



Bariatric<sup>™</sup>  
INSTITUTE



Medical Weight Management Program

Welcome to Sage Bariatric Medical Weight Management Program. You and your healthcare practitioner have decided on a program to support you in reaching your weight loss goals. Regardless of your individual health goals, two of the biggest concerns that patients have are will I lose enough weight and will I keep it off? There are some important principles that will help you optimize your weight loss and keep it off long-term. These are your “weapons” against obesity.

## ---WEPNSSS---

**W**ater.....Hydration is the foundation of any weight management program.

- Minimum of 64 ounces (8 cups or four 16 oz bottles) of zero or <10 calorie/8 ounces, sugar-free fluids
- Caffeinated beverages do not count toward your fluid intake.
- Avoid or limit alcohol. These are empty calories that can slow or halt your weight loss.
- Avoid any empty calories particularly from beverages (juice, milk, soda, sweet tea, lemonade, coffee drinks, smoothies, alcohol)
- Do not drink and eat at the same time and wait 30 minutes - 1 hour after meals to resume drinking. Drinking with or after meals may allow you to eat more or get hungry more quickly.



**E**xercise..... Consistent purposeful movement not only will help you lose weight and keep it off, it also helps you maintain lean muscle mass during active weight loss.

- Goal is to work up to at least 30 minutes 5 times per week of aerobic activity such as walking and 15 minutes 3 times per week of a strength training activity.
- Track steps and work towards the goal of 10,000 steps per day.



**P**rotein..... Protein provides high-quality nutrition that promotes satisfaction and fullness. AVOID/MINIMIZE carbohydrates. They can be addictive and cause weight regain.

- Goal of 60 grams of protein per day for women and 80 grams per day for men. Keep carbs less than 60 grams per day.
- 50-70% of meals should be lean proteins (such as fish or tuna, skinless chicken or turkey, lean beef, pork loin, eggs, cottage cheese, low fat cheese, beans, or tofu)
- 30-50% non-starchy vegetables (anything other than corn, peas, potatoes)
- Less than 15% of your meal should be from healthy carbohydrates such as beans, dairy products or fruit. These should be less than 1/3 cup at meals. Avoid sweets and processed, refined carbohydrates as they will interfere with your weight loss (juice, soda, sweet tea, candy, cookies, breads, tortillas, rice, pasta, crackers, cereal, etc.).



## No Snacking or Grazing/Purposeful FASTING.....

If you have multiple small intakes of calories throughout the day, whether you call it a meal or a snack or whatever, then you may sabotage your results.

- Eat 2 to 3 times per day. The rest of the time you should be fasting.
- Taking in any calories of any type in-between meals is defined as SNACKING. It doesn't matter if the calories are liquid or solid, good for you or bad for you, avoid snacking in between meals.
- FASTING periods between meals leads to the greatest amount of fat burning...space meals at least 3-4 hours apart and avoid eating 3 hours before bedtime.
- It's ok to be hungry and looking forward to your next meal. Water intake between meals is recommended. Water has no calories and it may help you to avoid snacking.
- If you eat for reasons other than hunger (such as social, stress, boredom), work on finding other ways of coping with these habits rather than eating.
- It only takes an extra 100 calories per day to be equivalent to 10 pounds in a year.



**Supplements.....**Taking a vitamin and mineral supplement while losing weight can protect your health. Review recommended supplements with your healthcare practitioner.

**Sleep.....**Getting a good night's sleep may help with maintaining a healthy weight by helping to balance metabolic hormones such as ghrelin and leptin. Ghrelin is a hormone that signals us to eat and leptin is a hormone that signals us to stop eating.

**Support.....**Having a good support system helps to ensure accountability and can help improve long-term weight control and health management.

- Regular visits with your healthcare team (doctor, nurse practitioner/physician assistant, dietitian)
- Utilize the smartphone App **Baritastic**. Connect with us via code **SBI**. Track progress, keep photo journal, track intakes/water/exercise. Tracking has been shown to increase long term success!
- Utilize Patient Support on our website [www.sagebariatric.com](http://www.sagebariatric.com). The password **fit4life** will allow you access to the Diet and Nutrition Education to find recipes, tips, and meal plans.

## Introduction

Multiple environmental and genetic factors can lead to weight gain over time. There are many different types of eating and exercise plans that may assist in reaching your goals of losing weight and keeping that weight off. The best plan is the one you can learn to commit to long-term! Although there are many factors involved, physical activity along with caloric restriction can create a deficit overtime to support weight loss.

## Tracking Your Journey

Self-monitoring and tracking can be one of the most important steps to help you along the way. It allows you and your healthcare provider to see your strengths and areas for improvement. Start tracking your weight and/or measurements, food intake, and physical activity.

Come up with a system that works well for you!

- Use a written template
- An app of your choice. We recommend **BARITASTIC**. Connect with our program via the code **SBI**.

## Let's Get Started

Use the attached meal ideas to put together a daily and weekly meal plan that stays within the calorie range recommended by your healthcare provider. Consider using a meal replacement drink, bar, etc. The use of meal replacements for adequate nourishment and convenience can be an effective way to stick to your plan. Look for more recipe ideas on **BARITASTIC or sagebariatric.com**

Daily Calories: \_\_\_\_\_

Daily Carbohydrates: \_\_\_\_\_

Daily Protein: \_\_\_\_\_

## Survival Tips

- Plan by mapping out your meals each week and preparing items ahead of time.
- Schedule in your physical activity.
- Hydrate at all times!

# BREAKFASTS

**Healthwise (sold at Sage Bariatric) oatmeal: 100-100 calories, 15 grams protein, 8-10 grams carbohydrate**

**Protein Pancakes (makes 2 servings of 2 pancakes): 2 pancakes 155 calories, 21 grams protein, 6 grams carbohydrate**

- 2 scoops High Protein Meal Replacement (crème, vanilla, or banana)
- 1 tsp. baking powder
- 1 pinch salt
- 2 Tbsp. unsweetened almond, cashew or coconut milk or water
- 2 large eggs, beaten

Combine first three ingredients. Beat eggs and milk together then add to dry ingredients until mixed completely. Heat skillet to medium and add ¼ cup of pancake mix. Cook first side 3 minutes, flip and cook one additional minute.

**Loaded Baked Omelet Muffins (makes 6 servings): 2 muffins 165 calories, 14 grams protein, 2.5 grams carbohydrate**

- 9 large whole eggs
- 1/4 teaspoon kosher salt
- black pepper
- 3 strips cooked chopped bacon
- 3 tablespoons thawed frozen spinach, drained
- 3 tbsp diced tomatoes
- 3 tbsp diced onion
- 3 tbsp diced bell pepper
- 2 oz shredded cheddar

Preheat the oven to 350F. Spray the muffin tins with cooking spray. In a large bowl whisk the eggs, season with salt and pepper. Mix in the remaining ingredients. Fill and place tins on a cookie sheet and bake 20 to 25 minutes, until set.

**Cottage Cheese and Berries: 200 calories, 24 grams of protein, 14 grams of carbohydrate**

- 2/3 cup cottage cheese
- ¼ cup strawberries

**Garden Veggie Omelet: 310 calories, 25 grams of protein, 19 grams of carbohydrate**

- 2 large eggs
- 2 cups fresh spinach
- ½ cup diced tomato
- 1 tbsp. olive oil

Sauté vegetables in olive oil then remove from skillet. Cook eggs and then add back in vegetables.

**Smoked Salmon Pinwheels (makes 4 servings): 168 calories, 13.5 grams of protein, 5 grams carbohydrate**

- 8 ounces thinly sliced cold smoked salmon
- 4 ounces 1/3 less fat cream cheese
- 1/4 medium cucumber cut into matchsticks
- 2 tablespoons finely chopped red onion
- 2 tablespoons capers, drained
- 1/2 lemon sliced thin

Lay a large piece of plastic wrap on a work surface. Arrange the slices of salmon in an overlapping fashion to create a rectangle about 6 inches wide by 12 inches long, with one of the longest sides facing you. Gently spread the cream cheese over the salmon trying not to dislodge any of the pieces. Lay the cucumber along one side of the rectangle about 1/2 inch from the edge. Using the plastic wrap to guide you, roll the salmon up tightly around the cucumber sticks. Refrigerate until firm at least 30 minutes. Using a sharp knife, cut the roll into 16 1/2-inch thick slices. Sprinkle with red onion and capers and serve with lemon slices. Makes 4 servings.

**Turkey Sausage Patties (makes 3 servings of 2 patties each): 268 calories per 2 patties, 30 grams of protein, 6 grams of carbohydrate**

- 1 tsp olive oil
- 1 small onion diced small
- 1 large garlic clove chopped
- kosher salt and black pepper to taste
- 1 tsp fennel seed
- 1 lb. 93% lean ground turkey
- 1 tbsp red wine vinegar
- 1 tbsp chopped chives
- 3/4 tsp paprika
- pinch raw sugar

Sauté onions and garlic in olive oil over medium-high heat. Once onion is softened, add fennel and toss quickly until fragrant and toasted, about 1 minute. Remove mixture to a medium bowl to cool slightly. Add ground turkey, red wine vinegar, chives, paprika, sugar and nutmeg to bowl with onions, garlic and fennel and mix together with a fork until all ingredients are well-distributed. Form mixture into 6 even patties and lay on parchment or wax paper while working. If you want to make these for another day, they can be refrigerated or frozen. Spray a non-stick skillet and set over medium-low heat. Once hot, brown turkey patties, 3 minutes on each side. Once you have achieved a nice browned crust on each side, reduce heat to low and cover. Continue cooking until internal temperature reaches 165. (Refrigerate or freeze extra portions.)

## LUNCHES/DINNERS

### **Shrimp and Spinach Salad: 348 calories, 31 grams of protein, 24 grams of carbohydrate**

- 3 oz grilled shrimp
- 1 Tbsp. olive oil
- 2 cups spinach
- ½ cup chopped tomatoes
- 2 Tbsp. balsamic vinegar dressing

Cook shrimp in skillet with olive oil over medium heat for 4-5 minutes. Add seasonings of choice. (Tip: Cook up shrimp to have ready for meal prep to take for lunch.) Add chopped tomatoes and shrimp over spinach. Drizzle with balsamic dressing.

### **Egg Roll in a Bowl (makes 4 servings): 350 calories, 24 grams of protein, 4 grams of carbohydrate**

- 2 cloves of garlic
- 2 Tbsp. sesame oil
- 1 lb. of lean ground beef
- 10 oz coleslaw salad mix
- 1 Tbsp. sriracha
- 2 Tbsp. soy sauce
- 1 tsp vinegar
- ¼ tsp black pepper
- ½ tsp salt
- 1 tsp sesame seeds
- Chopped green onion

Sauté crushed garlic in the sesame oil. Add in ground beef. Once browned, add in coleslaw salad mix, sriracha, soy sauce and vinegar. Stir to combine and cook about 5 minutes. Season with salad, pepper, green onion and sesame seeds.

### **Chicken & Mixed Vegetables: 369 calories, 39 grams of protein, 13 grams of carbohydrate**

- 4 oz boneless, skinless chicken breast
- 2 cups of chopped zucchini and yellow squash
- 1 Tbsp. olive oil
- 1 tsp thyme, 1 tsp. oregano, 1 tsp, basil, 1 tsp pepper, dash of salt

Coat chicken in olive oil and seasonings. Bake in oven for 30 minutes at 350 degrees. Sauté vegetables in olive oil and seasonings of choice. (Tip: Make extra chicken to use in a salad for a quick lunch later in the week.)

**Salmon with Gingery Green Beans: 369 calories, 39 grams of protein, 13 grams of carbohydrate**

- 1.5 Tb + 1 tsp canola oil
- 1 1/4 pounds skinless salmon, cut into 4
- 4 scallions, thinly-sliced
- 2 cloves garlic, thinly sliced
- 1 Tbs finely chopped fresh ginger
- 1 lb green beans, tripped
- Sriracha or Asian chili-garlic sauce for serving

Heat 1 tsp oil in large non-stick skillet over medium-high heat. Season the salmon with 1/2 tsp salt and cook until opaque through, 4-5 minutes per side. Meanwhile, heat the remaining 1.5 Tbs oil in a second large skillet over medium-high heat. Add the scallions, garlic, and ginger and cook, tossing, until fragrant, 30 seconds. Add the green beans, 1/4 cup water, and 1/2 tsp salt and cook, tossing occasionally, until tender, 4-6 minutes. Serve with the salmon and drizzle with the Sriracha.

**Vegetable Soup with Pork and Ricotta Meatballs (Makes 6 servings): 336 calories, 28 grams of protein, 9 grams of carbohydrate**

- 2 large eggs
- 1/2 cup ricotta
- 1/4 cup Parmesan, grated
- 1 lb ground pork
- 4 cups chicken broth
- 1/2 lb green beans, trimmed and chopped
- 1 yellow squash, chopped
- 1 small bunch spinach, thick stems removed and leaves chopped

Heat broiler. Line a rimmed baking sheet with foil. Combine the eggs, ricotta, parmesan, 3/4 tsp salt and 1/2 tsp pepper in a bowl. Add the pork and gently mix with your hands until just combined. Form the mixture into 18 meatballs. Broil on the prepared baking sheet, turning once, until browned and partly cooked through, 6-8 minutes. *Meanwhile*, bring the chicken broth to a simmer over medium-high heat. Add the green beans and squash and cook just until crisp-tender, 8-10 minutes. Add the meatballs and simmer until cooked through 3-5 minutes. Stir in the spinach just until wilted.

**Avocado Chicken Salad (6 servings): 159 calories, 24 grams of protein, 2 grams of carbohydrate**

- 1 lb chicken breast, cooked and cubed
- 1 small avocado, diced
- 1/4 cup cilantro, chopped
- 1 tsp each salt and pepper
- 1 lime, juiced

Bake and cube chicken. Mix with avocado, cilantro, salt, pepper and lime juice. Toss all the ingredients. Cover and chill.

**Taco Salad Meal Prep (4 servings): 312 calories, 28.5 grams of protein, 13 grams of carbohydrate**

Meat:

- 1 lb 93% ground turkey
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 1/2 small onion, minced
- 2 tablespoons bell pepper, minced
- 1/2 cup water

- 4 ounces canned tomato sauce (1/2 can)

Dressing:

- 1/2 cup jarred mild salsa
- 4 teaspoons extra virgin olive oil
- juice of 1/2 lime

For the Salad:

- 6 cups chopped romaine lettuce
- 1 cup pico de gallo
- 1/2 cup shredded cheddar
- 4 lime wedges, for serving
- (optional) greek yogurt or sour cream

1. Brown the turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well.
2. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
3. Divide the meat equally between the 4 meal prep containers.
4. Meanwhile, while the meat is cooking, make the dressing: combine the salsa, olive oil and lime juice; transfer to 4 small containers.
5. Divide the lettuce in 4 ziplock bags.
6. Divide pico de gallo, sour cream or yogurt, if using and cheese in small containers. Cover and refrigerate.
7. To serve, remove the lettuce and containers, heat the meat then make a salad by placing the lettuce in a bowl or plate.
8. Top with the meat, pico de gallo, cheese and finish with dressing.

**Quick Garlic Lime Marinated Pork Chops (4 servings): 224 calories, 3 grams of protein, 1.8 grams of carbohydrate**

- 4 (6 oz) lean boneless pork chops
- 4 cloves garlic, crushed
- 1/2 tsp each cumin, chili powder, paprika
- 1/2 lime, juiced
- 1 tsp lime zest
- 1 tsp each of salt and pepper

Trim fat off pork. Add all seasonings and lime juice to bowl with pork and let marinade for at least 20 minutes. Line broiler pan with foil for easy clean up. Broil about 4-5 minutes on each side until browned. Or grill over medium-high heat for 4-5 minutes on each side.

**Mashed Cauliflower with Parmesan (6- 2/3 cup servings): 154 calories, 8 grams of protein, 8 grams carbohydrate**

- 1 large head cauliflower (about 2-1/2 pounds), broken into florets
- 1 cup shredded Parmesan cheese
- 1/3 cup heavy whipping cream or half and half
- 1 tablespoon butter
- 1 teaspoon pepper
- Minced parsley, optional

Place 1 inch of water and cauliflower in a large saucepan; bring to a boil over high heat. Cook, covered, 10-12 minutes or until soft. Drain. Mash cauliflower to desired consistency. Stir in ½ cup cheese, cream, butter and pepper. Sprinkle with remaining cheese and, if desired, parsley.

**Enchilada Chicken Roll-ups (6 servings, 1 roll with 1 ounce avocado): 261 calories, 31 grams of protein, 8 grams carbohydrate**

- 1.5 pounds (3) boneless, skinless chicken breasts, cut in half lengthwise
- 1 (4 ounce) can mild green chilis
- 1 (10 ounce) can mild red enchilada sauce
- 1 cup reduced fat shredded Mexican cheese blend
- 1 large (6 ounce) avocado
- 1 tsp cumin, 2 tsp dried oregano, 1 tsp garlic powder, 1.2 tsp chili powder, 1 tsp salt, black pepper to taste

Preheat oven to 375 degrees. Combine seasonings and rub on both sides of each piece of chicken. Spray baking dish with cooking spray and pour a thin layer of enchilada sauce on the bottom of dish. Lay chicken, cut side up on a work surface and top each with 2 Tbsp of chilis and 1.5 Tbsp of cheese. Roll each one up and then seam side down in the baking dish. Top with remaining sauce, cheese and chilis. Cover with foil and bake 30 minutes. Remove foil and bake an additional 10-15 minutes more. Top each chicken with 1 ounce avocado and remaining cheese and cilantro pieces.

**Burger & Carrot Fries: 375 calories, 36 grams of protein, 15 grams of carbohydrate**

- 1/4 pound lean ground beef
- Bibb lettuce (for bun)
- 3 large carrots (cut into sticks)
- ½ tbsp olive oil
- 2 tsp pepper, 1 tsp paprika, 2 tsp rosemary, 1 tsp cumin, dash of salt

Combine 1 tsp of pepper, 1 tsp of rosemary, 1 tsp cumin with ground meat and form a patty. Toss carrots in olive oil, 1 tsp pepper, 1 tsp paprika, 1 tsp rosemary, salt and place on baking sheet lined with foil. Bake carrots at 400 degrees for 30 minutes. Place burger patty in oven for 8-10 minutes at 400 degrees.