

Planning Your Meals

Weight loss surgery is life changing and should be used as a **tool** during your weight loss journey. An important part of the journey is establishing the *lifestyle* required to help you lose weight both *before* and *after* surgery, which will help you keep it off! Eating **small, frequent meals** throughout the day will help you reach your goals. No more skipping meals! Eating a serving of **protein** at every meal and snack will help you feel full and satisfied longer. Incorporating a variety of fresh **fruits** and **vegetables, whole grains**, and **healthy fats** will get you on the track for better health. If you have diabetes, be sure to work with your doctor about managing your blood glucose levels.

The table below is an example of how to plan your meals and snacks.

Meal	Protein* <i>(1 serving at every meal and snack)</i>	Grains and Starchy Vegetables <i>(1-2 servings per meal and/or 1 serving at a snack)</i>	Fat <i>(Up to 2 servings per meal, including preparation)</i>	Non-Starchy Vegetables <i>(3 or more servings per day)</i>	Fruit <i>(2 servings per day)</i>
Breakfast	3 oz egg whites	1 cup cooked oatmeal	1 tbsp natural peanut butter		1 cup fresh blueberries and strawberries
Morning Snack	¼ cup hummus	1 serving whole grain crackers		1 cup carrots and celery	
Lunch	4 oz grilled chicken breast (skinless)	2 slices whole grain bread	¼ avocado 2 tbsp light vinaigrette	1.5 cup salad greens, 1 cup radishes, beets, and snap peas	
Afternoon Snack	Protein shake (unsweetened almond milk)				1 apple
Dinner	3 oz broiled salmon	½ cup mashed sweet potato		1 cup steamed green beans	
TOTAL SERVINGS:	5 <i>Goal = 5</i>	6 <i>Goal = No more than 8</i>	3 <i>Goal = No more than 4</i>	4 <i>Goal = 3 or more</i>	2 <i>Goal = 2</i>

* Total protein intake per day should be **60-80 grams** for women and **80-100 grams** for men.

Shopping List for Healthy Food Choices

Proteins

(Meat: 3-4 oz per meal and 1-2oz per snack, Eggs: 1 whole plus 2 egg whites OR 3-4 oz egg whites, Dairy: Following serving size on food label, Protein Supplement: 1 serving containing 20-30 grams of protein, Beans: ½ cup cooked)

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|---|--|--|
| <input type="checkbox"/> Low fat Dairy
<input checked="" type="checkbox"/> Cottage cheese
<input checked="" type="checkbox"/> String cheese sticks
<input checked="" type="checkbox"/> Nonfat yogurt - Greek has more protein
<input type="checkbox"/> Lean red meat or pork
<input checked="" type="checkbox"/> Fillet, loin or Round
<input type="checkbox"/> Chicken or turkey breast - skinless | <input type="checkbox"/> Extra lean ground turkey or beef (90% lean or more)
<input type="checkbox"/> Fish
<input checked="" type="checkbox"/> Tuna packed in water
<input checked="" type="checkbox"/> Tilapia, salmon, cod, halibut, mahi mahi – fresh or frozen
<input type="checkbox"/> Tofu, tempeh | <input type="checkbox"/> Eggs/egg whites
<input type="checkbox"/> Beans/Legumes
<input checked="" type="checkbox"/> Lentils
<input checked="" type="checkbox"/> Black, kidney, white, garbanzo, nonfat refried beans, hummus
<input checked="" type="checkbox"/> Edamame
<input type="checkbox"/> Protein supplement/powder |
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Grains and Starchy Vegetables

(Bread: 1 slice, Pasta: ½ cup cooked, Rice: ½ cup cooked, Potatoes: ½ cup mashed or 1 small sweet or red potato, Tortillas: 1 small)

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|---|--|---|
| <input type="checkbox"/> Oats (regular or steel cut)
<input type="checkbox"/> Barley
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Bulgur
<input type="checkbox"/> Faro
<input type="checkbox"/> Spelt
<input type="checkbox"/> Brown rice | <input type="checkbox"/> Whole wheat tortillas
<input type="checkbox"/> Whole wheat pasta
<input type="checkbox"/> Whole wheat bread
<input type="checkbox"/> Whole wheat crackers
<input type="checkbox"/> Rye
<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Millet | <input type="checkbox"/> Sweet or red potatoes
<input type="checkbox"/> Corn
<input type="checkbox"/> Peas
<input type="checkbox"/> Butternut squash
<input type="checkbox"/> Acorn squash
<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Spaghetti squash |
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Fat

Serving = ¼ cup or 2 oz

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|--|--|
| <input type="checkbox"/> Nuts – ¼ cup
<input type="checkbox"/> Peanut or almond butter – 2 tablespoons
<input type="checkbox"/> Seeds (pumpkin, sunflower, sesame) – ¼ cup
<input type="checkbox"/> Avocado – ¼ per serving | <input type="checkbox"/> Olive oil – 2 tablespoons
<input type="checkbox"/> Olives– 5-10 olives
<input type="checkbox"/> Chia seeds; ground flax seeds – 2 tablespoons
<input type="checkbox"/> Salmon, mackerel, sardines – 3 oz |
|--|--|

Non-starchy Vegetables

Serving = 1-1/2 cups

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|---|--|---|---|
| <input type="checkbox"/> Carrots
<input type="checkbox"/> Beets
<input type="checkbox"/> Radish
<input type="checkbox"/> Bell Peppers
<input type="checkbox"/> Tomatoes | <input type="checkbox"/> Green beans
<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Brussel Sprouts
<input type="checkbox"/> Lettuce | <input type="checkbox"/> Broccoli
<input type="checkbox"/> Asparagus
<input type="checkbox"/> Zucchini
<input type="checkbox"/> Cabbage
<input type="checkbox"/> Eggplant | <input type="checkbox"/> Spinach
<input type="checkbox"/> Kale
<input type="checkbox"/> Onion
<input type="checkbox"/> Cucumber
<input type="checkbox"/> Celery |
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Fruit

Serving = 1 cup cut or 1 medium whole fruit

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|---|---|---|
| <input type="checkbox"/> Blueberries
<input type="checkbox"/> Raspberries
<input type="checkbox"/> Strawberries
<input type="checkbox"/> Banana (½)
<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Peaches | <input type="checkbox"/> Mango
<input type="checkbox"/> Pineapple
<input type="checkbox"/> Apple
<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Honeydew
<input type="checkbox"/> Nectarines | <input type="checkbox"/> Orange
<input type="checkbox"/> Grapes
<input type="checkbox"/> Watermelon
<input type="checkbox"/> Cherries
<input type="checkbox"/> Kiwi
<input type="checkbox"/> Pears |
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