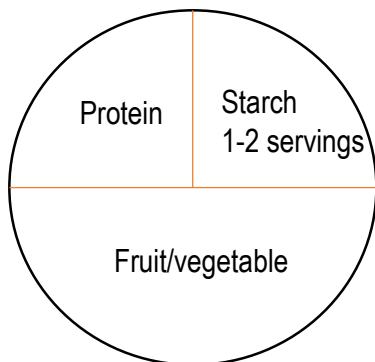
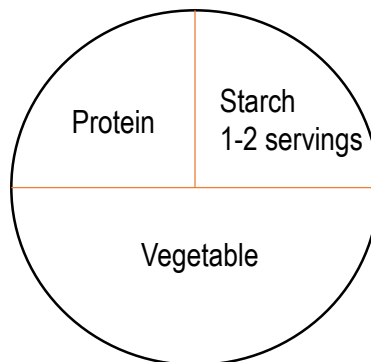


## Bariatric Lifestyle Meal Plan

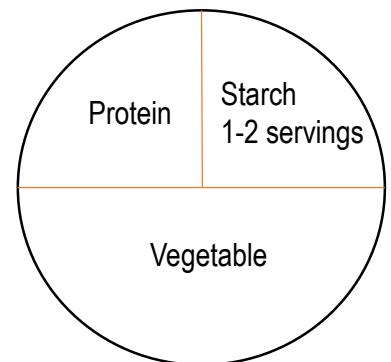
This meal plan is designed to provide the nutrients needed to help keep you full and satisfied throughout the day.



**Breakfast**



**Lunch**



**Dinner**

**Eat 3 well balanced meals daily plus at least 1 snack as needed.**  
**Strive to build a meal plan that includes all of the food groups and is low in fat and sugar.**

### Meal Planning: 3 Simple Steps

**1. Plan for meals**

Create a menu. Think about what you will be eating during the week. Ensure that you have balanced meals. Each food group contributes different nutrients that are needed for good health.

**2. Prepare for meals**

Create a shopping list from your meal plan. Shop from your lists. Do some preparation ahead of time.

**3. Follow a routine**

Eat meals at regular intervals every day. When you follow an eating schedule, you are less likely to eat the food you should avoid. You will burn more calories and your metabolism will work more efficiently.

### Important Tips to Remember

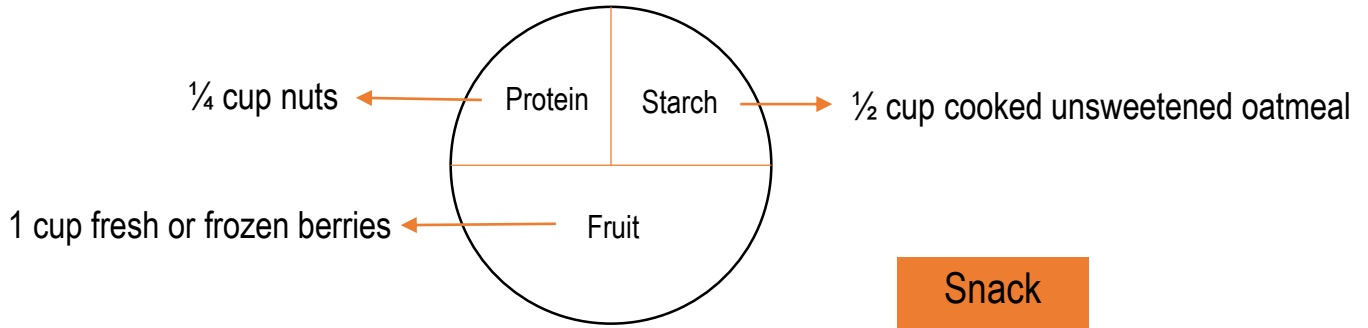
- Eat protein first
- Eat within 1-2 hours after waking up
- Schedule small meals approximately every 3-4 hours
- Chew foods well and eat slowly (at least 30 minutes)
- Eat until satisfied or have met meal size
- Keep portion sizes small
- Continue to use scale/measuring cups for accuracy
- Don't drink with meals
- Do NOT drink carbonated beverages (i.e. soda)
- Sip fluids slowly
- Continue taking your vitamin/mineral supplements daily
- Do NOT Smoke

**Schedule your annual checkups for the rest of your life.**  
**If you are struggling at any time, we encourage you to make an appointment with our dietitian.**

# Daily Meal Plan and Sample Menu

Food Groups	Daily Servings
Protein	8-9 ounces
Fruits	1-3 servings
Vegetables	3+ servings
Starches	3-6 servings
Fats	4-5 servings

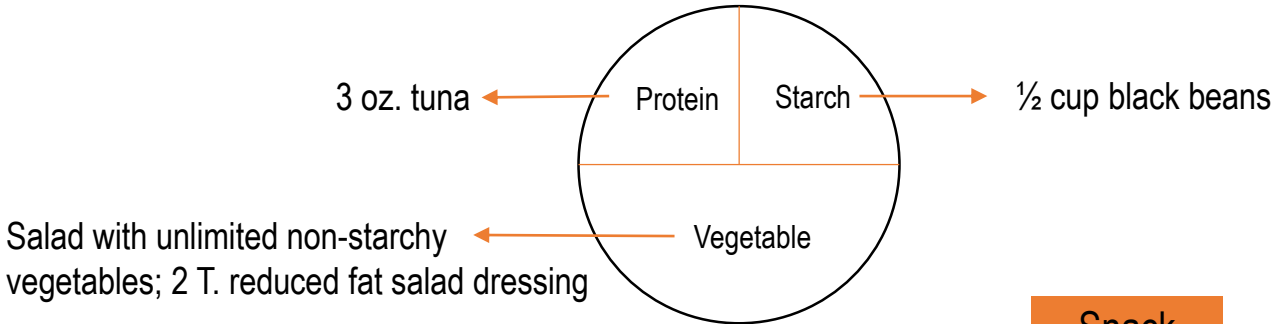
## Breakfast



## Snack

Low fat cheese stick  
or light low fat yogurt

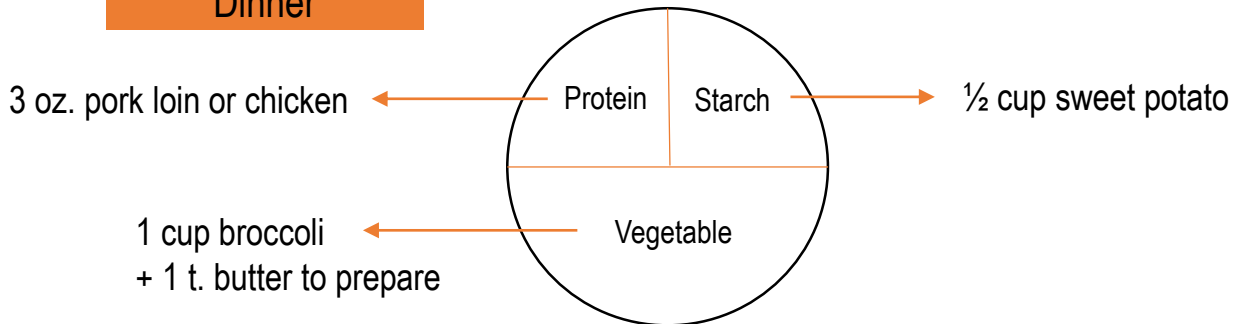
## Lunch



## Snack

Medium apple (sliced)  
+ 1 hard boiled egg

## Dinner



Drink fluids between meals and snacks. Stop drinking 30 minutes before and during eating. Wait 30 minutes after eating to take a drink.

# Protein

8-9 ounces protein or protein equivalents per day

## Recommended Foods/Serving Size

### Lean Meats, Poultry & Seafood

Chicken (no skin)	3 oz.
Turkey (no skin)	3 oz.
Fish/Seafood	3 oz.
Water packed tuna	3 oz.
Venison	3 oz.
Lean beef, pork or veal	3 oz.
• Bake, broil or grill loin or round cuts	
Canadian bacon	3 oz.

### Meat Substitutes

Eggs	
• Egg whites	2 = 1 oz.
• Whole egg (with yolk)	1 = 1 oz.
• Eggbeaters	¼ cup = 1 oz.
Legumes (Beans)	½ cup = 1 oz.
Peanut butter/nut butter	2 T. = 1 oz.
Veggie burger	1 patty = 2 oz.
Bean based soup	1 cup = 1 oz.
Tofu	½ cup = 1 oz.
Nuts	¼ cup = 1 oz.
Quinoa	1 cup = 1 oz. protein & 2 starches

### Dairy (Low Fat)

Milk (1% or fat free)	8 fluid oz. = 1 oz.
Lactaid (1% or fat free)	8 fluid oz. = 1 oz.
Soy Milk	8 fluid oz. = 1 oz.
Cheese (low fat)	1 oz. = 1 oz.
Ricotta cheese (low fat)	½ cup = 2 oz.
Cottage cheese (low fat)	½ cup = 2 oz.
Yogurt (with 9 grams of added sugar or less)	
• Flavored, light	6-8 oz. = 1 oz.
• Flavored Greek, low fat	6 oz. = 2 oz.
• Plain, low fat	6-8 oz. = 1 oz.
• Plain Greek, low fat	6 oz. = 2 oz.

## Foods to Avoid

### Meats, Poultry & Seafood

Poultry skin  
Duck  
Goose  
Wings  
Dark meat  
Fish fry  
Battered fish  
Fish canned in oil  
Breaded meats  
Spareribs  
Hot dogs  
Bacon  
Sausage  
Pepperoni  
Ham hocks  
Prime cuts of beef  
Well-marbled meats  
Chuck  
Salami  
Bologna  
Liverwurst

### Dairy

Whole milk  
2% milk  
Chocolate milk  
Regular cheese  
4% milk fat cottage cheese

Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health.

# Vegetables & Fruits

Vegetables: 3 or more servings daily  
Fruits: 1-3 servings daily

## Recommended Foods/Serving Size

Non-Starchy Vegetables	1 cup raw or 1/2 cup cooked	Fruit	Serving size
Dark green. <ul style="list-style-type: none"><li>• Broccoli</li><li>• Greens</li><li>• Dark green leafy lettuce</li><li>• Spinach</li></ul>		Fresh fruit	1 medium
		Fresh berries	1 cup
		Melon cubes	1 cup
		Grapes	15
		Canned fruit; packed in water or juice	1/2 cup
		Frozen fruit; no sugar added	1 cup
		Dried fruit	2 Tablespoons
		Fruit juice; no sugar added	4 fl.oz.
Red & Orange Vegetables <ul style="list-style-type: none"><li>• Carrots</li><li>• Red Peppers</li><li>• Tomatoes</li></ul>			
Other vegetables <ul style="list-style-type: none"><li>• Asparagus</li><li>• Beets</li><li>• Brussel sprouts</li><li>• Cabbage</li><li>• Cauliflower</li><li>• Celery</li><li>• Cucumbers</li><li>• Eggplant</li><li>• Green or wax beans</li><li>• Mushrooms</li><li>• Okra</li><li>• Onions</li><li>• Turnips</li></ul>			

## Foods to Avoid

- Vegetables prepared in cream or cheese sauce.
- Leafy green vegetables cooked with fatty meats.
- Fried vegetables

Satisfy your appetite by choosing more vegetable servings and filling 1/2 your plate with them.  
Vegetables increase fiber intake.

# Starch

3-6 servings daily

## Recommended Foods/Serving Size

### Starchy Vegetables

Corn	½ cup
Peas	½ cup
Potatoes	½ cup
Sweet Potato	½ cup
Winter Squash	½ cup
Legumes	½ cup
• Beans	
• Kidney beans	
• Lentils	
• Lima beans	
Lentil/Bean soup	1 cup
Tropical root vegetables	½ cup
• Plantain	
• Yucca	

### Cooked Whole Grains

Quinoa	½ cup
Millet	½ cup
Oats	½ cup
Farro	½ cup
Amaranth	½ cup
Barley	½ cup
Einkorn	½ cup
Wild Rice	½ cup
Broth or Tomato based canned soup	1 cup
98% fat free cream soup (made with fat free milk)	1 cup
Cooked pasta	½ cup
Cooked rice	½ cup
Instant hot cereal	½ cup
Cold Cereal (no sugar coating)	1 cup
Bread (2+ grams of fiber)	1 slice
Small Bagel	½ small
Pancake (1)	4 inch
Waffle (1)	4 inch
English muffin	½
Hamburger roll	½
Tortilla (1)	6 inch
Pita (1)	6 inch

## Foods to Avoid

Pasta/rice dishes with butter, cream, or cheese sauce  
Chow mein noodles  
Ramen noodles  
Fried rice  
Biscuits  
Croissants  
Donuts  
Danish  
Muffins  
French fries  
Home fries  
Any fried starch

### Tips:

- Limit starch at each meal to 2 servings
- Choose whole grain products
- Make starchy root vegetables and whole grains your first choice
- Choose wild rice, long grain, brown or black rice
- Choose cereals with 2+ grams of fiber
- Avoid and/or limit your intake of processed grains

# Fats

4-6 servings daily

## Recommended Foods/Serving Size

Butter or margarine	1 teaspoon
Light margarine	1 Tablespoon
Mayonnaise	1 teaspoon
Light mayonnaise	1 Tablespoon
Salad dressing	1 Tablespoon
Reduced fat salad dressing	2 Tablespoon
Oils	
• Avocado	1 teaspoon
• Canola	1 teaspoon
• Grapeseed	1 teaspoon
• Olive	1 teaspoon
• Peanut	1 teaspoon
• Sesame	1 teaspoon
Seeds	1 Tablespoon
• Chia	
• Pumpkin	
• Sunflower	
Ground flaxseed	1 Tablespoon
Parmesan cheese	2 Tablespoon
Light sour cream	2 Tablespoon
Light cream cheese	2 Tablespoon
Nuts	2 Tablespoon
Peanut butter/nut butter	1 Tablespoon
Avocados	2 Tablespoon
Large olives	8
Hummus	2 Tablespoon

## Foods to Avoid

Fat back  
Pork rinds  
Lard  
Palm oil  
Heavy cream  
Half & half  
Whipped topping  
Sour cream  
Cream cheese

## Miscellaneous - Use to Add Flavor

Sugar free jam/jelly	2 Tablespoon
Sugar free syrup	2 Tablespoon
Mustard/Herbs/Spices	As desired
Calorie free sweetener	As desired
Sugar free jello/popsicles	

## Added Sugars to Avoid:

Brown sugar  
Corn Syrup  
High fructose corn syrup  
Honey  
Jam/Jelly  
Maple syrup  
Molasses  
Sugar

Closely monitor portion sizes as fat is the most concentrated source of calories.  
Read food labels to check for added sweeteners and avoid those with ingredients on the unapproved list .

## Snacks

Snacks should be <150 calories, <5 grams of fat, <9 grams of added sugar.  
Include protein and high fiber foods to help satisfy appetite longer.  
To Keep appetite satisfied, add snack when meals are more than 4 hours apart.

1 rice cake + 1 Tablespoon nut butter

1 small fruit + 1 Tablespoon nut butter

Raw vegetables + ¼ cup hummus

Light low fat yogurt + small piece of fresh fruit

1 oz. low fat cheese + 10 almonds

2 Tablespoon reduced fat salad dressing+ raw vegetables + 1 oz. low fat cheese

½ cup 1% cottage cheese + ½ cup canned fruit (packed in water or juice)

Celery sticks + 1 Tablespoon nut butter

Baby carrots + ¼ cup hummus

Sugar free, homemade pudding with 1 cup low fat milk

2 hard boiled eggs + carrots

10 walnut halves + ½ banana

10 almonds + ½ cup grapes

1 mini snack bag low fat popcorn

8 oz. drinkable yogurt (<10g added sugar)

### Stay away from:

- Cakes
- Candy
- Chips
- Crackers
- Cookies
- Ice Cream
- Pastries
- Pies
- Pretzels
- Protein bars

# Tips for Success

## Remember...

- The foods you eat should be as healthy as possible. Your small stomach pouch can only hold about 1 – 1 ¼ cup of food. Your goal is to obtain the highest quality nutrients with minimal volume of food.
- Your meal plan needs to be high in protein, vitamins and other important nutrients to be successful in maintaining a healthy lifestyle.
- Plan meals and snacks that combine carbohydrate foods with protein, fiber and a small amount of fat. This will be best to satisfy your hunger.
- A well planned meal should satisfy feelings of hunger for 3-4 hours and provide the energy you need as you go through your day.
- 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.

## Monarch Support Group

Meetings are once a month. Anyone who has had or is considering bariatric surgery may attend.  
Register for meetings: [www.bariatricsupport.urmc.edu](http://www.bariatricsupport.urmc.edu)

## 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:

- Red meat (beef and pork)
- Shrimp
- Untoasted or doughy bread
- Pasta
- Rice
- Peanut butter
- Dried fruit
- Nuts
- Coconut
- Popcorn
- Greasy or fried foods
- Seeds/skins of fruits and vegetables
- Membrane of citrus fruits
- Fibrous vegetables (asparagus, celery, corn)\*

If you would like to eat fibrous foods once in a while, then you must cook them well, cut them small and chew thoroughly.

## Stay Active!

You must burn calories, build muscle mass and increase your metabolism. You will increase your chance of success if you:

- Establish a weekly fitness routine
- Strive to be physically active at least 1 hour per day
- Walk or ride a bike to locations whenever possible
- Take the stairs instead of the elevator
- Park further away from entrances in parking lots

## Use a Food Journal.

- It is recommended that you keep a food diary and calculate the amount of protein you are consuming.

Download app  
Code 410366



## Foods to Avoid:

Beverages: Liquids will pass through the reduced stomach pouch quickly and you will not feel full.

- High calorie drinks
- Drinks made with sugar
- Alcohol
- Milkshakes
- Specialty coffees
- Soda
- Juice – no more than ½ cup daily

High Fat Foods: Do not fill up on foods that are high in calories and low in nutritional value.

- Fast food
- Fried foods
- Creams and gravies – or foods made with them
- High fat dairy (cheese, ice cream, etc.)
- Junk food (chips, etc.)
- Desserts (cakes, cookies, donuts, pastries, chocolate)
- High fat meats (bacon, sausage)
- High fat casseroles
- High fat convenience food (frozen pizza, boxed meals)



# Healthy Shopping List

## Vegetables

Fresh, frozen or canned.

Canned veggies with <140mg sodium.

- Artichoke
- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Collard Greens
- Cucumber
- Eggplant
- Escarole
- Green/Wax Beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Pea Pods
- Peppers
- Radishes
- Rhubarb
- Romaine Lettuce
- Sauerkraut
- Scallions
- Spinach
- Sugar Snap Peas
- Summer Squash
- Swiss Chard
- Tomato
- Turnip Greens
- Water Chestnuts
- Zucchini

## Starchy Vegetables

- Beans/legumes
- Corn
- Peas
- Plantains
- Potato (White & Sweet)
- Pumpkin
- Winter Squash

## Dairy

All dairy should be low fat or fat free.

Choose cheeses with 1% or fat free milk.

- 1% or Fat Free Milk
- Low Fat Lactaid Milk
- Low Fat Soy Milk
- Low Fat Cheese
- Low Fat String Cheese
- Low Fat Ricotta Cheese
- 1% Cottage Cheese
- Low Fat Pudding
- Low Fat Yogurt, Plain
- Light Yogurt, Flavored
- Low Fat Greek Yogurt, Plain
- Low Fat Greek Yogurt, Flavored

## Fats

- Avocado
- Butter/Margarine
- Hummus
- Light/Fat Free Cream Cheese
- Light/Fat Free Mayo
- Light Miracle Whip
- Light/Fat Free Sour Cream
- Light Tub Margarine
- Reduced Fat Salad Dressing
- Oils: Canola, Olive, Safflower

## Condiments

- Cooking Spray
- Herbs/Seasonings
- Salsa/Mustard/Horseradish
- Spray Butter/Margarine
- Sugar-Free Jelly/Jam/Syrup
- Sugar Substitute

## Fruits

Fresh, frozen, dried or canned

(canned fruit must be packed in its own juice)

- Apples
- Applesauce (Natural)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Cranberries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

# Healthy Shopping List

## Breads & Grains

The first ingredient should be: whole wheat, multigrain, cracked wheat, oat, rye or millet on a whole grain product.

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Bulgar
- Einkorn
- Farro
- Millet
- Pumpnickel Bread
- Quinoa
- Rye Bread
- Wheat Bread
- Wheat Tortilla
- Whole Grain Crackers
- Whole Wheat Pasta
- Whole Wheat Pita
- Wild Rice

## Cereals

Choose whole grain cereals with <6 grams of sugar and 3+ grams of fiber per serving.

- All Bran
- Cheerios (Original)
- Cream of Wheat
- Fiber One
- Grits
- Kashi Go Lean
- Oatmeal (Unsweetened)
- Shredded Wheat
- Steel Cut Oats
- Whole Grain Cereal

## Frozen Entrees

Only recommended to use if necessary – no more than 1-2x per week.

- Healthy Choice
- Lean Cuisine
- Smart Ones
- Weight Watchers

## Meat & Poultry

Trim visible fat and remove skins.

- Lean Ground Beef: 90%-95% lean
- Leanest Roast
  - Arm Roast
  - Chuck Shoulder
  - Top Loin
  - Top Sirloin
- Leanest Steaks
  - Bottom Round
  - Round Eye
  - Round Tip
  - Top Round
- Leanest Pork
  - Center Loin
  - Ham/Canadian Bacon
  - Pork Loin
  - Tenderloin
- Chicken/Turkey
  - 90% Lean Ground
  - Chicken Breast (Skinless)
  - Turkey (Cutlet, Skinless)
- Deli Meat: use 97% Lean
  - Ham
  - Lean Roast Beef
  - Turkey
- Other
  - Eggs
  - Eggs Whites/ Beaters
  - Soy Products
  - Tofu
  - Veggie Burger

## Nuts & Seeds

- Almonds
- Cashews
- Chia Seeds
- Flax
- Hazelnuts
- Nut Butter
- Peanuts
- Peanut Butter
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin
- Soy Nuts
- Sunflower
- Walnuts

## Fish

Fresh, frozen (without breading) or water-packed canned fish.

- Catfish
- Clams
- Cod
- Crab
- Haddock
- Herring
- Lobster
- Mussels
- Oysters
- Salmon
- Sardines (Water-packed)
- Scallops
- Shrimp
- Tilapia
- Trout
- Tuna (Water-packed)

## Beans & Legumes

- Chick Peas
- Black Beans
- Black-eyed Peas
- Edamame
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Split Peas
- Soy Beans
- White Beans

## Beverages

- Decaf. Coffee/Tea
- Flavored Water (sugar-free, non carbonated)
- Herbal Tea
- Water