

POST BARIATRIC SURGERY

SAMPLE MEAL PLAN

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 egg & 2 slices of turkey bacon	Dannon Light and Fit Greek yogurt	Quest protein bar	Egg muffin	1 egg & 2 slices of turkey bacon	Canadian bacon, 2% milk cheese, & 1 egg	Pure Protein bar
PROTEIN POWER-UP	Bari-essential protein shake	Bari-essential protein shake	Bari-essential protein shake	Bari-essential protein shake	Bari-essential protein shake	Bari-essential protein shake	Bari-essential protein shake
LUNCH	Lettuce wrap with deli turkey, low-fat cheese & veggies	Leftover chicken and carrots	Leftover beef fajitas & veggies	Leftover turkey burgers and salad	Leftover tilapia and cauliflower rice	Leftover Pork tenderloin & green beans	Lettuce wrap with deli turkey, low-fat cheese & veggies
PROTEIN POWER-UP	Cottage cheese	Deli meat and low-fat cheese stick	1 hardboiled egg	2 low-fat cheese stick	Low-sodium beef jerky	Edamame	1 individual tuna packet
DINNER	Pesto chicken & roasted carrots	Beef fajitas with bell peppers and onions	Turkey burgers & Mexican salad	Tilapia and cauliflower rice	Pork tenderloin & green beans	Date night! Focus on protein and non-starchy vegetables	Leftovers from date night!

#changingmorelives