

Soft Crab Salad

This recipe is for one small portion for those in the soft phase of a Bariatric diet. Recipe can easily be made for more.

This recipe provides an estimated 12 grams protein, 8 grams carbohydrates and 4 grams fat. *Ideal for the soft diet phase only as lower carbohydrate options are more widely available beyond this initial diet phase.

Ingredients

- 2 oz imitation crab
- 1 tbsp light mayonnaise
- 1/2 scoop unflavored protein powder
- 1 pinch seafood seasoning
- 1 pinch dried dill



Instructions

1. Dice crab meat up to very small pieces.
2. Stir in light mayo and unflavored protein until well combined.
3. Add seasonings and adjust to taste.

Source: www.foodcoach.me