

# Meal Ideas

## 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
- Fresh fruit or unsweetened applesauce



## 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
- Lunch meat and cheese roll ups, 2 hard boiled eggs, baby carrots and lite ranch
- Cabbage wrap with lunch meat, cheese, banana peppers, cucumbers, mustard and lite mayo or sugar-free honey mustard
- “Cheese shell” tacos with ground turkey
- Salmon or tuna cake (without breadcrumbs) with cabbage slaw and lite mayo



## Dinner Ideas



**Make dinners in bulk, portion out for a few days and then freeze the rest.**

- Grilled steak with roasted garlic broccoli and cauliflower mash
- Baked chicken parmesan (no breadcrumbs) 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, 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

## 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](http://BariatricFoodie.com)

[BariatricEating.com](http://BariatricEating.com)

[MyBariatricLife.com](http://MyBariatricLife.com)

Note: Simply type any of the ideas above into a Google search for the recipe.



# Healthy Snack 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) — 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 lite 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, available at GNC, Walmart or Amazon)
- Parmesan Crisps (e.g. “Whisps” — available in salad section of most grocery stores)

## For ice cream substitute:

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

## For a cookie substitute:

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