



RECIPES FOR THE MONTH FOLLOWING WEIGHT-LOSS SURGERY

Protein Shakes

Use high power blender with at least 1 horsepower to make shakes

Berries and Cream

8 ounces of unsweetened almond milk
 1 serving of vanilla whey protein powder
 ½ cup frozen berries
 ½ cup ice (optional)

Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Fat (g)
185	25	13	4	5

Iced Latte

6 ounces of decaffeinated coffee, chilled, with no added sugar
 2 ounces of 2% fat dairy milk
 1 serving of vanilla whey protein powder
 ½ cup ice

Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Fat (g)
161	26	8	1	3

Peanut Butter Cup

8 ounces of unsweetened cashew milk
 1 serving of chocolate whey protein powder
 1 tbsp. of PB2
 ½ cup ice

Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Fat (g)
185	28	9	2	5

Double Chocolate

8 ounces of Hood Calorie Countdown reduced fat chocolate milk
 1 serving of chocolate whey protein powder
 ½ cup ice

Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Fat (g)
210	30	11	3	7

Coconut Banana

8 ounces of unsweetened coconut milk
 1 serving of vanilla whey protein powder
 ¼ cup banana slices
 ½ cup ice

Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Fat (g)
208	24	15	3	7

All recipes were calculated using 1 scoop of protein powder= 130 calories, 5 g carbohydrates, 24 g protein, 2 g total fat

Full Liquid

Bariatric Egg Custard

1 cup of Fairlife® Fat-Free milk
1 (15-ounce) can of low-fat 2% evaporated milk
4 large eggs
1/3 cup Truvia® or SweetLeaf Stevia®
2 teaspoons vanilla extract
ground nutmeg or cinnamon

Preheat oven to 325 degrees Fahrenheit. Place 6 custard cups in a large roasting pan and set aside. Add milk, evaporated milk, eggs, no-calorie sweetener, and vanilla in blender and pulse until smooth. Pour into custard cups and sprinkle nutmeg or cinnamon over each one. Pour enough hot water in the roasting pan to about half-way up the sides of the custard cups. Bake 25-35 minutes, until just set in the center. Carefully remove custard cups from the water bath and transfer to towel to cool. After cooling, place in refrigerator for a few hours. Serve chilled.

Makes 6 servings, about 5 ounces each
 1 serving = calories: 123, protein: 11 g, fat: 5 g, sat. fat: 1 g, sodium: 154 mg, carbohydrate: 8.5 g, sugar: 1 g

High-Protein Hot Mocha

1 scoop UNJURY® Chocolate Splendor or other whey isolate protein powder in chocolate flavor
1 tbsp. sugar-free, vanilla-flavored creamer
2 ounces water, room temperature
6 ounces hot, brewed, decaffeinated coffee

Brew coffee.
 Slowly pour 1 scoop of protein powder in 2 ounces of room-temperature water and mix well. Using a handheld battery-operated mixer helps mixture blend thoroughly.
 Once protein is well mixed, slowly add 1 tbsp. of creamer to chocolate mix.
 Slowly pour chocolate-and-cream mix into the hot coffee, stirring as you pour.
 Never heat protein powder to more than 140°F.
 Sip slowly.

Makes 1 cup
 1 serving = calories: 117, protein: 21 g, fat: 1 g, sat fat: 0 g, sodium: 95 mg, carbohydrate: 6 g, fiber: 1 g, sugar: 3 g

Purée

Simple Tuna Salad

1 pouch (2.5 ounces) Bumble Bee® Omega-3 Albacore Tuna with Omega-3 Tuna Oil
1 tbsp. light mayonnaise
1/2 tbsp. deli-style mustard

Combine all ingredients in food processor or blender and blend until smooth.

Makes 1 serving.
 1 serving = calories: 126, protein: 16 g, fat: 6 g, sat. fat: 1 g, sodium: 345 mg, carbohydrate: 2 g, sugar: 0 g

Chicken Blended with Tomato and Feta Cheese

1/4 cup (2 ounces) rotisserie chicken, skinless breast or thigh
1 tbsp. chicken broth
1 tbsp. marinara sauce
1 tbsp. reduced fat feta cheese

Place ingredients in a blender or food processor and blend until smooth.
 Heat to desired temperature.

Makes 1 serving.
 1 serving = calories: 117, protein: 16 g, fat 5 g, sat. fat: 1 g, sodium 262 mg, carbohydrate: 2 g, sugar: 1 g

Purée

Herbed Egg Salad

1 large egg, hard boiled
1/2 tbsp. light mayonnaise
1 tsp. of fresh chopped herbs like chives, parsley or dill or about 1/4 tsp. or less of dried herbs
1/4 tsp. lemon juice or to taste

Place egg in a saucepan and fill pan with cold water. Bring to a boil. Cover the pan, turn off the heat, and let sit for 8-12 minutes.

Fill a bowl with ice water. Carefully drain hot water from the pan and place egg in the ice water to chill. Once egg has cooled, remove shell.

When all the shell is removed, place egg in a bowl and mash well with a fork.

Add mayonnaise, herbs and lemon juice, blend well, and continue to mash until purée consistency is achieved.

Makes 1 serving.

1 serving= calories: 84, protein: 7 g, fat: 6 g, sat. fat: 1 g, sodium: 123 mg, carbohydrate: 0.5 g, sugar: 0 g

Puréed Lentil-and-Ham Soup

1/2 cup cooked fresh lentils or low-sodium, canned lentils
2 tbsp. (1 ounce) low sodium ham, cubed
1 tsp. olive oil
1/8 tsp. Italian Seasoning blend

Cook lentils as per package instructions or drain lentils from can (reserve liquid) and add lentils to blender or food processor.

In a sauté pan, heat olive oil on low-to-medium heat, add ham, and sauté until slightly browned.

Add seasoning to ham, blend, and remove from heat.

Add ham and seasoning to lentils.

Add 2 tbsp. of cooking liquid or liquid drained from can to blender.

Pulse to blend until texture is smooth.

Makes 1 serving.

1 serving = calories: 138, protein: 11 g, fat: 6 g, sat. fat: 1 g, sodium: 470 mg, carbohydrate: 10 g, sugar: 1 g, fiber: 5 g

Homemade Puréed Meats

Cook desired meat in water or low-sodium broth, tomato juice, plain tomato sauce or fat-free gravy, to cover.

Cook meat slowly in crock pot, pressure cooker, or stove top until tender.

Once meat is done, let it cool. Once cool, remove meat from cooking liquid.

Cut meat into ¾-inch cubes or smaller.

Fill blender or food processor with ½ cup of meat (~28 grams protein) and small amount (2 tbsp.) of cooking liquid. Pulse until an even texture is achieved and then continue to add small amount of liquid as needed to achieve smooth texture.

Fill ice cube trays (each ice cube = 1 ounce) with puréed meat. Place trays in freezer.

Once cubes are fully frozen you can empty cubes into freezer bags for easy access.

You can keep frozen food for up to 3 months.

When you are ready to use them, defrost desired amount of cubes (each ounce or cube = ~7 grams protein) in the microwave (heat for 15-second intervals, stirring between intervals, until cubes are completely thawed) or heat in pot on stove top until temperature reaches 165° F.

Soft

Easy Baked Tilapia Filet

4 ounces tilapia filet (raw), ~ 3 ounces cooked
1 tbsp. light mayonnaise
1 tbsp. Parmesan cheese, grated

Preheat oven to 400°F.
Spray oven-safe baking dish with oil.
Place fish filet in baking dish.
Combine mayonnaise and Parmesan cheese in a bowl.
Spread sauce over filet.
Bake for 15-20 minutes until fish is flaky.
Add salt and pepper to taste.

Makes 1 serving = 1 filet, ~3 ounces
1 serving = calories: 164, protein: 23 g, fat: 8 g, sat. fat: 1.5, sodium: 253 mg, carbohydrate: 0

Slow-Cooker Chicken Thighs

1 pound skinless, boneless chicken thighs (4 pieces)
1/2 cup Stubb's® Chicken Citrus and Onion All Natural Marinade
1/2 cup low-sodium chicken broth

Place chicken thighs in slow cooker.
Add marinade and chicken broth.
Cook on low for 6 hours or on high for 4 hours or until internal temperature reaches 165°F.

Makes 4 servings. 1 serving = ~3 ounces
1 serving = calories: 151, protein: 18 g, fat: 7 g, sat. fat: 2 g; sodium: 651 mg, carbohydrate: 4 g, sugar: 4 g

Mini-Meatloaves

1 pound 93% lean ground beef
1 15-ounce can low-sodium black beans, rinsed and strained
1 15-ounce can diced tomatoes with green chilies and no salt added, drained
1 red bell pepper, chopped
1 green bell pepper, chopped
1 onion, chopped
3 tbsp. Mrs. Dash® Salt-Free Fiesta Lime Seasoning

Preheat oven to 350°F.
Spray muffin tin with no-stick cooking spray.
In a large bowl, mix ground beef, peppers, onions, tomatoes, green chilies, and fiesta lime seasoning.
Fold in black beans. (Avoid smashing them).
Scoop mixture into muffin tin.
Bake for 20-30 minutes or until meat temperature reaches 160°F.

Makes 6 servings.
1 serving = calories: 157, protein: 18 g, fat: 5 g, sat. fat: 2 g, sodium: 245 mg, carbohydrate: 10 g

Curried Chicken Salad

2 cups mixed dark and white rotisserie chicken, skinless, shredded, and chopped
1 tsp. onion, finely chopped
1 tsp. celery, finely chopped
¼ cup non-fat plain Greek yogurt
1 tbsp. water
1 tsp. curry powder

Combine chicken, onion, and celery.
In a separate container, mix yogurt, curry powder, and water until well blended.
Add yogurt mixture to chicken mixture and blend.

Makes 4 servings.
1 serving = calories: 192, protein: 29.5 g, fat: 8 g, sat. fat: 4 g, sodium: 414 mg; carbohydrate: 0.5 g