



# Bariatric Surgery Cookbook



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER



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**This book is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).

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For a digital copy of this cookbook, please visit [go.osu.edu/pted4643](http://go.osu.edu/pted4643).

# Meal Planning

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As you have learned on your weight loss journey, bariatric surgery helps you to lose weight and improve your quality of life, but lifestyle changes are needed for lasting results.

One lifestyle change, meal planning, involves planning meals and snacks to eat at home. This will help you control the portions that you eat and meet your nutrient needs after surgery.

The bariatric-friendly recipes shared in this book will help you plan meals. You will find recipes for each Step diet.



## Helpful information as you read this book

### Not all recipes are for everyone:

You may have different preferences and intolerances after surgery. Make recipes work for you by making substitutions. For example:

- If you are **lactose intolerant**, substitute lactose free or soy milk for cow's milk.
- If you are **allergic to blueberries**, try other berries like fresh cranberries or strawberries.
- If **grilled chicken breast makes you feel sick** when you eat it, try ground or shredded chicken instead.

### Mindful moment

After bariatric surgery, listen to your body and learn what foods work well and what foods do not. There are no good or bad foods!

### **When you eat at home after surgery, you are able to:**

- Reduce fat and total calories by using lower fat ingredients and cooking methods.
- Reduce sodium or salt content by choosing lower sodium or fresh ingredients.
- Improve a meal's nutrients by adding fruits and vegetables.

### **Meal planning is helpful because it:**

- Makes creating a grocery list easier by having a list of items you need for planned meals and snacks each day.
- Helps you to only buy food items that you plan to use. This prevents food waste.
- Prevents relying on quick or easy meals that may be higher in calories and sodium.

### **You will need these common kitchen items to do the recipes in this book:**

- Aluminum foil
- Baking sheet
- Blender or food processor
- Can opener
- Cheese grater
- Chef's knife
- Cutting board
- Large saute pan or skillet
- Measuring spoons and cups
- Mixing bowls
- Muffin tin
- Slow cooker
- Spatula
- Stirring spoons
- Whisk

### **Preparing meals at home saves money:**

With fast food restaurants offering meals for \$4 to \$5, it may seem that choosing these may help you save money. In this book, you will see the cost per serving for each recipe. You will find that preparing these meals will help you save more.

### **For more recipes:**

Many of the recipes you see here have been adapted from websites that are not bariatric specific. To get a variety of the nutrients your body needs, try looking for recipes that include:

- Lean meats
- Vegetables
- Fruits
- Whole grains

Also try to make substitutions to include these items and to better fit your preferences and tolerances.

# Meal Planning Tool

Meal planning starts at the grocery store! Make your weekly grocery shopping list when you plan your meals and snacks.

Make copies of the meal planning tool on this page or use it to make your own tool to plan your meals and snacks for the week. Then, organize your grocery list by sections (fresh, meat, dry, dairy, frozen, etc.) to make trips to the grocery store quick and efficient.



## My meal plan

Day of the Week	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

## My grocery list

Fresh:

Meat:

Dry:

Dairy:

Frozen:

Other:



# Step 2 Diet Review

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The Step 2 diet is used for up to 4 weeks after bariatric surgery. **Your meals will be only liquid or pureed.** You will avoid all raw fruits, raw vegetables, nuts, seeds, popcorn, pickles, untoasted bread, pasta, rice, and similar grains.

## Pureed food should be:

- The consistency of applesauce
- Thin enough to flow through a funnel

## How to puree foods:

- Cut food into small pieces.
- Place food into blender or food processor.
- Add liquid, such as broth or milk.
- Blend or puree until smooth.
- Strain foods that do not blend to a smooth consistency.
- Season foods to taste. You may want to avoid spicy foods, such as Tabasco sauce, white pepper, red pepper, etc.

## Calories:

The amount you will be able to eat at one time is very small. The calories per serving of these recipes, as well as other foods you are able to eat at this stage, are low. This makes it important to eat often. **Aim for 5 to 6 small meals each day.**

Some people are tempted to only eat 2 to 3 times a day. This may decrease your metabolism and slow your weight loss. It may also prevent or prolong your healing and recovery.

## Protein:

Because you will be eating smaller amounts with your new stomach pouch, it is important to choose foods that are high in protein. Protein helps your body heal from surgery.

It can be hard to get protein from food while on a pureed diet. Each of the recipes in this book includes a good source of protein to help you meet your daily goal.

## Meal size:

The serving size of the recipes in the Step 2 diet are  $\frac{1}{4}$  cup. At this stage, you may only be able to eat 2 to 3 tablespoons at a time, which is less than  $\frac{1}{4}$  cup (4 tablespoons).

Remember to **eat meals slowly over 15 to 30 minutes and listen to fullness cues** to decide what amount is right for you.

## Remember:

Restaurant foods are NOT recommended for the first 2 months after surgery. Use the recipes in this book to help you add variety to your pureed meals at home.

# Pureed Mushroom Chicken

## Step 2 Diet

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**Items needed:** Oven, baking sheet, aluminum foil, blender or food processor, cutting board, chef's knife, measuring spoons and cups

**Ingredients:**

- 1 tablespoon (Tbsp) olive oil
- 1 medium chicken breast (boneless, skinless)
- ½ cup low sodium cream of mushroom soup (plus more for desired consistency)
- Salt and pepper to taste
- Small pinch of paprika or to taste

**Directions:**

1. Preheat the oven to 425 degrees F.
2. Place foil onto baking sheet. Place chicken breast onto baking sheet and coat with olive oil, adding salt and pepper to taste.
3. Place baking sheet in the oven and cook for 10 to 12 minutes or until the internal temperature of chicken reaches 165 degrees F.
4. Remove chicken from oven and let cool. Move to cutting board and cut into ½ inch chunks.
5. Empty ½ cup of warmed cream of mushroom soup into blender or food processor.
6. Add cut chicken and blend until smooth. Add more soup as needed to get desired consistency.
7. Add a small pinch of paprika or to taste.

**Serving size:** ¼ cup

**Yield:** About 4 servings

**Per serving:** 90 calories, 5 g fat, 3 g carbs, less than 1 g sugar, 9 g protein, 197 mg sodium

**Cost per serving:** \$0.78

**Adapted from:** Wagner, S. (2016, December 3). Soft Phase Recipe – Cream of Mushroom Chicken Thighs. Retrieved June 5, 2020, from <https://www.bariatricfoodcoach.com/recipe/soft-phase-recipe-cream-of-mushroom-chicken-thighs/>



**Tip:** Use a low sodium soup to puree meat and improve flavor, while still getting the protein you need. Don't like mushrooms? Try another of your favorite noodle-free soups.

# Refried Bean Bowl

## Step 2 Diet

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**Items needed:** Saute pan, spatula, colander, blender or food processor, measuring cups and spoons, cutting board, chef's knife

**Ingredients:**

- Olive oil spray
- 1 can pinto beans, drained and rinsed
- 1 cup vegetable broth
- ¼ teaspoon (tsp) garlic powder
- ¼ tsp cumin
- ¼ tsp chili powder
- ¼ tsp onion powder
- Optional toppings: a pinch of low fat cheese or 1 teaspoon fat free sour cream

**Directions:**

1. Spray a saute pan with olive oil spray.
2. Add rinsed and drained pinto beans to the saute pan and fry for 1 to 2 minutes.
3. Pour broth into saute pan along with garlic powder, cumin, chili powder, and onion powder.
4. Bring the pinto beans to a slow boil. Continue to boil until the broth is reduced by half (about 3 to 5 minutes).
5. Sprinkle pinches of fresh, chopped cilantro over pan.
6. Let cool for 5 to 10 minutes, and then transfer contents of pan to a blender or food processor and blend until smooth.
7. Top with optional toppings above, as desired.

**Serving size:** ¼ cup

**Yield:** 8 servings

**Per serving:** 50 calories, 0 g fat, 9 g carbs, less than 1 g sugar, 3 g protein, 250 mg sodium

**Cost per serving:** \$0.16

**Adapted from:** Pullman, J. (2019, August 3). Easy Homemade Low-fat Refried Beans. Retrieved June 5, 2020, from <https://bariatricbits.com/low-fat-refried-beans/>



**Tip: Choose foods low in sodium when selecting packaged foods. When not available, rinse canned goods, like the canned beans in this recipe, to reduce the sodium you eat.**

# Pureed Beef Stew

## Step 2 Diet

---

**Items needed:** Slow cooker, blender or food processor, measuring cups and spoons, cutting board, chef's knife

- Ingredients:**
- Oil or cooking spray
  - 1 pound beef stew meat, but into bite size pieces
  - ¼ tsp salt
  - 4 cups assorted cut up fresh vegetables (about 1 cup each of potatoes, carrots, celery, and onions)
  - 1 can (14 ounces) lower sodium beef broth
  - 1 can (8 ounces) tomato sauce with basil, garlic, and oregano
  - ½ to 1 cup water or low sodium beef broth (optional)

- Directions:**
1. Spray inside of a 4 quart slow cooker with oil or cooking spray.
  2. Place all ingredients in the slow cooker and stir to combine.
  3. Cook on LOW for 8 hours or on HIGH for 4 hours or until meat and vegetables are tender.
  4. After cooking, let cool before pureeing.
  5. Place about 1 cup of mixture (include meat, vegetables, and broth) into blender or food processor at a time.
  6. Puree to desired consistency, aiming for between a smooth liquid and pudding thickness. Add water or broth as needed.
  7. Repeat puree process with the remaining stew and refrigerate for 3 to 4 days or freeze to use as needed.

**Serving size:** ¼ cup

**Yield:** 32 servings

**Per serving:** 36 calories, 1 g fat, 2 g carbs, less than 1 g sugar, 4 g protein, 122 mg sodium

**Cost per serving:** \$0.36

**Adapted from:** ReadySetEat. (n.d.). Simple Beef Stew. Retrieved June 8, 2020, from <https://www.readyseteat.com/recipes-Simple-Beef-Stew-6835>



**Tip:** This is an easy meal to puree and freeze in ice cube trays to eat at a later date. You can also freeze half of the recipe before it is pureed to eat when you are advanced to Step 4.

# Pureed Egg Salad

## Step 2 Diet

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**Items needed:** Chef's knife, cutting board, blender or food processor, measuring spoons

**Ingredients:**

- 4 hard boiled eggs
- 2 Tbsp reduced fat mayonnaise
- 2 Tbsp plain Greek yogurt
- Salt and pepper to taste

**Directions:**

1. Slice hard boiled eggs.
2. Place the egg slices into a blender or food processor.
3. Blend or chop eggs until there are no large pieces.
4. Add mayonnaise, Greek yogurt, and seasonings to eggs.
5. Blend well until the egg salad is smooth.

**Serving size:** ¼ cup

**Yield:** 4 servings

**Per serving:** 97 calories, 4 g fat, 5 g carbs, less than 1 g sugar, 13 g protein, 180 mg sodium

**Cost per serving:** \$0.17



**Tip:** Skip the table salt and add a few drops of pickle juice or mustard for a salty taste and more flavor.

# Tomato Soup

## Step 2 Diet

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**Items needed:** Chef's knife, cutting board, blender or immersion blender, measure spoons and cups, large soup pot, can opener

**Ingredients:**

- 2 Tbsp extra virgin olive oil
- 1 medium yellow onion, chopped
- ½ tsp fine salt
- 2 Tbsp tomato paste
- 1 large can (28 ounces) whole tomatoes with liquid
- 2 cups of low sodium vegetable broth
- 1 cup cooked great northern or cannellini beans, rinsed and drained
- 2 Tbsp unsalted butter, cut into a few pieces
- 1 tsp brown sugar, to taste
- Salt and pepper, to taste
- 10 to 15 fresh basil leaves, chopped to taste (optional)

**Directions:**

1. In a Dutch oven or soup pot, warm the olive oil over medium heat to a simmer. Add the onion and salt and cook, stirring occasionally, until the onions are tender and turning translucent, 7 to 10 minutes. Add the tomato paste and cook, stirring constantly, until fragrant, about 30 seconds.
2. Add the tomatoes and vegetable broth and stir to combine. Increase the heat to medium-high, and bring the mixture to a simmer. Cook for 30 minutes, reducing the heat as needed to maintain a gentle simmer, stirring occasionally.
3. Remove the pot from the heat and let it cool for a few minutes. Carefully transfer the mixture to a blender, being sure not to fill past the maximum fill line (blend in batches if needed). Other option is to use an immersion blender while mixture is still in pot. Add the beans, butter, sugar, and several twists of black pepper. Securely fasten the lid and blend the soup until smooth, being careful to avoid the hot steam escaping from the lid.
4. Add extra salt, pepper, or a little more sugar as needed to help balance the taste. Add basil now if using.

**Serving size:** 1 cup



**Tip:** Freeze the remainder of the tomato paste in an ice cube tray for easy, quick use.

**Yield:** 8 servings

**Per serving:** 110 calories, 3 g fat, 17 g carbs, 7 g sugar, 4 g protein, 326 mg sodium

**Cost per serving:** \$1.86

**Adapted from:** Kathryn Taylor. (2017). Classic Tomato Soup. Retrieved December 21, 2023, from <https://cookieandkate.com/classic-tomato-soup-recipe/>

# Single Serve Ricotta Bake

## Step 2 Diet

---

**Items needed:** Measuring spoons and cups, 5 ramekins, medium bowl

- Ingredients:**
- Olive oil spray
  - 15 ounces part skim ricotta cheese
  - 1/3 cup grated Parmesan cheese
  - 1/4 tsp dried basil
  - 1/4 tsp garlic powder
  - 5 Tbsp of smooth marinara
  - Pinch of salt and pepper

- Directions:**
1. Preheat oven to 350 degrees F.
  2. Spray 5 ramekins with olive oil and place on a baking sheet.
  3. In a medium bowl, combine ricotta cheese, Parmesan cheese, basil, garlic powder, salt, and pepper.
  4. Stir ricotta mixture to fully combine.
  5. Place 1/4 to 1/2 cup of the ricotta mixture into the prepared ramekins and top with 1 tablespoon of sauce.
  6. Bake for 20 minutes.
  7. Remove from oven. Enjoy!

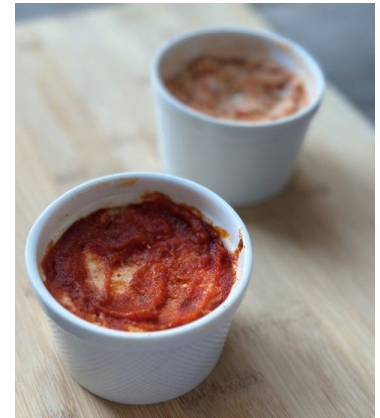
**Serving size:** 1/4 to 1/2 cup

**Yield:** 8 servings

**Per serving:** 144 calories, 8 g fat, 5 g carbs, 1 g sugar, 12 g protein, 213 mg sodium

**Cost per serving:** \$0.80

**Adapted from:** Jennifer Pullman. (n.d.). Single Serve Baked Ricotta. Retrieved December 21, 2023, from <https://bariatricbits.com/single-serve-baked-ricotta/>



**Tip:** Try to find marinara that has no sugar added to help reduce the likelihood of dumping syndrome.

# Vanilla and Cinnamon Swirl Protein Popsicles

## Step 2 Diet

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**Items needed:** Measuring spoons and cups, blender, Popsicle mold, large bowl

**Ingredients:**

- 1 oz box of sugar free Vanilla Pudding Mix
- 2 cups unsweetened soy milk
- 2 scoops unflavored protein powder
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

**Directions:**

1. In a blender, combine vanilla pudding packet, soy milk, and protein. Blend on high until fully mixed and creamy.
2. Remove about  $\frac{2}{3}$  of the vanilla pudding from the blender and place into a large bowl. Set aside.
3. Add cinnamon and vanilla extract to blender. Blend on high until cinnamon is well mixed.
4. Slowly drizzle the cinnamon flavored pudding onto the top of the vanilla. Take a knife and lightly swirl the cinnamon around.
5. Gently pour into Popsicle molds. Freeze for at least 4 hours.

**Serving size:** 1 Popsicle

**Yield:** 6 servings

**Per serving:** 68 calories, 0.6 g fat, 4 g carbs, 0.3 g sugar, 10 g protein, 228 mg sodium

**Cost per serving:** \$1.26

**Adapted from:** UPMC. (n.d.). Vanilla and Cinnamon Swirl Protein Popsicles. Retrieved December 21, 2023, from <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/full-liquid/vanilla-and-cinnamon-swirl-protein-popsicles>



**Tip:** If you really like cinnamon, add 1 teaspoon of cinnamon extract.

# Greek Yogurt Peanut Butter Pie in a Mug

## Step 2 Diet

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- Items needed:** Measuring spoons and cups, microwaveable mug, small bowl
- Ingredients:**
- 2 Tbsp graham cracker crumbs
  - ½ Tbsp sugar free maple syrup
  - ½ Tbsp butter
  - ½ cup plain Greek yogurt
  - 3 tsp (0.5 g) Splenda or sweetener of choice
  - ½ scoop (23 g) plain whey protein powder
  - 2 Tbsp (12 g) natural peanut butter powder
  - Chocolate chips for garnish

- Directions:**
1. In a microwaveable mug, melt butter in the microwave. Add graham cracker crumbs and maple syrup. Mix well. Press crust into bottom of the mug.
  2. In a separate bowl, combine yogurt, sweetener, and peanut butter powder until completely mixed. Mix in protein powder in little batches until it is free of lumps.
  3. Spoon over crust in mug.
  4. Garnish with chocolate chips if desired.

**Serving size:** ¼ to ½ cup

**Yield:** 1 serving

**Per serving:** 244 calories, 8 g fat, 25 g carbs, 7 g sugar, 26 g protein, 303 mg sodium

**Cost per serving:** \$2.48

**Adapted from:** UPMC. (n.d.). Greek Yogurt Peanut Butter Pie in a Mug. Retrieved December 21, 2023, from <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/stabilization/greek-yogurt-peanut-butter-pie-in-a-mug>



**Tip:** Add a spray or dollop of sugar free or reduced sugar whipped cream, such as Cool Whip, for greater taste.

# Step 3 Diet Review

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As you transition from the Step 2 to Step 3 diet, you will continue to eat blended or pureed foods and add 1 new solid food each day. **All new foods should be soft, cooked, or canned.** Continue to avoid all raw fruit, raw vegetables, nuts, seeds, popcorn, pickles, untoasted bread, pasta, rice, and similar grains.

These recipes may contain many, new, cooked, solid foods you have not tried yet. To better track your tolerances of new foods, try some of them by themselves before preparing the full recipe.

For example, Breakfast Egg Muffin:

- Day 1: Try scrambled eggs
- Day 2: Add cheese to scrambled eggs
- Day 3: Add cooked spinach to scrambled eggs
- Day 4: Add crumbled bacon to scrambled eggs
- Day 5: Try your recipe!

Keep a list of foods that did not go so well, wait 2 to 3 weeks, and try them again!

## Calories and protein:

It continues to be important to eat often. Aim for 5 to 6 small meals per day to get the calories and protein you need each day. Each of these recipes include a good source of protein to help you meet your daily goal and avoid deficiency.

## Meal size:

**Eat ¼ to ½ cup at each meal** based on what you are able to tolerate well. Start with the recipe's serving size, but take small bites, eat slowly, and pay attention to fullness cues to guide how much is right for you.

# Tofu Scramble

## Step 3 Diet

---

**Items needed:** Cutting board, chef's knife, large saute pan, stirring spoon, small and medium bowls, fork, measuring spoons and cups, spoon

**Ingredients:**

- 1 Tbsp olive oil
- 1 small onion
- 3 cloves garlic
- 1 pound extra firm tofu
- 2 to 3 Roma tomatoes
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- 1 cup frozen chopped baby spinach (thawed)
- ¼ cup reduced fat cheese
- Salt and pepper to taste

**Directions:**

1. Dice the onion and tomato, and then mince the garlic.
2. In a large pan over medium-high heat, saute onion in olive oil for 7 to 8 minutes.
3. Meanwhile, remove some of the excess liquid from the tofu, slice the tofu into 1 inch slices, place the tofu in a medium bowl and use a fork to crumble the tofu.
4. Add garlic to the pan, and cook for 30 seconds.
5. Add crumbled tofu and tomato. Reduce heat to medium, and cook about 10 minutes, stirring occasionally.
6. While the tofu is cooking, put the cumin, paprika, and turmeric in a small bowl. Add 1 to 2 Tbsp of water, and stir to combine.
7. Add seasonings to the pan. Stir well.
8. Add spinach, stir and cook another 3 minutes until all vegetables are well cooked and soft.
9. Top with cheese, salt, and pepper to taste.



**Tip:** Tofu is a low calorie, low sodium, nutrient rich protein source that is often well tolerated after bariatric surgery. It also easily takes on the flavor of spices, making it a versatile source of protein.

**Serving size:** ½ cup

**Yield:** 10 servings

**Per serving:** 75 calories, 4 g fat, 4 g carbs, 1 g sugar, 6 g protein, 90 mg sodium

**Cost per serving:** \$0.50

**Adapted from:** McGinn, K. (2020, May 13). Easy Tofu Scramble (Vegan!). Retrieved June 8, 2020, from <https://www.thegardengrazer.com/2014/03/tofu-scramble-with-spinach-and-tomato.html>

# Breakfast Egg Muffin

## Step 3 Diet

---

**Items needed:** Muffin tin, paper liners (optional), mixing bowl, whisk, measuring cup

**Ingredients:**

- Cooking spray
- 6 eggs
- ½ cup frozen spinach, chopped
- ⅓ cup cooked turkey bacon, crumbled (about 5 slices)
- ⅓ cup cheddar cheese, shredded

**Directions:**

1. Preheat oven to 375 degrees F.
2. Spray 6 cups of muffin tin with cooking spray or use paper cups.
3. Crack eggs into a large bowl, and whisk until smooth (about 1 minute).
4. Add spinach, bacon, and cheese to egg mixture. Stir to combine.
5. Divide egg mixture evenly among muffin cups.
6. Bake for 15 to 18 minutes or until eggs are firm.
7. Remove from oven and tin. Enjoy.

**Serving size:** 1 muffin

**Yield:** 6 muffins

**Per serving:** 120 calories, 13 g fat, 1 g carbs, 0 g sugar, 16 g protein, 250 mg sodium

**Cost per serving:** \$0.44

**Adapted from:** Welch, S. (2019, March 18). Breakfast Egg Muffins. Retrieved June 8, 2020, from <https://www.dinneratthezoo.com/breakfast-egg-muffins/>



**Tip:** Prepare the egg muffins, and store them in the refrigerator. Reheat for a quick on the go breakfast.

# Ground Turkey and Peppers

## Step 3 Diet

---

**Items needed:** Large skillet, cutting board, knife, and measuring spoons and cups

- Ingredients:**
- 3-4 Tbsp cooking oil (divided)
  - 1 cup yellow onion, chopped
  - 1 bell pepper, chopped
  - 2 cloves garlic, minced
  - 1 pound lean ground turkey
  - 1 tsp chili powder
  - 2 Tbsp fresh cilantro
  - ¼ tsp salt

- Directions:**
1. Heat large skillet to medium heat. Add 2 Tbsp olive oil. Saute onion and bell pepper until softened.
  2. Add garlic, and cook for 30 seconds. Remove vegetables from pan, and set aside.
  3. Add remaining oil, turkey, and chili powder.
  4. Cook turkey without stirring until brown on one side, and then flip.
  5. Once cooked through, stir in vegetables and cilantro. Remove from heat. Enjoy.

**Serving size:** ½ cup

**Yield:** 4 servings

**Per serving:** 307 calories, 23 g fat, 2 g carbs, 0 g sugar, 22 g protein, 270 mg sodium

**Cost per serving:** \$1.98

**Adapted from:** Bauer, E. (n.d.). Mom's Ground Turkey and Peppers {1-Pot Meal!}. Retrieved June 9, 2020, from [https://www.simplyrecipes.com/recipes/moms\\_ground\\_turkey\\_and\\_peppers/](https://www.simplyrecipes.com/recipes/moms_ground_turkey_and_peppers/)



**Tip:** If you find ground meat to be too dry, add broth or tomato sauce to add moisture in recipes.

# Zucchini Noodles with Turkey Sauce

## Step 3 Diet

---

**Items needed:** Spiralizer or cheese grater, large skillet, spoon, cutting board, chef's knife, measuring spoons and cups, glass bowl, plastic wrap

**Ingredients:**

- 3 medium zucchini
- ½ cup Parmesan cheese
- 1 Tbsp cooking oil
- 1 Tbsp Italian seasoning, no/low sodium
- 1 red onion, chopped
- 4 cloves garlic, minced
- 1 pound lean ground turkey
- 28 ounce can crushed tomatoes
- ½ cup parsley or basil, chopped

**Directions:**

1. Spiralize or grate zucchini. Set aside.
2. Heat large skillet to medium-low heat. Add oil and onion, and cook for 5 minutes. Stir in garlic and Italian seasoning. Cook for 1 minute.
3. Add turkey, and cook until browned.
4. Stir in tomatoes until thickened, about 5 minutes. Add parsley or basil.
5. To steam zucchini, place it in a microwave-safe dish. Cover with a lid or plastic wrap. Microwave 2 cups at a time on High about 2 minutes or until soft.
6. To serve, place a serving of zucchini on a plate, and top with sauce and cheese.

**Serving size:** ¼ cup zucchini noodles with ¼ cup sauce and 1 teaspoon Parmesan cheese

**Yield:** 12 servings

**Per serving:** 120 calories, 5 g fat, 7 g carbs, 4 g sugar, 11 g protein, 200 mg sodium

**Cost per serving:** \$1.12

**Adapted from:** Hodges, C. A. (2019, January). Zucchini Noodles with Quick Turkey Bolognese. Retrieved June 9, 2020, from <http://www.eatingwell.com/recipe/269846/zucchini-noodles-with-quick-turkey-bolognese/>

Casner, C. (2018, October). Quick Turkey Meat Sauce. Retrieved June 9, 2020, from <http://www.eatingwell.com/recipe/268780/quick-turkey-meat-sauce/>



**Tip:** Use zucchini noodles in your recipes to increase your daily dose of vegetables.

# White Bean Chicken Chili

## Step 3 Diet

---

**Items needed:** Chef's knife, cutting board, frying pan, turner, measuring cups and spoons, blender or food processor, can opener, soup spoon, slow cooker

**Ingredients:**

- 2 Tbsp olive oil
- 1½ cups yellow onion, ¼ inch dice
- 1 green bell pepper, diced
- 1 Tbsp cumin
- 4 cloves garlic, minced
- 1¼ pound boneless, skinless chicken breasts
- 1 cup roasted mild green chiles, divided, canned, rinsed
- 2½ cups white beans (2, 15 ounce, low sodium, canned), drained, divided
- 1 cup unsalted chicken stock, divided
- 1 tsp kosher salt
- ¼ tsp black pepper
- Optional toppings: fat free sour cream, low fat cheese

**Directions:**

1. Heat olive oil in frying pain on low-medium heat.
2. Add diced onions, diced pepper, and cumin, and cook until onions are translucent (about 4 to 5 minutes).
3. Add garlic and cook for an additional 1 to 2 minutes or until garlic is fragrant.
4. Add cooked onions, pepper, cumin, and garlic mixture, chicken breasts, ½ cup of the roasted chilies, 1½ cups of the white beans, and ½ cup chicken stock to the slow cooker.
5. For creaminess, in a blender, puree the other ½ cup roasted green chilies, 1 cup beans, and ½ cup chicken stock until smooth, about 45 seconds. Add to the slower cooker.
6. Add salt and pepper to the slow cooker.
7. Cover and cook on high for 3 hours, or low for 6 hours.
8. Remove chicken, and shred or cut into cubes.
9. Add back to slow cooker, and stir to combine. Taste chili, and season as needed. Serve chili with toppings as desired.



**Tip: Cooking for one? Leftovers are only good for about 4 days. Take ¼ to ½ of the recipe for your meals and leftovers, and then freeze the rest for a later date.**

**Serving size:** 1 cup

**Yield:** 12 servings

**Per serving:** 172 calories, 4 g fat, 16 g carbs, 2 g sugar, 19 g protein, 380 mg sodium

**Cost per serving:** \$0.74

**Adapted from:** Gavin, J. (2020, May 11). White Bean Chicken Chili. Retrieved June 9, 2020, from <https://www.jessicagavin.com/wholesome-white-bean-chicken-chili/#wprm-recipe-container-35943>

# Cottage Cheese Bake

## Step 3 Diet

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**Items needed:** Measuring spoons and cups, large bowl, 8x8 baking dish

**Ingredients:**

- Oil spray
- 2 cups low fat or fat free cottage cheese
- 2 whole eggs
- 10 ounce pack of frozen spinach, thawed and drained
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Dash of garlic powder
- Pinch of red pepper flakes (optional)

**Directions:**

1. Preheat oven to 350 degrees F. Spray baking dish with oil spray.
2. In a large bowl, mix all ingredients together well.
3. Place evenly into 8x8 dish.
4. Bake for 20 to 30 minutes or until cheese bubbles on the outside.
5. Let sit 5 minutes before serving.
6. Season with extra salt, pepper, red pepper flakes, and garlic powder as desired.

**Serving size:** ½ cup

**Yield:** 8 servings

**Per serving:** 78 calories, 3 g fat, 3 g carbs, 2 g sugar, 11 g protein

**Cost per serving:** \$0.63

**Adapted from:** Froedtert & Medical College of Wisconsin (n.d.). Cottage Cheese Bake Recipe. Retrieved December 22, 2023, from <https://www.froedtert.com/bariatric-surgery/recipes/cottage-cheese-bake>



**Tip:** Substitute the spinach for another leafy green if you wish.

# Taco Casserole

## Step 3 Diet

---

**Items needed:** Saute pan, cutting board, chef's knife, measuring spoons and cups, large bowl, small bowl, 13x9 casserole dish

- Ingredients:**
- 1 pound ground turkey
  - 1 small zucchini
  - 1 small yellow onion, diced
  - 1 garlic clove, minced
  - 1 packet of taco seasoning
  - 1 can (10 ounces) black beans, drained and rinsed
  - 1 can (8 ounces) fat free refried beans
  - 1 can (8 ounces) tomatoes and chilies
  - 2 cups Mexican blend cheese



**Tip: Use low sodium black beans, tomatoes, and chiles to help lower the sodium per serving.**

- Directions:**
1. Preheat oven to 350 degrees F.
  2. Spray the saute pan with nonstick cooking spray. Add the zucchini, onion, and garlic and saute on medium heat until they are soft. Drain any excess liquids and transfer mixture to a bowl.
  3. Brown the ground turkey meat. Drain and transfer to the same bowl as the zucchini mixture. Add the black beans, tomatoes, and chilies. Mix well.
  4. Mix in taco seasoning thoroughly and then transfer mixture to the 13x9 casserole dish.
  5. Warm the refried beans in a microwave safe bowl. Spread the refried beans on top of the casserole mixture.
  6. Top with cheese and then bake for about 30 minutes or until the cheese is melted or slightly browned.
  7. Cool for 10 to 15 mins before slicing and serving.

**Serving size:** ½ to 1 cup

**Yield:** About 9 servings

**Per serving:** 277 calories, 13 g fat, 11 g carbs, 2.5 g sugar, 23 g protein, 690 sodium

**Cost per serving:** \$1.66

**Adapted from:** Nikki (n.d.). Taco Casserole. Retrieved December 22, 2023, from <https://www.bariatricfoodie.com/taco-casserole/>

# Buffalo Roasted Chickpeas

## Step 3 Diet

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**Items needed:** Baking sheet, aluminum foil, measuring spoons, mixing bowl

- Ingredients:**
- 1 Tbsp olive oil
  - 1 tsp garlic powder
  - 19 tsp Frank's Red Hot Buffalo Wing Sauce
  - 1 can (16 ounces) chickpeas (garbanzo beans), drained and rinsed
  - Salt and pepper to taste



- Directions:**
1. Preheat your oven to 450 degrees F. Line a baking sheet with foil for easy cleanup.
  2. Drain and rinse the can of chickpeas. Pat dry with paper towel or cloth of your choice.
  3. Put chickpeas into a bowl and add the olive oil, garlic powder, hot sauce, salt, and pepper. Toss the mixture to coat evenly. Spread evenly onto baking sheet.
  4. Roast in oven for 30 minutes. Cook times may vary, so check every 10 minutes or so until beans look crispy.

**Tip: Try other types of sauce for different flavors. Remember to keep sugar to less than 10 mg per serving.**

**Serving size:** ½ cup

**Yield:** About 3 servings

**Per serving:** 178 calories, 6 g fat, 24 g carbs, less than 1 g sugar, 8 g protein, 969 mg sodium

**Cost per serving:** \$0.70

**Adapted from:** UPMC. (n.d.). Buffalo Roasted Chickpeas Recipe. Retrieved December 22, 2023, from <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/stabilization/buffalo-roasted-chickpeas>

# Step 4 Diet Review

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Welcome to Step 4! You are about 6 to 8 weeks out from your surgery and are ready to resume a regular diet. You will continue to use some of the same practices to introduce new foods. Add 1 new food at 1 meal each day. If you have any problems, wait 1 to 2 weeks before trying it again.

Although all foods are allowed at this stage, due to your changed stomach after surgery, you may still have problems tolerating:

- Tough meats
- Untoasted breads
- Rice
- Pasta

## **Calories and protein:**

It will continue to be challenging to get enough calories and protein each day. Continue to eat small meals often. Include a protein from the milk or meat/meat substitute group with all meals and snacks. Also include whole grains, fruits, and vegetables in your meals each day to add more nutrients to your diet and promote good health.

## **Meal size:**

At this stage, you may only be able to eat about  $\frac{1}{2}$  to 1 cup total at meals. The typical long term meal size after bariatric surgery is about 1 to 1  $\frac{1}{4}$  cups.

Continue to eat slowly and listen to your fullness cues to determine how much is right for you at each meal.

## **Lifelong goals of bariatric surgery:**

- Eat 5 to 6 small meals or snacks per day.
- Eat slowly.
- Limit sugars to no more than 10 grams per meal.
- Drink at least 8, 8 ounce cups (64 ounces total) of water a day.
- Sip liquids and practice eating meals without beverages. Stop 10 minutes before eating and wait at least 30 minutes after eating before you resume drinking.
- Avoid alcohol, caffeine, and carbonation.
- Take your multivitamin/mineral supplements as directed.
- Include a protein at every meal and snack.
- Eat less fried foods, added fats, and processed food items.
- Limit dining out to 1 or 2 times a week.

Each of these goals are important for long term health and continued progress with weight loss after bariatric surgery. If you ever feel that you need assistance reaching these goals, please call 614-366-6675 to speak with a dietitian.

# Simple Berry Smoothie

## Step 4 Diet

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**Items needed:** Blender or food processor, spoon, measuring spoons and cups, drinking glass

**Ingredients:**

- 5.3 ounce cup of low sugar vanilla Greek yogurt, such as Oikos Triple Zero Yogurt
- 1/3 cup frozen mixed berries
- 2 Tbsp fat free, skim milk

**Directions:**

1. Add 1/2 cup yogurt, frozen berries, and milk to blender.
2. Blend until smooth.
3. Pour into a glass and sip slowly. Enjoy!

**Serving size:** 1 smoothie

**Yield:** 1 smoothie

**Per serving:** 138 calories, 0 g fat, 17 g carbs, 9 g sugar, 16 g protein, 79 mg sodium

**Cost per serving:** \$1.29



**Tip:** It can be hard to find a yogurt that's low in sugar. Read food labels and look for 5 or less grams of sugar to keep your total grams of sugar under 10 grams for this meal or snack.

# Bacon, Egg, and Cheese Breakfast Sandwich

## Step 4 Diet

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**Items needed:** Frying pan, turner, measuring cups and spoons

**Ingredients:**

- 2 tsp olive oil (divided)
- 12 slices reduced sodium turkey bacon
- 6 eggs
- 6 slices reduced fat cheese slices, OR thin sliced cheese, variety of choice
- 6 whole grain flat bread sandwich thins
- 2 cups raw spinach
- Siracha or other condiments to taste

**Directions:**

1. Cook turkey bacon as directed on package.
2. Heat about ½ teaspoon of oil in frying pan on low to medium heat.
3. Crack 3 eggs into frying pan and cook for 4 to 5 minutes or until egg is firm on all sides.
4. Flip eggs and cook until yolk is firm. Repeat Steps 3 and 4 with remaining olive oil and 3 more eggs.
5. Split sandwich thin and toast, if desired.
6. Place 1 cooked egg, 1 slice cheese, 2 slices turkey bacon, and 3 to 4 leaves of baby spinach on one half of the sandwich thin.
7. Top with siracha or other condiments to taste.
8. Finish assembling sandwich by placing other half of sandwich thin on top. Enjoy!

**Serving size:** 1 sandwich

**Yield:** 6 servings

**Per serving:** 280 calories, 13.5 g fat, 21 g carbs, 2 g sugar, 19 g protein, 460 mg sodium

**Cost per serving:** \$0.97



**Tip:** Cook the eggs and bacon at the beginning of the week and keep them in the refrigerator. Reheat and make your sandwich each morning for a quick and easy breakfast to go.

# Sweet Potato Blueberry Protein Muffins

## Step 4 Diet

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**Items needed:** Muffin tin, cooking spray, paper liners (optional), blender, measuring cups and spoons

**Ingredients:**

- 1½ cups old fashioned rolled oats
- 1 small sweet potato, peeled, cooked, and mashed (see directions below)
- 1 cup plain low fat yogurt
- 2 large eggs
- 2 scoops vanilla protein powder
- 1 Tbsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- Pinch of salt
- 1½ cups blueberries (fresh or frozen)



**Directions to cook sweet potato:**

1. Peel and cube sweet potato, and then place in glass bowl.
2. Microwave for 5 minutes.
3. Stir, and then microwave an additional 2 minutes and 30 seconds or until soft.
4. Mash with a fork in the glass bowl.

**Tip: Pair with another high protein food to make a filling and complete breakfast.**

**Directions to cook muffins:**

1. Heat oven to 350 degrees F. Spray 12 cups of muffin tin with cooking spray or fill with paper cups.
2. Add oats to blender and process until a flour forms, about 30 seconds.
3. Add sweet potato, yogurt, eggs, protein powder, cinnamon, baking powder, baking soda, and salt. Blend until well combined (or whisk in a bowl). Batter will be very thick.
4. Transfer to a bowl and fold in blueberries.
5. Scoop batter into muffin tin.
6. Bake for 25 to 30 minutes.
7. Remove and cool for 5 minutes. Enjoy!

**Serving size:** 1 muffin

**Yield:** 12 muffins

**Per serving:** 130 calories, 3 g fat, 18 g carbs, 5 g sugar, 7 g protein, 75 mg sodium

**Cost per serving:** \$0.57

**Adapted from:** Nardo, K. (2019, June 25). Sweet Potato Blueberry Protein Muffins. Retrieved June 11, 2020, from <https://eatthegains.com/sweet-potato-blueberry-protein-muffins/>

# Make Your Own Bento Box

## Step 4 Diet

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**Items needed:** Reusable snack box storage containers (optional), measuring spoons and cups, chef's knife, cutting board

### Possible ingredients:

#### Proteins:

- 1 hard boiled egg
- 1 Tbsp peanut butter
- 1 ounce low fat cheese stick, cubes or slices
- ¼ cup yogurt dip
- 2 Tbsp hummus
- ¼ cup cottage cheese

#### Carbohydrates:

- ½ Flatout Flatbread
- 8 to 12 whole grain crackers
- ½ small apple or pear, sliced
- 1 clementine
- 5 to 7 grapes
- ¼ to ½ cup berries
- 4 to 5 tortilla chips

#### Vegetables:

- 5 to 6 cherry tomatoes
- 5 baby carrots
- 4 to 5 pieces of celery
- ¼ cup guacamole
- 5 to 6 bell pepper strips
- 4 to 5 slices of cucumber
- 4 to 5 pieces of broccoli

### Directions:

1. Choose 2 proteins, 2 carbs, and 2 vegetables from above, or similar foods in similar serving sizes.
2. Prepare fruit (if included) by rinsing and slicing as needed. Coat sliced fruit in lemon or lime juice to prevent browning.
3. Prepare vegetables by rinsing and slicing as needed.
4. Measure or count servings of each item.
5. Place items in a snack box container.



**Serving size:**

Varies

**Yield:**

2 servings

**Per serving:**

Nutrition information varies based on contents.

**Cost per serving:**

\$1.75

**Tip: Need to plan your snacks for the day? This is a good way to plan 2 snacks that contain protein and that are also easy to pack and take on the go!**

# Greek Yogurt Almond Chicken Salad

## Step 4 Diet

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**Items needed:** Measuring spoons and cups, aluminum foil, baking sheet, oven, mixing bowl, cutting board, chef's knife

**Ingredients:**

- 8 ounces boneless, skinless chicken breast or 1 cup canned chicken
- 1 stalk celery, diced
- 2 green onions, chopped or ¼ cup red onion
- ¼ cup sliced almonds
- ½ cup nonfat plain Greek yogurt
- ½ cup red grapes, sliced in half (optional)
- 1 tsp mustard
- Fresh black pepper

**Directions:**

1. If using chicken breast: heat oven to 350 degrees F. Season breast with salt and pepper, place on foil lined baking sheet. Cover with foil and bake for 25 to 30 minutes until chicken reaches an internal temperature of 165 degrees F.
2. Prepare celery, onions, and grapes (if using), and add to a large bowl with almonds. Add yogurt, mustard, and pepper to taste. Stir to combine.
3. Chop chicken into small pieces. Add to bowl with yogurt mixture.
4. Store in airtight container in the refrigerator.

**Serving size:** 1 cup

**Yield:** 4 servings

**Per serving:** 170 calories, 8 g fat, 6 g carbs, 4 g sugar, 18 g protein, 280 mg sodium

**Cost per serving:** \$1.23

**Adapted from:** McMordie, K. (2020, April 1). Healthy Greek Yogurt Almond Chicken Salad. Retrieved June 12, 2020, from <https://www.verywellfit.com/greek-yogurt-almond-chicken-salad-4154116>



**Tip:** Use canned chicken for a cheaper and more convenient option, making this meal simple enough to make in minutes!

# Chicken Stuffed Potatoes

## Step 4 Diet

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**Items needed:** Measuring spoons and cups, cutting board, chef's knife, small bowl, spoon

**Ingredients:**

- 4, 6 ounce red potatoes
- ¼ cup water
- 2 cans (5 ounces each) no-salt added chicken breast, drained
- ½ tsp chili powder
- ⅛ tsp salt
- ⅓ cup store bought salsa
- 2 ounces reduced fat Monterey Jack cheese, shredded (½ cup)
- 1 Tbsp cilantro

**Directions:**

1. Cut thin slice off one side of each potato. Prick with a fork and place in a microwave-safe container. Add ¼ cup water. Microwave uncovered for 10 to 12 minutes.
2. In another bowl, combine chicken, chili powder, salt. Microwave for 1 minute or until heated through.
3. Scoop out a few spoonfuls from inside potato. Spoon chicken mixture into potato shell.
4. Top with salsa and cheese.
5. Option to heat for 30 seconds until cheese is softened. Top with cilantro.

**Serving size:** 1 stuffed potato

**Yield:** 4 servings

**Per serving:** 312 calories, 8 g fat, 35 g carbs, 3 g sugar, 22 g protein, 600 mg sodium

**Cost per serving:** \$1.21

**Adapted from:** EatingWell Test Kitchen. (n.d.). Caviar-Stuffed New Potatoes. Retrieved June 23, 2020, from <http://www.eatingwell.com/recipe/249069/caviar-stuffed-new-potatoes/>



**Tip:** While grocery shopping, look for red potatoes less than or equal to the size of a tennis ball.

# Lemon Dijon Salmon

## Step 4 Diet

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**Items needed:** Measuring spoons and cups, cutting board, knife, baking sheet, aluminum foil

**Ingredients:**

- 1½ pounds wild salmon fillets
- 1 Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- 1 Tbsp fresh lemon juice, plus lemon slices for topping
- 1 tsp chopped fresh thyme or ½ tsp dried
- Salt and freshly ground black pepper, to taste

**Directions:**

1. Preheat the oven to 400 degrees F.
2. Place the salmon fillets on a foil lined baking sheet and blot dry with a paper towel. Season lightly with salt and freshly ground black pepper.
3. Place the olive oil, garlic, Dijon, lemon juice, and thyme in a small bowl and stir to combine.
4. Spoon half of the lemon Dijon mixture over the salmon fillets and top with the lemon slices and bake for 8 to 10 minutes.
5. Remove from the oven and top with the remaining sauce and cook for another 3 to 5 minutes or until the fat has rendered and the fish flakes easily with a fork.

**Serving size:** 4 ounce fillet

**Yield:** 6 servings

**Per serving:** 230 calories, 11 g fat, less than 1 g carbs, 0 g sugar, 29 g protein, 120 mg sodium

**Cost per serving:** \$2.19

**Adapted from:** Marcie. (2019, June 19). Easy Baked Lemon Dijon Salmon. Retrieved June 12, 2020, from <https://flavorthemoments.com/easy-baked-lemon-dijon-salmon/>



**Tip:** Pair with your favorite whole grain and veggies for a delicious, balanced meal.

# Chicken Street Tacos

## Step 4 Diet

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**Items needed:** Small bowl, measuring spoons and cups, cutting board, knife, aluminum foil, baking sheet, mixing bowl

**Ingredients:**

- 1½ pound chicken breast
- ¼ cup olive oil
- ¼ cup lime juice
- 2 tsp minced garlic
- 2 tsp ground cumin
- ½ tsp paprika
- 1¼ tsp chili powder
- Salt and pepper to taste
- 1½ cups frozen corn, thawed
- 1 large avocado, chopped
- ½ bunch of cilantro, chopped
- 12 small street-sized tortillas
- Optional toppings: more lime or cilantro, low fat cheese, siracha or hot sauce, finely chopped jalapeno, black beans



**Tip: Make leftovers more appetizing by adding a little lime juice to keep the avocado and corn topping from browning.**

**Directions:**

1. In a small bowl, mix olive oil, lime juice, minced garlic, cumin, paprika, chili powder, salt, and pepper. Remove 3 to 4 Tbsp of the mixture and set aside.
2. Trim the chicken breasts and slice them evenly in half width-wise to ensure even cooking and place in plastic bag. Place unreserved spice and oil mixture in bag, seal bag, and then knead into chicken until evenly coated. Let marinate in refrigerator for at least 45 minutes.
3. While waiting for chicken to marinate, pre-heat oven to about 425 degrees F and begin to prepare corn.
4. Measure corn and add to mixing bowl.
5. Chop avocado and cilantro. Add to mixing bowl.
6. Finish corn topping by adding the reserved oil and spice mixture and stirring until all ingredients are evenly distributed.
7. When finished marinating, place chicken on foil lined baking sheet and cook chicken for 12 to 15 minutes or to an internal temperature of 165 degrees F. Let cool, and then shred or chop into bite sized pieces.
8. Assemble the taco with chicken, corn topping, and other optional topping as desired.

**Serving size:** 1 street taco

**Yield:** 12 servings

**Per serving:** 205 calories, 10 g fat, 19 g carbs, 1 g sugar, 11 g protein, 292 mg sodium

**Cost per serving:** \$0.75

**Adapted from:** Lords, C. (2019, May 9). Chicken Tacos (Mexican Street Corn). Retrieved June 15, 2020, from <https://www.chelseasmessyapron.com/chicken-tacos/>

# Quinoa Stuffed Pepper Skillet

## Step 4 Diet

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**Items needed:** Large skillet, measuring spoons and cups, chef's knife, cutting board

- Ingredients:**
- 1 Tbsp olive oil, or similar cooking oil
  - 1 cup diced yellow onion
  - 3 garlic cloves
  - 1 pound 90% lean ground beef
  - 1 red pepper, diced
  - 1 green pepper, diced
  - 1 Tbsp tomato paste
  - 14 ounces diced fire roasted tomatoes
  - 1 cup dry quinoa (rinsed)
  - 1 cup beef broth, reduced sodium
  - 1 cup water
  - 1½ tsp dry basil
  - 1 tsp dry oregano
  - ½ tsp fennel seeds
  - ¼ tsp salt
  - ⅛ tsp pepper
  - 1 cup low fat shredded cheese

- Directions:**
1. Heat a large skillet to medium high heat.
  2. Add oil to the pan along with diced onions. Saute until translucent, about 2 to 3 minutes.
  3. Add garlic and sauté for additional 30 seconds.
  4. Next, add ground beef to the pan, breaking it up as you stir. Cook until no longer pink, about 3 to 4 minutes.
  5. Then add in diced green and red peppers, tomato paste, quinoa, fire roasted tomato, beef broth, water, dry basil, dry oregano, fennel seeds, salt, and pepper. Stir until all ingredients are evenly combined.
  6. Cover and bring to a boil. Reduce heat and simmer for 15 minutes.
  7. After the quinoa is cooked through, top with 1 cup of shredded cheese and cover.
  8. Cook additional 2 minutes until cheese is melted and serve.



**Tip: Don't skip the rinse! Rinsing your fruits and vegetables is important for food safety, but why rinse quinoa? Quinoa's natural coating can give it a bitter taste, which can be removed with rinsing. Rinse to get the best tasting dish!**

**Serving size:** ¾ cup

**Yield:** 12 servings

**Per serving:** 167 calories, 7 g fat, 14 g carbs, 3 g sugar, 13 g protein, 300 mg sodium

**Cost per serving:** \$1.09

**Adapted from:** Krista. (2019, October 22). Easy One Pot Quinoa Stuffed Pepper Recipe: Stuffed Pepper Casserole. Retrieved June 15, 2020, from <https://www.joyfulhealthyeats.com/easy-one-pot-quinoa-stuffed-pepper-recipe/>

# One Pan Shrimp and Broccoli

## Step 4 Diet

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**Items needed:** Chef's knife, cutting board, measuring spoons and cups, baking sheet, aluminum foil

- Ingredients:**
- 1 pound raw shrimp, peeled and deveined
  - 2 Tbsp cooking oil
  - 2 Tbsp garlic, minced
  - 1 tsp Italian seasoning
  - ¼ tsp onion powder
  - ¼ tsp paprika
  - ¼ tsp salt
  - 2 Tbsp low sodium chicken stock
  - Juice of ½ lemon
  - 1 head of broccoli, cut into florets

- Directions:**
1. Preheat oven to 425 degrees F.
  2. Cut 2 large pieces of foil and place each flat on countertop.
  3. Chop broccoli and set aside.
  4. In small bowl, combine Italian seasoning, onion powder, and paprika.
  5. Place shrimp on a plate and sprinkle with the spice mix, coating all sides.
  6. Divide shrimp onto foil near center, and then place broccoli to one side of shrimp.
  7. Add garlic over broccoli and shrimp.
  8. Sprinkle with lemon juice and a pinch of salt and pepper.
  9. Add a tablespoon of stock.
  10. Wrap foil into packets and crimp edges.
  11. Place on baking sheet sealed side up and cook for 15 to 20 minutes.
  12. Carefully unwrap, divide into 4 to 6 servings. Enjoy!



**Tip: Getting tired of meat?**  
**Try using soft seafood alternatives, like fish or shrimp, to mix up your proteins!**

**Serving size:** 3 ounces shrimp and ½ cup broccoli

**Yield:** 4 to 6 servings

**Per serving:** 110 calories, 6 g fat, 3 g carbs, 0 g sugar, 13 g protein, 185 mg sodium

**Cost per serving:** \$1.70

**Adapted from:** Cherrier, C. (2020, May 27). Baked Shrimp and Broccoli Foil Packs with Garlic Lemon Butter Sauce. Retrieved June 15, 2020, from <https://www.eatwell101.com/shrimp-and-broccoli-foil-packs-recipe>

# Super Scramble

## Step 4 Diet

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**Items needed:** Non-stick pan, cutting board, chef's knife, wooden spoon or other large spoon, measuring spoons and cups

**Ingredients:**

- Non-stick cooking spray
- 2 white mushrooms, whole, sliced or diced
- 2 tsp red bell pepper, diced
- ½ cup egg white
- 1 whole egg
- ¼ block firm tofu
- 3 Tbsp low fat cheddar cheese
- Salt and pepper to taste

**Directions:**

1. Heat non-stick pan over medium heat. Spray with non-stick cooking spray. Add mushrooms and peppers. Cook until tender, about 2 to 3 minutes.
2. Add the eggs and tofu. Scramble eggs over low heat with spoon until done, about 3 to 4 minutes.
3. Add cheese and serve. Add salt and pepper as desired.

**Serving size:** ½ cup

**Yield:** About 2 servings

**Per serving:** 156 calories, 7 g fat, 5 g carbs, 2 g sugar, 18 g protein, 231 mg sodium

**Cost per serving:** \$1.04

**Adapted from:** UPMC. (n.d.) Super Scramble Recipe. Retrieved December 22, 2023, from <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/soft/super-scramble#:~:text=Super%20Scramble%20Recipe%20Ingredients%20Non-stick%20cooking%20spray,about%202-3%20minutes.%20Add%20eggs%20and%20tofu.%20>



**Tip:** Spice it up by topping with hot sauce or adding a pinch of red pepper flakes.

# Skinny Meatloaf Muffins with BBQ Sauce

## Step 4 Diet

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**Items needed:** Non-stick pan, cutting board, chef's knife, wood spoon or other large spoon, 12 cup muffin tin, large bowl, measuring spoons and cups, blender or food processor (optional)

- Ingredients:**
- Non-stick cooking spray
  - 1 package (1 pound) 99% fat free ground turkey breast
  - ½ cup store bought bread crumbs OR 1 slice whole wheat or multigrain toast, pulsed into crumbs with a blender or food processor
  - 1 cup onion, finely diced or grated
  - 1 whole egg
  - 2 Tbsp Worcestershire sauce
  - ½ cup BBQ sauce (regular or sugar free)
  - ¼ tsp salt
  - Pepper to taste

- Directions:**
1. Preheat oven to 350 degrees F. Coat a 12 cup muffin pan with non-stick cooking spray. This recipe makes 9 meatloaf muffins, so you will only fill 9 of the cups. Set aside.
  2. To make bread crumbs: Toast 1 slice whole wheat or multigrain bread. Let it cool, and then place in a blender and pulse until it is made into crumbs. If you bought bread crumbs from the store, you may skip this step.
  3. In a large bowl, add the ground turkey, bread crumbs, onions, egg, Worcestershire sauce, ½ cup BBQ sauce, salt, and pepper. Using your hands or a large spoon, thoroughly mix together until it is well blended.
  4. Add the meatloaf mixture to the 9 muffin cups, flattening out the tops. Top each meatloaf muffin with ¾ tablespoon BBQ sauce and spread it evenly over the top.
  5. Bake for 40 minutes.

**Serving size:** 1 muffin

**Yield:** 9 muffins



**Tip:** Top with your favorite sauce, such as BBQ sauce or ketchup.

**Per serving:** 140 calories, 5 g fat, 11 g carbs, 6 g sugar, 11 g protein, 393 mg sodium

**Cost per serving:** \$0.64

**Adapted from:** MyBariatricSolutions. (n.d.) Skinny Meatloaf Muffins with BBQ Sauce. Retrieved February 6, 2024, from: <https://mybariatricsolutions.com/skinny-meatloaf-muffins-with-bbq-sauce/>

# Bariatric Pizza

## Step 4 Diet

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**Items needed:** Cutting board, chef's knife, baking tray, aluminum foil or parchment paper, food scale, measuring spoons

**Ingredients:**

- Non-stick cooking spray
- 1 low carb flour tortilla
- 1 oz fresh tomato salsa or no sugar added marinara sauce
- 2 oz chopped ham or meat of choice
- 6 cherry tomatoes, halved
- 4 oz part skim shredded mozzarella cheese
- 4 pitted black olives, halved
- 1 Tbsp fresh chopped herbs, such as basil or oregano
- 1 Tbsp grated Parmesan cheese
- Salt and pepper to taste

**Directions:**

1. Preheat oven to 375 degrees F.
2. Line baking sheet with aluminum foil or parchment paper and lightly grease with non-stick cooking spray.
3. Spread the tomato salsa evenly over the tortilla.
4. Top with ham or meat of choice, cherry tomatoes, olives, mozzarella, chopped herbs (if using basil, add after cooking), Parmesan, and salt and pepper to taste.
5. Bake in oven for about 10 minutes or until cheese is melted.

**Serving size:** ½ tortilla or 3 slices

**Yield:** About 2 servings

**Per serving:** 308 calories, 19 g fat, 14 g carbs, 3 g sugar, 22 g protein, 1,006 mg sodium  
Nutritional information will vary, depending on whether toppings are changed.

**Cost per serving:** \$2.04

**Adapted from:** UPMC. (n.d.) Bariatric Pizza Recipe. Retrieved December 28, 2023, from <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/stabilization/bariatric-pizza>



**Tip:** Replace the olives and cherry tomatoes with your favorite pizza toppings of choice, such as 4 to 6 tablespoons of chopped bell pepper, a handful of spinach, or ¼ cup of pineapple.



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