

I'm not robot!

Bi-Weekly Meal Plan, Week 1: November 28 – December 4

Meals	Monday November 28	Tuesday November 29	Wednesday November 30	Thursday December 1	Friday December 2	Saturday December 3	Sunday December 4
Dinner	<ul style="list-style-type: none"> Turkey-Veggie Meatloaf Mashed Potatoes Green Beans 	<ul style="list-style-type: none"> Grilled Pineapple Chicken w/Pineapple Salsa Black Beans Brown Rice 	<ul style="list-style-type: none"> Black Bean Burritos w/Raw Cheese, Brown Rice, Lacto Ferm Salsa, Guacamole & Cultured Sour Cream 	<ul style="list-style-type: none"> Herb Roasted Drumsticks & Veggies Caesar Salad 	<ul style="list-style-type: none"> Broccoli Cheese Soup Sourdough Rolls w/Butter Miscun Salad Dessert: Choco Chip Cookie Sandwiches 	<ul style="list-style-type: none"> Veggie Calzones Garden Salad 	<ul style="list-style-type: none"> Grilled Fish Provençal Wild Rice
Lunch	<ul style="list-style-type: none"> Strawberry Cream Cheese Roll-Up Raw Veggies & Ranch Dip 	<ul style="list-style-type: none"> Turkey & Raw Cheese Cracker Stackers "Lunchables" 	<ul style="list-style-type: none"> Chicken Dunkers Homemade "Lunchable" 	<ul style="list-style-type: none"> Layered Bean Dip Homemade Tortilla Chips 	<ul style="list-style-type: none"> Leftover Chicken Drumsticks Apple Slices 	<ul style="list-style-type: none"> Egg Salad Sandwiches Cultured Pickles 	<ul style="list-style-type: none"> Leftover Broccoli Cheese Soup Sourdough Rolls w/Butter
Breakfast	<ul style="list-style-type: none"> Eggs Over Easy Cinnamon Toast Fruit Smoothie 	<ul style="list-style-type: none"> Fruit-on-the-Bottom (& Top) Yogurt Boiled Eggs 	<ul style="list-style-type: none"> Toad-in-a-Hole Fresh Mixed Berries 	<ul style="list-style-type: none"> Breakfast Burritos Fruit Smoothie 	<ul style="list-style-type: none"> Mixed Berry Power Muffins Boiled Eggs 	<ul style="list-style-type: none"> Brown Rice Breakfast Porridge (with pear instead of apple) Fruit Smoothie 	<ul style="list-style-type: none"> Bacon, Egg & Raw Cheese Buttermilk Biscuits Fruit Salad
Do Ahead	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> Soak beans and brown rice for tomorrow's dinner 	<ul style="list-style-type: none"> Save leftover chicken for tomorrow's lunch Save leftover beans and rice for tomorrow's dinner and rice Sat's breakfast Soak tortilla batter for tomorrow's dinner 	<ul style="list-style-type: none"> Mash leftover black beans & assemble layered bean dip Save leftover tortillas for tomorrow's breakfast & lunch 	<ul style="list-style-type: none"> Soak Power Muffin batter for tomorrow's breakfast 	<ul style="list-style-type: none"> Boil extra eggs & make egg salad for tomorrow's lunch Save leftover broccoli soup for Sun's lunch Defrost leftover brown rice for tomorrow's breakfast 	<ul style="list-style-type: none"> Defrost fish for tomorrow's dinner Soak wild rice for tomorrow's dinner 	<ul style="list-style-type: none"> Freeze extra biscuits for next week's breakfast

Pre-Op 1200 Calorie Meal Plan

- > Practice principals of mindful eating
- > In each meal, be mindful of your portion size
- > Refer to serving sizes on following pages
- > Eat 3 meals per day; no snacking or grazing
- > Drink at least 64 oz water per day (8 cups)
- > Eat slowly (one bit a minute); chew food completely (30X)

Breakfast	Lunch	Dinner
2 protein	2-3 protein	3 protein
1 fruit	2 vegetables +	2 vegetables +
0-1 starch	1 starch	1 starch
1 milk	1 fruit	1 milk
1 fat	1 fat	1 fat
Beverage (between meals)	Beverage (between meals)	Beverage (between meals)

Sample Meals

Breakfast	Lunch	Dinner
1/4 C low fat or fat free cottage cheese (1 protein)	2 oz. low fat turkey (2 protein)	3 oz broiled halibut (3 protein)
1 egg scrambled (1 protein)	2 C salad greens with cucumbers, tomatoes (2 veg)	1 C steamed broccoli (2 veg)
1 C strawberries (1 fruit)	1 tbs low fat salad dressing (1 fat)	1/2 c small potato (1 starch)
	1 med apple (1 fruit)	1 tsp tub margarine (1 fat)
1 C fat-free unsweetened yogurt (1 milk)	5-6 Saltine crackers (1 starch)	1 C fat free milk (1 milk)
Decaf tea or coffee (between meals)	Decaf iced tea (between meals)	Sugar-free jello

Breakfast	Lunch	Dinner
1/2 C egg substitute (2 prot)	3 oz Tuna fish (canned in water) (3 protein)	3 oz skinless chicken breast (3 protein) Stir fry:
1 slice bread (very well toasted) (1 starch)	1 tbsp low fat mayo (1 fat)	1 tsp olive oil (1 fat)
1 C fat free milk (1 milk)	1 C raw vegetables (1 veg)	1/2 C broccoli
1 med orange (1 fruit)	6 whole wheat crackers (1 starch)	1/2 C peppers (1 veg)
1 tsp tub margarine (1 fat)	1/2 C fresh fruit salad (1 fruit)	1/2 C diced onions and 1/2 C mushrooms (1 veg)
		1 C nonfat plain yogurt (1 milk)
Decaf tea or coffee (between meals)	Water with lemon (between meals)	Decaf iced tea, water (between meals)

7 DAY BARIATRIC MEAL PLAN

	DAY 1 (1180 CAL)	DAY 2 (1160 CAL)	DAY 3 (1020 CAL)	DAY 4 (1090 CAL)	DAY 5 (1190 CAL)	DAY 6 (1200 CAL)	DAY 7 (1120 CAL)
BREAKFAST	1 poached egg 1 slice Ezekiel bread 1 tsp butter (330 calories)	Protein smoothie: 1 scoop protein powder, ½ banana, 1 cup unsweetened almond milk, ice (340 calories)	Bariatric Hot Cappuccino Protein Drink (100 calories)	Bariatric Fluffy Vanilla Protein Bar (160 calories)	½ cup cooked oats cooked in water After cooking stir in 2 TB Bariatric Vanilla Protein Powder, cinnamon, and stevia (150 calories)	2 egg omelet cooked in 1 tsp butter with spinach 1 ounce cheese (280 calories)	Proti-VLC Smoothie (160 calories)
SNACK	Bariatric Hot Chocolate Protein Drink (100 calories)	15 almonds (90 calories)	½ apple sliced 2 TB peanut butter for dipping (220 calories)	½ cup cottage cheese ½ sliced peach (140 calories)	1 cheese stick 15 almonds (150 calories)	Bariatric Fluffy Nutter Protein Bar (160 calories)	2 hard boiled eggs (150 calories)
LUNCH	½ avocado 3 ounces chicken breast 1 oz mozzarella 1 tsp balsamic glaze (320 calories)	3 ounces chicken on romaine salad, cucumber, carrot, tomato, 1 oz parmesan cheese, 1 TB ranch or blue cheese (330 calories)	Proti-VLC Soup (160 calories)	1 slice Ezekiel bread ½ medium avocado sprinkled with seasoning or mixed herbs (180 calories)	Proti-VLC Smoothie (160 calories)	3 ounces salmon 3 ounces broccoli 1 tsp olive oil (200 calories)	Small sweet potato 1 tsp butter 1 TB low sugar bbq sauce (250 calories)
SNACK	Bariatric Shake or Pudding (100 calories)	Proti-VLC Soup (160 calories)	½ cup roasted edamame (130 calories)	Bariatric Shake or Pudding (100 calories)	Proti-VLC Soup (160 calories)	Bariatric Shake or Pudding (100 calories)	Bariatric Shake or Pudding (100 calories)
DINNER	3 ounces tilapia, 2 ounces spinach mixed with any vegetables 1 tsp olive oil (250 calories)	3 ounces ground turkey cooked with carrots, sliced mushrooms, green onion, garlic, ginger, 1 TB soy sauce, 1 tsp hoisin (350 calories)	3 ounces roasted salmon 2 ounces green beans (200 calories)	Small sweet potato 1 TB butter 2 ounces flank steak (300 calories)	3 ounces chicken 1TB olive oil 2 ounces asparagus 1 ounce parmesan cheese lemon (320 calories)	¾ cup ground turkey chili (250 calories)	3 ounces tilapia 1 tsp olive oil ½ cup black beans ½ avocado (250 calories)
SNACK	Bariatric Fluffy Nutter Protein Bar (160 calories)	Vanilla Wafers Protein Bar (210 calories)	Chocolate Wafer Protein Bar (210 calories)	Vanilla Wafer Protein Bar (210 calories)	Chocolate Wafer Protein Bar (210 calories)	Vanilla Wafer Protein Bar (210 calories)	Chocolate Wafer Protein Bar (210 calories)

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Meal Plan Overview (Simplified)

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 poached egg, 1 slice Ezekiel bread, 1 tsp butter	Protein smoothie	Bariatric Hot Cappuccino Protein Drink	Bariatric Fluffy Vanilla Protein Bar	½ cup cooked oats	2 egg omelet	Proti-VLC Smoothie
Snack	Bariatric Hot Chocolate Protein Drink	15 almonds	½ apple sliced	½ cup cottage cheese	1 cheese stick	Bariatric Fluffy Nutter Protein Bar	2 hard boiled eggs
Lunch	½ avocado, 3 oz chicken	3 oz chicken on romaine	Proti-VLC Soup	1 slice Ezekiel bread	Proti-VLC Smoothie	3 oz salmon	Small sweet potato
Snack	Bariatric Shake	Proti-VLC Soup	½ cup roasted edamame	Bariatric Shake	Proti-VLC Soup	Bariatric Shake	Bariatric Shake
Dinner	3 oz tilapia, 2 oz spinach	3 oz ground turkey	3 oz roasted salmon	Small sweet potato	3 oz chicken	¾ cup ground turkey chili	3 oz tilapia
Snack	Bariatric Fluffy Protein Bar	Vanilla Wafers Protein Bar	Chocolate Wafer Protein Bar	Vanilla Wafer Protein Bar	Chocolate Wafer Protein Bar	Vanilla Wafer Protein Bar	Chocolate Wafer Protein Bar

Table 1 - Food Examples for a Pureed Diet

Food Item	Svg. Size	Protein
Eggs, scrambled, soft boiled or soft poached	1 egg	8 grams
Unsweetened pureed fruit, mashed bananas, applesauce	¼ cup	0 gms – add protein powder
Pureed vegetables; avoid broccoli, cauliflower, brussel sprouts, onions	½ cup	2 gms – add protein powder
Pureed meat	¼ cup	7 gms
Finely mashed white fish (Tuna)	¼ cup	7 gms
Fat-free cottage or ricotta cheese	1 oz.	6 gms
Processed cheese	½ cup	4-8 gms
Mashed potato – no gravy, no fat	½ cup	2 gms-add protein powder

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Media Platform Design Team Welcome to Week 3 of the moving dining plan! If you want to repeat a favorite meal, feel free. Monday menu Today's menu: breakfast-Breakfast for convenience store Tas 1 Microwave oatmeal (e.g. Quaker Oatmeal Express) with a box of 8 ounces of fat-free milk and 1 banana. Lunch ½ c Cheese and tomatoes sandwich at home: spread 1 slice of whole bread with 2 teaspoons of reduced calorie mayonnaise and 1 slice with mustard to taste. Fill with 2 ounces (2 slices) Swiss, Cheddar, Provone or Jack Cheese and as many tomato slices as possible. Serve with a side salad with 2 teaspoons to dress your choice. For dessert, eat 1 peach (or a peach of 4 ounces canned in your own juices) or 2 plums. Snack - Fruit and nuts combine 2 tablespoons of almonds, nuts or other nuts of your choice with 4 halves of dried apricot or 1 1/2 tablespoons of raisins. Dining ½ c Fish-fish in aluminum paper with chopped salad Place two 5 ounce boned fish filets (truth, pargo, linguado or other fish) on a piece of aluminum paper large enough to fully wrap the fillet. Brush each fish with 1 teaspoon of olive oil, salt and pepper to taste and sprinkle each with 2 teaspoons of fresh and chopped dill. Add a fresh lemon juice spritz and cover each with 3 slices of lemon. Roll the fish freely, place in the pre-heated oven at 350 ° F. Cook for 12 minutes or until the fish are opaque everywhere. For salad, mix 1/2 chopped red pepper, 1/2 cup chopped cucumber, 1/4 avocado, 1 teaspoon of olive oil, 1 to 2 teaspoons of fresh dill and salt and pepper to taste. Enjoy 1 slice of whole bread and a glass of 4 ounce wine. (Fish makes 2 servings; book 1 for dinner on Tuesday.) If you sairrolac :sairlac ed oirj:aid latoT .adacip adalas a arap asac ad adalas am buS .arief-âĀĀret arap sarrohac arap aslob amu me asac arap edatem eVL .âĀĀgetnam a meruges euĀĀsept odahlerg etxep auttibus, etnaruatser mu me 57.2 gPERCENT OF DIARY FAT calories: 35% Saturated Fat: 17.1 gpercent of saturated fat calories: 10% carbohydrate: 165 gpercent of carbohydrate calories: 46% fiber: 46% fiber: 23 gProteina: 70 gPERCENT OF DAILY CALORIES FROM PROTEIN: 19% Cholesterol: 1.163 mgsaˆdio: 1.241 mg still hungry? See these bass snacks not not! Menu de Tuesday: Morning caf © â Ā Ā Ā Raisin Bran and Fruit Have 1 Cramp Raisin Bran with 1 cup of skim milk (which does not enter the bowl, use in caf © or drink plant). Add 1 banana and 2 tablespoons of nuts or other nuts. Lunch â Ā Ā Feaja f o Burrito at home: Fill 1 whole wheat tortilla (check the label for more than 120 calories) with 1/2 cup of refried canned (check the label for About 120 calories per 1/2 cup, such as Amy's brand), 1/4 avocado, 2 to 3 tablespoons parsley, and 2 tablespoons of shredded cheddar cheese or jack. Roll, microwave and serve. In Taco Bell: regular bean burrito in baja fresh: vegetarian bare burrito (with three bedrooms, leave the rest on your plate) Snack have 1 yoplait smoothie dinner nourich Red pepper, 1/2 cucumber of cup, 1/2 cut avocado, 2 to 4 tablespoons parsley (to taste), and the rest of the leftover fish fillet from Monday (1, crookedly broken in pedaas you. Add onions if you wish. Top with 6 baked tortilla chips. Total Calories Daining: 1.528 Failure: 47 gpercent of fat calories: 28% saturated phase: 9.2 gpercent of calories saturated fat: 5% carbohydrate: 218 gpercent of carbohydrate calories: 53% fiber: 39 gProteina: 73 gpercent of daily calories from protein: 19% cholesterol: 142 mgcalcium mgsaivir: 1.990 mg still hunger? See these bass snacks not not! Wednesday menu: breakfast your purse It has 1 power bar with 220 to 240 calories and at least 4 grams of fiber. (Take an Odwalla Carrot Bar, a Barrel Bar — not dipped — or a Cliff bar.) Have with an 8-ounce 8-ounceof milk without fat and 20 red or green grapes. Lunch â Ā Ā Microwave meals seek frozen meals ranging from 320 to 360 calories with at least 6 grams of fiber and no more than 3 grams of saturated fat. Some of the best flavored and nutritious frozen meals are Indian. Look for brand names like Amy, Taj and Green Guru (Guru Green Channa Masala is a great option with impressive 12 grams of fiber). Have 1 tangerine for dessert. Snack â Ā Ā Latte and Biscotti have a 12 ounce fat-free milk coffee (e.g., "height") Starbucks with 1 small biscuit (no more than 110 calories-for example, Starbucks Vanilla Almond Biscotti). Dinner â Ā Ā Macarrão with chicken pitch 1 1/2 cups of whole wheat noodles cooked (any form of noodles) with 2/3 cup of chicken breast in boiled cubes (without skin), 1/2 cup of tomatoes and 1 teaspoon of olive oil. Serve with 2 cups of green salad mixed with 2 teaspoons of sauce of your choice. Even the olive Garden: Chicken Giardino, part of lunch (you can order this size at dinner) and a side salad with 2 teaspoons of sauce. Total daily calories: 1.556 gord: 36 G Percent of daily fat calories: 21% of saturated fat: 8.1 gPORCE of daily calories of saturated fat: 5% of carbohydrates: 240 gents of daily calories of carbohydrates: 58% of fiber: 27 gProtein: 81 Daily protein calories: 21% of cholesterol: 118 mgcalcium: 1.058 mgsodium: 1.596 mg is still hungry? Check out these low pants snacks! Thursday menu: Breakfast â Ā Ā BRAN of raisins, fruits and milk have 1 cup of raisin bran with 1 cup of fat-free milk, 1 banana and 2 tablespoons of nuts. Lunch â Ā Ā Roasted potatoes, broccoli and cheese at home: Open a hot and baked potato (the microwave is good) and cover with 3 tablespoons of smooth yogurt with low content arudrog arudrog ed root oxiab moc ahilub ed sašãNo 6 mamarred sognaron e etrugol eã -â Ā eã kcanS .artxe siloc'Arb ašãep e aniragram a eruges ,ojiequ e siloc'Arb moc adassa atatab a ašãep :sdyneW me. J23 ed arecrel savu ed aracãX 1 moc avris .odagsar raddehe ed aracãX 4/1 e ropav on odtoze siloc'Arb ed aracãX 1 e ajevrec .azzip-ratnaj .jsairlac 06-05 ranimreted arap ofãŠãacifirev ed solut'Arf psic'YR uo kaM-KA omoc. siargetini soltocisib ed sairlac 06 a 05 moc avris. 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Serving without of the salad from Thursday (1 tossed with 2 teaspoons dress up of your choice. Drink a light 12 ounce beer. Total daily calories: 1.511 Fat: 63 gPercent of daily calories of fat: 38% Saturated fat: 13 gPercent of daily calories of saturated fat: 8% Carbohydrate: 175 g Daily calories of carbohydrates: 47% Fiber: 22 Protein: 56 Daily protein calories percentage: 15% Cholesterol: 452 mg Calcium: 1.600 Are you still hungry? Look at these low-level snacks! Saturday menu: Breakfast • Egg Burrito Scramble 2 eggs with about 2 tablespoons of parsley. Roll into a total 8 inch tortilla (check the label for about 100 to 120 calories per tortilla, like Cedar Lane). OR replaces Amy's Breakfast Burrito. Serve with au lait coffee (1 cup of coffee, regular or decaffeinated, mixed with 1 cup of hot milk without fat). Have 1 slice of cantaloupe (a quarter of a medium melo). Lunch • Veggie Cheeseburger Prepare a soybean-based vegetable burger from 110 to 120 calories according to package instructions. (Try Boca All-American Flame Grilled or Gardenburger Flame Grilled). Melt 1 ounces (1 slice) of low-fat cheese, such as Cabot 50% Cheddar or Kraft 2% Singles on patty during the last stages of cooking. Place on an integral wheat bread with tomato, onion, lettuce and mustard and ketchup to taste. Serve with 1 cup of baby carrot and any remaining tomatoes. At Burger King: Have BK Veggie Burger, in mayo. Dinner • Dinner at Mall NOTE: If your mall has none of these chains, get something similar. At Panda Express: Have a cup of black pepper chicken, chicken with mushrooms, chicken or beef or tofu with rope beans, or beef with broccoli and a cup of mixed vegetables. It has a portion of rice size tennis ball. At Au Bon Pain: Have the salad Charbroiled Salmon and yellow peppers or the Mediterranean chicken salad is a third mel-mustard poron or half of a vinaigrette balsamic balsamic por. Serve with 1 slice of French bread. For dessert, it has a small size of soft reserve frozen yogurt or light ice cream, about 3/4 cup (like the "Junior Cup" in the TCBY). If they have information about nutrition, discover 150 calories worth. Total daily calories: 1.549 Fat: 43 gPercent of daily fat calories: 25% Saturated fat: 14.8 gPercent of daily calories of saturated fat: 9% Carbohydrate: 183 gPercent of daily calories from carbohydrates: 51% Fiber: 23 gProtein: 92 g Percent of daily protein calories: 24% Cholesterol: 491 mg Calcium: 1.953 mg Sodoy: 2.663 mg Still hungry? Look at these low-level snacks! Sunday menu: Breakfast • Bagel, Cream Cheese and Lox Have 1 small-to-medium bagel, preferably whole wheat or oatmeal (the Lender honey buckwheat, 2.85 ounces, 220 calories) spread with 3 tablespoons of reduced fat cream cheese and 2 ounces of lox (smoeda smoked salmon). Serve with 1/2 cup of blueberries and a small cup (1 cup) of fat-free milk. Lunch • Bean soup with spinach have 1 1/2 glasses of lentil, black beans, or other beans soup. If you go home, dip 1 1/2 cups of spinach into soup. If you eat outside, order with a side salad (preferably spinach) with 2 teaspoons of fat-free sauce. It has 90 to 100 calories of whole grain cookies (such as Ak-Mak or Wasa). Snack • Flavored Latte Have a 12-ounce latte without fat with 2 hardened syrup pumps. Dinner • Turkey Roll-Up Spread 1 heated whole wheat tortilla (check labels for about 120 calories) with 2 tablespoons of reduced fat cream cheese, 2 slices (2 ounces) turkey breast, 1 slice of reduced fat cheese (same Kraft 2% Singles or Cabot 50% cheddar), shredded lettuce, harbor or arugula, and parsley to taste. Roll and serve. Have with 1 cup of baby carrot In the subway: Order the chicken Bacon Wrap without the ranch dresses or bacon. Have it with fat-free mustard sauce and things with lettuce, tomatoes and green pepper. Bring your carrots. Snack â Ā Ā Ā Carb-Lovers' Snack Snack oi. onaip oi. onaip on etnahlemes odãAetnoc e odãAetnoc esse erbos sepãŠãAmrofni siam rartnocne edop ðãcV .liame ed sošãerdne sus reconof a soirj:ãusu so raduja arap anigjãp atse arap odatropmi e soriecret rop oditnam e odairc ©ã OdãAetnoc essE 14 anames an :omix'ãRp lašãlac axiab ed sehcnal sesse arifnoC ?emof moc ;ãtse adnia gm 301.4 :oid'ãSgm 612.1 . :muilacgm 701 :loretseloc ed#52 :anãetorp ad sairj:aid sairlac ed tncepG 59 :niatorPg 43 :arbit ed#75 :SOTARDIHOBRAC ED SAIRãID SAIROILAC AD ETNECROPG 12 :sotardiobraC#7 :adaruTãS arudroG ED SAIRãID SAIROILAC ED ECR0PG 5.21 :adaruTãS arudroG#81 :TROG ED SAIRãID SAIROILAC ED ECR0PG 03 :ãFãZ25.1 :sairlac ed oirj:aid latoT .sodassa ahilitrot ed spihc 9 moc adizuder arudrog moc adizuder sadnoocrim ed acopip ed ocas mu ed ošãret mu

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