

Meal Planner and Shopping List

	LEAN PROTEIN 80-100 grams per day	CARBOHYDRATE (FIBER) 90-150 grams per day ≥20-25 grams of fiber per day	HEALTHY FAT 40-60 grams per day
BREAKFAST 15-30 grams of protein** FIRST then fiber and healthy fat	eggs (and cheese) diced ham/turkey canadian bacon poultry sausage 0% Greek yogurt cottage cheese lean ham steak	rye toast apple slices whole wheat toast bagel thin whole wheat english muffin banana oatmeal	olive oil all natural peanut butter cashew butter walnuts avocado chia seeds flax seed meal
LUNCH 15-30 grams of protein** FIRST then fiber and healthy fat	turkey tuna chicken breast ham light cheese 2% cheese stick low fat roast beef canned chicken greek yogurt cottage cheese	baby carrots broccoli salad whole wheat bread sandwich thin light flat out beets baby spinach (for salad) banana pear	hummus olives olive oil guacamole almonds cashews sunflower seed butter almond butter avocado oil hemp seeds
DINNER 15-30 grams of protein** FIRST then fiber and healthy fat	90%-95% lean hamburger Cabot ® light cheese chicken breast pork loin sirloin steak 97-99% lean ground turkey salmon or fish ground chicken shrimp or crab poultry sausage	mashed potatoes (no butter) triscuits spinach applesauce baked potato/spray butter mashed cauliflower sweet potato green beans broccoli peppers and onions	olive oil avocado guacamole hummus pistacios brazil nuts macadamia nuts mayo made with avocado oil mayo made with olive oil
SNACKS 1-3 depending on needs 15-30 grams of protein** FIRST then fiber and healthy fat	turkey tenderloin cottage cheese Cabot ® light cheese 0% Greek yogurt light yogurt reduced fat cheese stick Bariatric Fusion Shake chicken breast	whole wheat roll triscuits wheat thins apple baby carrots beets cantaloupe strawberries	slivered almonds peanuts cashews all natural peanut butter hummus cashew butter sunflower seed butter pumpkin seeds
**1oz of meat/cheese =~7 grams of protein		Divide grams of carbohydrate evenly between meals/snacks, 15-30 grams of carbohydrate per meal/snack is typical	Divide grams of fat evenly between meals/snacks 10-15 grams of fat per meal/snack is typically well tolerated
		When making meals and snacks review the serving sizes for carbohydrates and fats; note that you may not be able to consume an entire serving of these items after surgery	