dinner	
Oriental Salad Salad greens, pea pods, mushrooms (can be sautéed); 2/3 cup cooked quinoa or brown rice; 4 oz. grilled salmon, or lean beef or chicken. <u>Can use 4 oz. firm tofu cut in cubes and grilled.</u> Low-fat salad dressing	Stir Fry 4 oz. of lean meat, chicken or fish or and stir fry on non-stick pan with small amount sesame oil. Also stir fry 1/2 cup chopped onion Add stir fried veggies (can be fresh or frozen) and serve over 1/2 cup cooked quinoa or brown rice <u>(Vegetarian option: use cubed firm tofu)</u>
Pasta Dinner 3 - 4 beef or turkey or <u>vegetarian meatballs (Gardein)</u> 1/2 cup cooked whole wheat pasta 1/2 cup spaghetti sauce 1 cup steamed broccoli or other vegetable	Salmon or Chicken Dinner 4 oz. Grilled salmon or chicken or use <u>sliced grilled tofu</u> 1/2 Small-medium baked sweet or white potato 1 cup cooked vegetables (i.e. cooked green beans, zucchini, carrots)

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Some websites and phone apps to look up nutrition information and keep a food diary:

Websites:

Calorie King

<http://www.calorieking.com>

Also has phone app for iphone and android

My Fitness Pal

<http://www.myfitnesspal.com>

Also has phone app for iphone and android

My Net Diary

<http://www.MyNetDiary.ocm>

Also has phone app for iphone and android

Phone Apps (compatible with iPhone):

Calorie Tracker by Livestrong.com

Calorie Counter by Net Diary

Calorie Counter: Diets & Activities

Lose It! Easy to use app

Cookbooks by Dietitians

Weight Loss Surgery Cookbook for Dummies by Brian K. Davidson and Sarah Krieger

Fresh Start Bariatric Cookbook: Healthy Recipes by Sarah Kent

Everyday Dinners Best Fork Forward: after Weight Loss Surgery, by Steph Wagner