

# **BARI TASTEFUL**

**A Post-Operative Guide to Fun Flavors**



**NEW YOU**  
SURGICAL WEIGHT LOSS

My name is Sami Weyhrich, RD. I received my Bachelor of Science in Nutrition and Exercise Physiology and my Master of Science in Dietetics from the University of Missouri, Columbia. I am registered and licensed dietitian in the state of Missouri. I always had an interest in cooking and food, but knew I wanted to be part of a healthcare team. I just didn't know which part was best for me. My father had bariatric surgery when I was 16. Witnessing his post-operative journey showed me what the field of dietetics was all about, and it was at that point that I decided being a bariatric dietitian would be my long term goal.

One of the best parts about my role is getting to work individually with patients and see them reach their goals. My mission is to help educate and inform patients about how food and nutrition can help reduce and prevent chronic disease, while reaching a weight goal. I take pride in helping patients do this in a safe and timely manner. I take a unique approach to each patient, no two patients are the exact same.

At NYSWL, we are devoted to helping you become the NEW you! Our hope is that through these recipes, you will have an easier post-operative experience while still enjoying the flavors you love.



Your diet is a crucial component to your post operative success. The post-op diet can be intimidating, but our hope is to make it as easy as possible and ideally take away some of the stress it may present to you.

The most important part of your diet long term will be your protein intake. Don't get us wrong, your fluid is important too! Here is a quick reminder of why protein is so important:

- Promotes a more efficient metabolism
- Keeps you full for longer periods of time
- Helps support fat loss rather than muscle mass loss
- Allows you to have a strong stamina to get through the day
- Protects against hair loss and skin elasticity after surgery

In addition to a balanced diet, it is also very important to take your bariatric vitamins and minerals to maintain an appropriate nutrition status.

Lastly, always remember to have fun with your food! Try new recipes, mix and match seasonings and spices. Do not be intimidated by the kitchen, once you learn a few recipes your comfort will grow and you will be a master chef!



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# HIGH PROTEIN JELLO MOUSSE

Serves 2

## Ingredients

- 1/2 cup water
- 1 packet Jello mix, any flavor
- 2 single serve containers non-fat Greek yogurt (10.6oz total)
- 1 Scoop Protein Powder (recommend unflavored or fruit)



## Directions

- **Heat water until warm, but not boiling**
- **In a mixing bowl, empty Jello mix and pour water on top**
- **Combine Jello mix and water, stirring for a few seconds to release heat**
- **Sitr in Greek yogurt and protein powder until you have a homogenous mixture**
- **Pour into two small serving bowls and set in the fridge for 25 minutes. Enjoy!**

**In 1 serving: 90-110 calories | 25 - 30g Protein | 1-3g fat | 4-8g carbohydrate**

Nutrition will vary on protein powder and Greek yogurt used

# MISO SOUP

Serves 4

## Ingredients

- 4 cups water
- 2 tsp Dashi granules
- 3 tbsps miso paste
- 2 green onions, cut into chunks
- Unflavored protein powder



## Directions

- **In a medium pot, combine water and Dashi granules over medium high heat, bring to a low simmer**
- **Reduce heat to medium and whisk in miso paste**
- **Add in green onions and let simmer until slightly warm, or 15 minutes**
- **Whisk in protein powder - 1 serving protein powder per serving of soup**
- **Reheat to desired temperature**
- **Strain granules and green onion. Serve and enjoy.**

**In 1 serving: 100-150 calories | 20- 30g Protein | 0-1g fat | 5-7g carbohydrate**

Nutrition will vary on protein powder used



# LOW FAT, CREAMY SOUP

Serves 2

## Ingredients

- Any choice of Campbells 98% fat free soup (or brand of your choice)
- 1 scoop unflavored protein powder
- 1/4 cup milk or water to thin to desired consistency



## Directions

- **With the stove off, combine the can of low fat soup base with unflavored protein powder. Stir until there are no clumps**
- **Turn heat to low and continue to stir soup mixture, preventing any clumping**
- **Slowly add in milk or water, if desired, to thin mixture**
- **Increase heat to medium, stirring until it has reached a temperature that is ideal for you**
- **Remove from heat, top with any seasoning you'd like and serve**

**In 1 serving: 130-150 calories | 20- 30g Protein | 3-4g fat | 8g carbohydrate**

Nutrition will vary on protein powder and brand of soup used

# PROTEIN PUDDING

Serves 4

## Ingredients

- Your choice of sugar free, instant pudding (1 packet)
- 2 cups skim milk
- 1 serving protein powder



## Directions

- **In a bowl, add sugar free pudding mix and protein powder**
- **Stir to combine, then add cold milk**
- **Mix until there are not many large clumps, set in fridge until thickened**
- **Serve cold and enjoy!**

**In 1 serving: 50 calories | 11 Protein | 1g fat | 9g carbohydrate**

Nutrition will vary on brand of Greek yogurt used



# PEANUT BUTTER SHAKE

Serves 1

## Ingredients

- 1/2 cup low fat Greek yogurt
- 2 tbsp PB powder
- 1 tsp cinnamon or nutmeg
- 1/4 cup low fat milk



## Directions

- Add all ingredients to a blender
- Blend until smooth, adding additional liquid until you reach a desired thickness
- Consider adding in additional spices or vanilla extract

**In 1 serving: 100-130 calories | 20- 25g Protein | 2-4g fat | 2-4g carbohydrate**

Nutrition will vary on Greek yogurt used

# CHICKEN PARMESAN PUREE

Serves 4

## Ingredients

- 1, 12.5 ounce can of chicken
- 1 tbsp tomato sauce
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp Italian seasoning



## Directions

- In a blender or small bowl, add all ingredients
- Pulse in blender for a few seconds at a time to combine, or mash finely with a fork in a bowl
- Pulse or mash until you have reached a pureed consistency and there are no large chunks of chicken
- Heat mixture in a pan or microwave until desired temperature

**In 1 serving: 75 calories | 13g Protein | 1-2g fat | 1-2 carbohydrate**



# GARLIC AND HERB WHIPPED COTTAGE CHEESE

Serves 3

## Ingredients

- 1.5 cup low-fat cottage cheese
- 1 tsp dried parsley
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1 pinch garlic powder
- 1/2 tsp lemon juice



## Directions

- Add all ingredients to a blender
- Puree until smooth
- Consider adding low fat milk to thin mixture

**In 1 serving: 80 calories | 12g Protein | 1g fat | 5g carbohydrate**

Nutrition will vary on cottage cheese used

# FAT FREE REFRIED BEANS

Serves 4

## Ingredients

- 1 can, low sodium pinto beans
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4-1/3 cup water or your choice of broth



## Directions

- Add beans and seasonings to blender
- Slowly add water or broth, pulsing the blender to reach a pureed texture
- Add pureed beans to a pot on the stove over medium heat
- Heat until your desired temperature is reached
- Consider adding unflavored protein powder to boost protein content

**In 1 serving: 101 calories | 5g Protein | 1g fat | 18g carbohydrate**



# CURRY DIP

Serves 2

## Ingredients

- 12 ounces fat free Greek yogurt
- 1 tsp curry powder
- 1/2 tsp turmeric powder
- 1/2 teaspoon cumin



## Directions

- In a bowl, mix all ingredients together
- For best flavor, allow the yogurt mixture to chill for 25 minutes
- Enjoy with a spoon!

**In 1 serving: 101 calories | 18g Protein | 1g fat | 5g carbohydrate**

Nutrition will vary on Greek yogurt used

# DEVEILED EGGS

Serves 4

## Ingredients

- 8 hard boiled eggs
- 1/2 cup plain, non-fat Greek yogurt
- 1 tsp yellow mustard
- 1 tsp Worcestershire sauce
- 1/2 tsp garlic powder
- Pinch of salt and pepper



## Directions

- Slice hard boiled eggs in half, removing the yolk and putting into a mixing bowl. Set aside the whites for later.
- In a bowl, add the remaining ingredients
- Mix until there are no major chunks of yolk and the ingredients are well combined
- Transfer filling into a piping bag, or use a spoon, to fill the whites with mixture
- Top with a sprinkle of paprika and enjoy

**In 1 serving: 160 calories | 16g Protein | 10g fat | 1g carbohydrate**

Nutrition will vary on Greek yogurt used



# ONE PAN TURKEY AND MUSHROOM GRAVY

Serves 4

## Ingredients

- 3 tbsp olive oil
- 1lb lean ground turkey
- 1 white onion, finely chopped
- 8 ounces white mushrooms, finely chopped
- 1-2 cloves garlic, minced
- 1 tsp salt
- 1 tbsp Worcestershire sauce
- 1 tbsp steak sauce
- 2 tbsp flour
- 2 cups low sodium chicken broth



## Directions

- In a pan, heat 1 tbsp olive oil over medium heat. Add ground turkey and let brown. Remove from pan.
- Add onion and sauté for 2-3 minutes. Add garlic and mushrooms. Cook additional 2-3 minutes, or until soft.
- Add salt, pepper, the Worcestershire sauce and steak sauce
- Stir to combine and remove from pan. Adjust heat to low. Add remaining olive oil.
- Sprinkle flour and whisk until the flour is absorbed fully and has turned a golden brown color
- Slowly add chicken broth, stirring to avoid clumping. Stir as gravy forms and thickens.
- Serve vegetable and turkey mixture with 2-3 spoonful's of gravy on top

In 1 serving: 254 calories | 29g Protein | 12g fat | 10g carbohydrate





# CHICKEN AND BLACK BEAN BAKE

Serves 6

## Ingredients

- 2 (12.5 ounce) cans of chicken
- 1 can low sodium/no salt added black beans
- 1 can low sodium/no salt added kidney beans
- 1-2 zucchini, chopped into bite size pieces
- 2 teaspoons oregano
- 2 tsp dried thyme
- 1/2 tsp salt and pepper
- 1 tsp paprika
- 1-2 tbsp olive oil
- 1/2 cup chicken broth (optional, if necessary)



## Directions

- **Preheat oven to 350 degrees Fahrenheit**
- **Drain and rinse beans. Drain any liquid from chicken.**
- **In a bowl or directly in the casserole dish, mix all ingredients together**
- **If the mixture seems dry, drizzle additional 1/4 cup chicken broth on top**
- **Bake for 15-20 minutes, or until warmed through and zucchini are fork tender**
- **Optional: top with a sprinkle of parmesan cheese**

**In 1 serving: 260 calories | 25g Protein | 6g fat | 25g carbohydrate**



# SALMON WITH A CREAMY CURRY

Serves 4

## Ingredients

- 3 tbsp olive oil, two for curry and one for salmon
- 1 white onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 1 tbsp Garam Masala
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 2 tsp salt, divided
- 1 tsp black pepper, divided
- 2 tbsp tomato pasta
- 1 can (14oz) light/low fat coconut milk
- 1 cup broth
- 1lb salmon filets



## Directions

- **Preheat oven to 400 degrees Fahrenheit**
- **In a large, deep pot or wide pan over medium heat, 2 tbsp olive oil. Add onion and cook for a few minutes or until soft.**
- **Add garlic and ginger. Cook 2 more minutes, then add in remaining spices. Stir until fragrant**
- **Stir in tomato paste and cook for 1 minute. Slowly add in coconut milk and broth. Stirring to avoid clumps.**
- **Reduce heat to medium-low and let the sauce reduce and slightly thicken**
- **On a clean cutting board, pat salmon fillets dry and slice into bite size pieces**
- **Layer a baking sheet with parchment paper, and add salmon pieces. Drizzle with remaining 1 tbsp of olive oil and sprinkle with remaining salt and pepper. Place in oven for 5-7 minutes.**
- **Remove from oven, and add to sauce. Allow salmon to cook for another 5-7 minutes.**
- **Serve and enjoy, consider topping with fresh cilantro.**

**In 1 serving: 320 calories | 29g Protein | 22g fat | 2g carbohydrate**





# BEEF AND VEGGIE “LASAGNA”

Serves 6

## Ingredients

- 1lb 93% lean ground beef
- 2 tbsp olive oil, for for filling and one for sauce
- 1 small yellow onion, chopped
- 1 (8 ounce) container of sliced mushrooms
- Pinch of salt
- 1 cup zucchini, chopped into small dice
- 1 cup yellow bell pepper, chopped into small dice
- 3 tbsp Italian seasoning, divided
- 1 cup low fat cottage cheese
- 1 cup ricotta cheese (made with part skim milk)
- 1/2 cup reduced fat mozzarella, shredded
- 1 egg, beaten
- Pinch of salt and black pepper
- 2 cloves garlic, minced
- 1 (28 ounce) can of crushed tomatoes, strained
- Fresh basil, sliced into ribbons
- 2 tsp crushed red pepper flakes



## Directions

- **Preheat oven to 435 degrees Fahrenheit. Coat 9x13 baking sheet with spray**
- **In a large skillet over medium high heat, add ground beef. Breaking apart into small crumbles. Add 1 tbsp Italian seasoning. Cook until brown. Remove from pan and set aside in a large mixing bowl.**
- **Add 1 tbsp olive oil and sauté onions, mushrooms, and bell peppers until tender. Sprinkle 1 tbsp Italian seasoning. Add to the large bowl containing beef.**
- **In the same skillet with remaining olive oil, add the minced garlic. Pour in crushed tomatoes, basil, salt, and crushed red pepper flakes. Bring to low simmer.**
- **In a clean mixing bowl, combine cottage cheese, ricotta, egg, and last tbsp of Italian seasoning. Mix until well combined.**
- **To assemble: Cover the bottom of the baking dish with a layer of tomato sauce. Add later of beef and vegetable mixture. Spoon on a thin layer of cheese mixture. Repeat twice. Top with shredded mozzarella. Cover with foil and bake 10 minutes. Remove foil and bake additional 10 minutes.**
- **Remove from oven, let cool slightly, and serve.**

**In 1 serving: 285 calories | 30g Protein | 15g fat | 7g carbohydrate**



# CHICKEN EGG SALAD

Serves 4

## Ingredients

- 2 chicken breast, cooked and finely shredded or chopped
- 4 hard boiled eggs, chopped
- 2/3 cup low-fat, plain Greek yogurt
- 2 tbsp low fat mayo
- 2 tsp celery salt
- 1 tsp black pepper
- 1 tbsp curry powder
- 1 tsp onion powder



## Directions

- In a large bowl, add shredded chicken and chopped eggs
- Add Greek yogurt, mayo and seasonings
- Stir until well combined. Adding more seasonings to taste
- Place in the fridge for at least 20-30 minutes before serving to allow flavors to blend
- Enjoy

**In 1 serving: 207 calories | 23g Protein | 11g fat | 4g carbohydrate**

# BLACK BEAN TACOS

Serves 4



## Ingredients

- 1 can black beans, rinsed and drained
- 1/2 cup broth
- 1/4 cup salsa
- 2 tbsp taco seasoning (or 1 tbsp each of cumin, paprika, garlic powder and oregano)
- 8 corn tortillas
- Spray olive oil
- 1 avocado
- 3/4 cup plain Greek yogurt
- Juice of 2 limes
- 1/4 cup chopped cilantro
- 2 gloves garlic



## Directions

- **Heat oven to 400 degrees Fahrenheit**
- **In a medium pan, add black beans, broth, spices, and salsa**
- **As beans heat, use a potato masher, fork, or spatula to gently mash the beans until they form a refried bean texture, adding broth as needed**
- **Scoop mixture into 8 corn tortillas, covering one side and folding over**
- **Add tacos to sheet pan and spray top with olive oil. Bake for 10-15 minutes or until taco shells have lightly browned and are crispy**
- **To make dipping sauce, add avocado, yogurt, lime juice, cilantro and garlic to a blender. Pulse or blend until sauce is an even texture and all ingredients are combined**
- **Serve two tacos with a side of the dipping sauce**

**In 1 serving: 285 calories | 13g Protein | 7g fat | 43g carbohydrate**

# MEDITERRANEAN CHICKEN

Serves 4



## Ingredients

- 4 small chicken breast (roughly 4oz each)
- 2 tbsp olive oil
- 2 tbsp oregano
- 2 tsp garlic powder
- 2 tsp red pepper flakes
- 1 tsp cumin
- 1 tsp salt
- 1/3 cup lemon juice
- 1 chopped red onion
- 1 chopped yellow bell pepper
- 1 pint cherry tomatoes
- 1 medium zucchini, sliced
- 1 cup chopped artichoke hearts
- 1/2 cup sliced olives
- 3 oz crumbled feta



## Directions

- **Preheat oven to 350 Fahrenheit**
- **In a large mixing bowl, combine olive oil, lemon juice and all spices/seasonings. Mix well.**
- **Add chicken and vegetables, toss to coat.**
- **Cover and let mixture sit for 30 minutes, or 3-4 hours. Keep in the fridge.**
- **Remove chicken from bowl and add to sheet pan lined with parchment paper.**
- **Bake chicken for 15 minutes, then add vegetables and bake for additional 15 minutes**
- **Remove from oven when chicken is cooked through to 165 Fahrenheit and vegetables are tender.**
- **Top each plate with a sprinkle of feta cheese.**

**In 1 serving: 281 calories | 40g Protein | 9g fat | 10g carbohydrate**

# DIY PIZZA

Serves 4



## Ingredients

- 4 low carb tortillas
- 1 cup spaghetti sauce
- 2 ounces lean ground beef
- 2 ounces turkey pepperoni
- 2 ounce deli ham
- 4 ounces shredded, low fat mozzarella
- 1/2 cup olives
- 1 green bell pepper, chopped
- 1/2 cup white onion, chopped
- 1 pint white mushrooms, sliced



## Directions

- On a sheet pan, lay each tortilla and coat with 1/4 cup of spaghetti sauce.
- Sprinkle one ounce of shredded mozzarella
- Divide meats into fourths and equally add to each pizza
- Top with veggies of your choice
- Bake at 400 for 10 minutes, then broil for 2 until cheese is browned

**In 1 serving: 285 calories | 25g Protein | 13g fat | 16.5g carbohydrate**

# BAKED CHICKEN TENDERS

Serves 4



## Ingredients

- 4 cups plain corn flakes (or similar cereal)
- 1 tsp garlic powder
- 2 tsp season salt
- 1 egg
- 1 1/2 cup skim milk
- 1/4 cup pickle juice
- 2 large, skinless, boneless chicken breast (12 oz total)



## Directions

- On a clean cutting board, slice chicken breast into tenders. You should be able to get 5-6 tenders from each piece of chicken
- In a mixing bowl, combine milk, egg, and pickle juice with the seasonings. Add chicken. Toss to coat and let sit, covered, in the fridge for at least 1 hour.
- Set oven to 375 Fahrenheit
- In a large resealable bag, add in cereal and slightly crush. Add in any additional seasoning at this time if you'd like (cayenne pepper, additional seasoning salt, etc)
- Remove each tender from the egg/milk mixture using a fork or pair of tongs. Add to cereal mixture and evenly coat.
- Lay breaded chicken on baking sheet.
- Bake chicken for 12-16 minutes or until chicken is fully cooked and reaches 165 Fahrenheit

In 1 serving: 263 calories | 29g Protein | 3g fat | 30g carbohydrate





# NOT YOUR MOMS SPAGHETTI

Serves 4

## Ingredients

- 1 spaghetti squash
- 2 tbsp olive oil, divided
- 1 pound lean ground turkey
- 1/2 cup yellow onion, diced
- 2 cloves garlic, minced
- 3 tbsp tomato paste
- 28 ounce can crushed tomatoes
  - or tomato sauce for a smoother sauce
- 1 tbsp Italian seasoning
- 1 tsp salt
- 1 tsp cracked black pepper
- 1/2 cup grated parmesan



## Directions

- **Preheat oven to 400 Fahrenheit**
- **Slice spaghetti squash in half, lengthwise. Scoop out seeds and discard. Lightly drizzle a tablespoon of olive oil over the inside and sprinkle with salt.**
- **Roast for 30-40 minutes, or until inside is easily removed with a fork and forms strands**
- **In a large skillet over medium heat, add 1 tbsp of olive oil.**
- **Add ground turkey and cook until lightly browned. Remove from pan and set aside.**
- **Add in diced onion and cook for 2-3 minutes or until translucent. Add garlic and stir for 1 minute.**
- **Add tomato paste, cooking for 2 minutes and allowing it to break up in the pan.**
- **Carefully add canned tomatoes/sauce and remaining seasoning. Reduce to a simmer and add ground turkey back in. Allow to simmer, uncovered, for 15-30 minutes and let slightly thicken.**
- **Top each plate of “spaghetti” with a serving of sauce, topped with 1 tbsp of grated parmesan cheese**

**In 1 serving: 360 calories | 32g Protein | 16.5g fat | 21g carbohydrate**

# BARIATRIC BURGER

Serves 6



## Ingredients

- 1lb lean ground turkey
- 1 egg
- 1/2 cup plain breadcrumbs
- 2 cloves garlic, minced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 head Butter lettuce
- Optional toppings; cheese, ketchup, mustard, pickles, red onion, etc.



## Directions

- **In a mixing bowl. add ground turkey, egg, breadcrumbs, and seasonings. Mix with a clean hand or spatula until well combined - do not overmix.**
- **Preheat oven to 350 degrees Fahrenheit**
- **Form patties into 12 slider sized burger patties**
- **Bake in oven for 12-14 minutes or until cooked through**
- **Wrap each patty in butter lettuce, topping with various cheeses. vegetables or sauces**

**In 1 serving: 180 calories | 21 g Protein | 7g fat | 9g carbohydrate**



# ZESTY ENCHILADAS

Serves 4



## Ingredients

- 1 tbsp olive oil
- 1 medium white onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 2 tsp dried cumin
- 1 tsp paprika
- 2 cans diced green chilies
- 3 cups shredded chicken breast, around 12 ounces cooked
- 2 cups salsa verde, divided
- 8, low carb tortillas
- 1/2 cup, low fat Monterey Jack cheese
- 1/2 cup fresh cilantro, chopped



## Directions

- **In a heated skillet, add olive oil and vegetables. Sautee until softened**
- **Add in spice mixture and cook until fragrant**
- **Add in green chilies and shredded chicken. Stir until well combined.**
- **On a clean workspace such as plate or cutting board, add a spoonful of salsa verde to each tortilla. Evenly divide the enchilada filling between the 8 tortillas**
- **Add a few more spoonful's of salsa to bottom of baking sheet, and lay rolled enchiladas on top**
- **Top with remaining salsa verde and shredded cheese**
- **Bake for 20-25 minutes or until cheese is bubbly and brown on top. Top with fresh cilantro**

**In 1 serving: 388 calories | 33g Protein | 15g fat | 17g carbohydrate**



# BBQ CHICKEN PORTOBELLO MUSHROOM PIZZA

Serves 4

## Ingredients

- 4 Portobello mushrooms, washed and stems removed
- 1 pound cooked chicken breast, diced or shredded
- 1/2 cup sugar free BBQ sauce
- 1 cup fresh pineapple, in chunks
- 4-5 oz goat cheese, crumbled
- 1/2 red onion, finely chopped
- Few pinches of cilantro



## Directions

- **Preheat oven to 350 degrees Fahrenheit**
- **Place mushrooms on parchment paper, gill side up**
- **In a bowl, mix the chicken, BBQ sauce, and red onion**
- **Top pizzas with mixture**
- **Add goat cheese and pineapple chunks**
- **Bake for 10-15 minutes or until mushrooms are soft**
- **Remove from oven and top with fresh cilantro**

**In 1 serving: 244 calories | 24g Protein | 8g fat | 19g carbohydrate**



# ONE PAN LEMON HERB SALMON WITH BRUSSELS SPROUTS

Serves 4

## Ingredients

- 1 lb Brussels Sprouts, halved
- 1 tbsp olive oil
- 1 pinch salt and pepper
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- 1 tsp dried dill
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 4 fillet salmon



## Directions

- **Preheat oven to 400 degrees Fahrenheit**
- **Cover baking sheet with parchment paper**
- **Place Brussels sprouts in a single layer**
- **Drizzle with olive oil, salt, and pepper**
- **In a small bowl, whisk together lemon juice, Dijon, and herbs. Set aside.**
- **Add salmon to the top of vegetables and spoon mixture evenly between fillets**
- **Place in oven and cook for 16-18 minutes or until fish easily flakes with a fork**

**In 1 serving: 350 calories | 38g Protein | 15g fat | 15g carbohydrate**

# SPICY PORK CHOPS AND BROCCOLI

Serves 4



## Ingredients

- Four, 4-6 ounce pork chops (1 1/2 inch thick)
- 1/2 cup Italian bread crumbs
- 1 tbsp cayenne pepper
- 2 tsp salt, divided
- 2 tsp pepper, divided
- 1 tsp garlic powder, divided
- 2 tbsp olive oil, divided
- 1 head broccoli, cut into florets



## Directions

- **Preheat oven to 450 degrees Fahrenheit**
- **Cover baking sheet with parchment paper**
- **Place each pork chop on the tray**
- **In a small bowl, combine breadcrumbs with cayenne, and half of salt, pepper, garlic powder, and olive oil**
- **When mixture resembles wet sand, evenly spoon each mixture on top of each pork chop. Flatten with the back of a spoon**
- **Bake for 15-17 minutes**
- **Toss broccoli florets in separate mixing bowl with remaining oil and spices. Add to sheet tray and bake additional 10-12 minutes or until pork is cooked through and broccoli is softened.**

**In 1 serving: 350 calories | 33g Protein | 18g fat | 16g carbohydrate**

# TERIYAKI BEEF BOWL

Serves 4



## Ingredients

- 1 lb 90/10 ground beef
- 1 small white onion, minced
- 2 cloves garlic, minced
- 2 tbsp ginger, grated
- 2 cups broccoli florets
- 1/4 cup water
- 1/4 cup sugar free Teriyaki sauce + more for drizzling
- 2 cups riced cauliflower, steamed
- 1/2 cup shredded carrots
- 1 cup edamame, shelled and steamed
- 1/4 cup green onion, sliced



## Directions

- **In a skillet over medium heat, add ground beef. Break up into smaller chunks**
- **Once fully cooked, remove from pan. Leave about 1 tbsp of any oil in pan, removing excess**
- **Add onion, garlic, and ginger. Stir until fragrant**
- **Add in broccoli florets and water. Cover with lid and allow broccoli to steam and soften**
- **After 4-6 minutes, add cooked beef back into skillet as well as teriyaki sauce**
- **Toss to combine**
- **Add 1/4 of the cauliflower rice to a bowl and top with beef/broccoli mixture. Top with additional vegetables as you desire**

**In 1 serving: 260 calories | 33g Protein | 9g fat | 12g carbohydrate**

# Want to create more recipes?

Use this food group guide to create meals using the bariatric plate method!

## Non-starchy Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Radish
- Spinach
- Sprouts
- Tomatoes
- Zucchini

## Starchy vegetables

- Potatoes
- Corn
- Peas
- Beans
- Squash

## Complex/Smart Carbohydrates

- Barley
- Brown Rice
- Chickpeas
- Fruit
- High Fiber Tortilla
- Lentils
- Oatmeal
- Quinoa
- Wild Rice
- Whole Wheat Bread

## Lean Proteins

- Chicken
- Deli Meat
- Greek Yogurt
- Lean Ground Beef
- Low Fat Cheese Sticks
- Protein Shakes
- Shellfish
- Turkey
- White Fish

## Higher Fat Proteins

- Certain cuts of lamb and pork
- Red Meat
- Salmon (however, packed with healthy fats!)

## Heart Healthy Fats

- Almonds
- Avocado
- Canola Oil
- Eggs
- Flaxseed
- Olive Oil
- Sunflower Oil
- Walnuts

## Non-Heart Healthy Fats

- Bacon
- Butter
- Coconut Oil
- Cream
- Fried Foods
- Lard
- Palm Oil
- Sausages

