

## Post-op diet stage Two

### Sample menu for Bariatric Full Liquid Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1/4 cup - 1/2 cup Cream of Wheat (thinned)	1/4 cup - 1/2 cup Natural Applesauce (thinned & unsweetened)	1/4 cup - 1/2 cup Greek/ Light Yogurt (thinned)	1/4 cup - 1/2 cup grits (thinned with skim or 1% milk)	1/4 cup - 1/2 cup Instant Breakfast - No sugar added with 1% milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Cream of Broccoli Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed/strained)	1/4 cup - 1/2 cup low-sodium chicken noodle soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed/strained)
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed/strained)	1/4 cup - 1/2 cup Cream of Wheat (thinned)	1/4 cup - 1/2 cup Greek/ Light Yogurt (thinned)	1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed/strained)
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

- Up to three protein shakes per day – this is your main protein sources; should total at least 60 grams per day.
- This meal plan is only a sample menu; please consider your personal tolerance to each food item and volume.
- Vitamin and mineral regimen reflects bariatric multivitamin with iron; you may need other mineral supplements as recommended by your surgeon. See your vitamin and mineral page for supplementation guidelines.

# Post-op diet stage Three

## Sample menu for Soft Bariatric Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Bariatric Multivitamin w/ Iron (Chewable) 1 egg - 7g protein 1/4 cup peaches (light, canned)	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup Natural Applesauce (thinned & unsweetened)	Bariatric Multivitamin w/ Iron (Chewable) 1/2 cup Greek/ Light Yogurt (thinned)	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup grits (thinned with skim or 1% milk) 1/4 cup low-fat cottage cheese - 8g protein	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup Instant Breakfast - No sugar added with 1% milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed) + 1 scoop unflavored protein pdr	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup low-fat Cream of Broccoli Soup (Pureed) + 1 scoop unflavored protein pdr	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed) + 1 scoop unflavored protein pdr.	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup Chicken noodle soup (Pureed) + 1 scoop unflavored protein pdr	Bariatric Multivitamin w/ Iron (Chewable) 1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed) + 1 scoop unflavored protein pdr.
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein	Calcium Supplement (Chewable) Protein Shake > 15g protein
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
2oz canned salmon - 14g protein 1/4 cup boiled/canned green beans	2oz ground turkey - 14g protein 1 Tbsp. avocados	2oz canned chicken - 14g protein 1/4 cup cooked spinach	2oz tuna - 14g protein 1/4 cup mango (light, canned) 1 tsp fat-free mayo	2oz ground chicken - 14g protein 1/4 cup boiled/canned carrots
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day

- Up to three protein shakes per day – this is your main protein sources; should total at least 60 grams per day
- This meal plan is only a sample menu; please consider your personal tolerance to each food item and volume.
- Vitamin and mineral regimen reflects bariatric multivitamin w/ iron; you may need other mineral supplements as recommended by your surgeon. See your vitamin and mineral page for supplementation guidelines.

# Post-op diet stage Four

## Sample menu for Regular Bariatric Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
Egg white omelet 1 egg - 7g protein 1 Tbsp. low-fat cheese	1/2 whole wheat English muffin (well toasted) 1 scrambled egg - 7 g protein	1/2 cup Greek Yogurt (Oikos triple zero) 2 Tbsp. canned pears	1oz Canadian bacon - 7g protein 1/4 cup oatmeal 2 Tbsp. blueberries	1oz Turkey sausage (3g fat or less) - 7g protein 1 slice whole wheat toast (well toasted)
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
2oz rosemary & lemon chicken -14g protein 1/4 cup cooked/canned carrots	1/4 cup - 1/2 cup low-fat Cream of chicken Soup (Pureed) + 1 scoop unflavored protein pdr	2 oz. packed tuna - 14g protein 1/4 cup cooked green beans	1/4 cup - 1/2 cup low-sodium chicken noodle soup (pureed) + 1 scoop unflavored protein pdr	2oz ground turkey - 14g protein 1/4 cup cooked spinach
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
2oz baked Tilapia - 14g protein 1/4 cup cooked spinach	2oz ground turkey - 14g protein 2 Tbsp. well-cooked zucchini 1 Tbsp. avocados	2oz canned chicken - 14g protein 2 Tbsp. butternut squash	2oz baked salmon - 14g protein 1/4 cup mango (light, canned)	2oz rotisserie chicken - 14g protein 1/4 cup boiled/canned green beans

- Up to three protein shakes per day – this is your main protein sources; should total at least 60 g/day
- This meal plan is only a sample menu; please consider your personal tolerance to each food item and volume.
- Vitamin and mineral regimen reflects bariatric multivitamin with iron; you may need other mineral supplements as recommended by your surgeon. See your vitamin and mineral page for supplementation guidelines.

## Sample menu for 6-month and beyond Regular Bariatric Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Bariatric Multivitamin w/ Iron (Chewable) Breakfast Burrito 1 corn tortilla (6 in) 1 egg white - 7g protein 1/4 cup sautéed peppers & onions.	Bariatric Multivitamin w/ Iron(Chewable) 1/2 whole wheat English muffin (well toasted) 1 scrambled egg - 7 g protein 1 oz. low-fat shredded cheddar cheese - 7g protein 1/2 ripe pear	Bariatric Multivitamin w/ Iron (Chewable) 1/2 cup Greek Yogurt (Oikos triple zero) 1/4 cup blueberries	Bariatric Multivitamin w/ Iron (Chewable) 2oz Canadian bacon - 14g protein 1/4 cup oatmeal 1 Tbsp. raisins	Bariatric Multivitamin w/ Iron(Chewable) 1oz Turkey sausage (3g fat or less) - 7g protein 1 slice whole wheat toast (well toasted) 1/2 banana
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable) 1 Protein bar (Think thin or Quest or Pure protein)	Calcium Supplement (Chewable) 1/4 cup low-fat cottage cheese 1/4 cup canned peaches (in water)	Calcium Supplement (Chewable) 1 low-fat cheese stick 1/4 cup watermelon	Calcium Supplement (Chewable) 1 Protein bar (Think thin or Quest or Pure protein)	Calcium Supplement (Chewable) 1/2 cup 0% plain Greek yogurt 2 Tbsp. chopped strawberries
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Bariatric Multivitamin w/ Iron (Chewable) 3 oz. roast turkey 1/4 cup cooked carrots	Bariatric Multivitamin w/ Iron (Chewable) Southwest Salad 2oz shredded chicken 1/4 cup black beans 1/4 cup lettuce/tomato 1 Tbsp. Avocado 1 Tbsp. salsa	Bariatric Multivitamin w/ Iron (Chewable) Turkey Sandwich 1 slice whole grain toast 3 oz. turkey 2 Tbsp. roasted bell peppers 1 tsp pesto 1 oz. Swiss cheese	Bariatric Multivitamin w/ Iron (Chewable) Ham Sandwich 1/2 whole wheat pita 1/4 cup fresh spinach 3 oz. sliced ham 1 tsp Dijon mustard	Bariatric Multivitamin w/ Iron (Chewable) Tuna Sandwich 1 slice whole wheat toast 3 oz. tuna (in water) 1 tsp fat-free mayo 1 tsp diced celery 2 slices tomatoes 1 small ripe peach
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Calcium Supplement (Chewable) 1 oz. low-fat cheese 4 whole grain crackers	Calcium Supplement (Chewable) 1 Tbsp. peanut butter 1 small apple sliced	Calcium Supplement (Chewable) 2 wedges low-fat Laughing cow cheese 4 baby carrots	Calcium Supplement (Chewable) 1 oz. lean turkey jerky	Calcium Supplement (Chewable) 1/4 cup low-fat cottage cheese 1/4 cup peaches
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
3oz baked Salmon 1/4 cup cooked green beans	Turkey Salad 3 oz. turkey 1/4 cup spinach & shredded carrots 1 Tbsp. vinaigrette 4 whole grain crackers	3 oz. boneless skinless chicken - roasted 1/2 cup Zucchini & squash	3 oz. grilled chicken 1/2 cup grilled bell peppers & onions	3 oz. grilled sirloin steak 1/4 cup broccoli 1/4 butternut squash

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