

Soft Meal Plan: 4 weeks

The meal plan is designed to prevent complications, discomfort and maximize weight loss. Stop eating and drinking when satisfied. Overfilling may stretch the stomach pouch and hinder weight loss.

Total volume per meal should equal $\frac{1}{4}$ - $\frac{1}{2}$ cup. **Eat your protein first** and eat only the foods listed below.

Protein: Eat 5-6 protein meals per day, 1/4 - 1/3 cup per meal

- Cooked chicken or turkey (no skin)
- Lean ground beef (at least 90% lean)
- Ground venison
- Any fish or seafood
- Tofu, tempeh
- Eggs (yokes and whites)
- Canned beans (kidney, lentils)
- Cream soups made with low-fat milk (98% fat-free)
- Reduced fat cheese
- 1% cottage cheese
- Part skim ricotta cheese
- Milk or Lactaid (skim, fat-free, 1%)
- Soy milk light (plain or vanilla)
- Plain or light low-fat yogurt or Greek yogurt
- Sugar-free, homemade pudding with low-fat milk

Tips For Success

- Aim for at least 60-70 grams of protein/day
- Aim for 5-6 oz. of lean meat or fish daily
- Decrease protein supplement to once/day
- Chew foods to applesauce consistency
- Add foods slowly and one-at-a-time to test tolerance

Foods After Meeting Protein Requirements:

1-2 Tbsp. per meal

Fruit:

- Fresh, ripe, soft – no skins or seeds
- No oranges, grapefruit, grapes or berries
- Canned fruit – no sugar added

Vegetables:

- Soft, cooked fresh, frozen or canned
- Avoid seeds and skins
- Avoid raw and fibrous
- Tomato sauce puree – no seeds or skins
 - No pasta allowed

Cereal:

- Cooked – cream of rice, oatmeal, grits
- Cold, unsweetened, soaked in milk

Fluids: 48-64 oz. per day

- Water
- Unsweetened decaffeinated tea
- Decaffeinated coffee
- Sugar-free non-carbonated beverages
- Sugar-free popsicles
- Sugar-free gelatin
- Broth

Foods to Avoid:

- All breads, doughnuts, pastries
 - These may form a dough ball and block the stomach
- Rice and pasta
- Sugar and sweets
 - Table sugar, cakes, cookies, pies, ice cream
- High fat foods
 - Butter, oil, regular salad dressing, mayonnaise, sour cream, cream cheese, whole milk, cheese
- High fat meat
 - Bacon, sausage, luncheon meats
- Steak, roast beef, pork, lamb, veal, venison (ground venison is ok)
- Raw vegetables, salad
- Fibrous vegetables or stingy, tough skins
 - Asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, salad greens
- Fresh Fruit
 - Berries, grapes, grapefruit, oranges
- Nuts, seeds, coconut, raisins, popcorn dried fruit

Sample Meal Plan

Breakfast: Choose 1 of the following

Option 1:

- 1 scrambled egg with 1 oz. or less low fat cheese

Option 2:

- ½ cup Greek yogurt

Option 3:

- Oatmeal made with milk and 2 Tbsp. protein powder

Snack 1:

- 1/4 – 1/3 cup of 1% cottage cheese
- 1-2 Tbsp. fruit

Lunch:

- 1/4 – 1/3 cup chicken
- 1-2 Tbsp. vegetables

Snack 2:

- Protein supplement

Dinner:

- 1/4 – 1/3 cup fish
- 1-2 Tbsp. soft, cooked vegetables

Snack 3 (optional):

- Choice of 1 dairy serving