
Sample Recipes for Stage 2 Diet

Protein Shake

1 cup fat-free MooTopia[®] milk (found at H-E-B)
1 scoop 100% Whey Protein Powder

Mix protein powder and milk with a whisk or spoon, or blend until smooth. May add sugar-free syrup (ex. Torani[®]) or extracts like vanilla, almond, banana, etc. Makes 1 serving

Nutrition per serving:
Protein: 35 grams
Fat: 2 grams
Sugar: 8 grams

Fruity Protein Shake

2 cups water
4 scoops 100% Whey Protein Powder
1 packet of sugar-free flavor packs (i.e. Crystal Light[®], sugar-free Kool-Aid[®], Wyler's[®])

Mix all ingredients with a whisk or spoon, or blend until smooth. Makes 2 servings

Nutrition per serving:
Protein: 46 grams
Fat: 4 grams
Sugar: 4 grams

Iced Raspberry Mocha Protein Shake

1 cup fat-free MooTopia[®] milk
1 scoop 100% Whey Protein Powder
1 tablespoon sugar-free raspberry syrup
1 tablespoon decaffeinated instant coffee granules
6 ice cubes

Combine all ingredients except ice in blender and blend until smooth. Blend in ice cubes individually until desired consistency reached. Makes 1 serving

Nutrition per serving:
Protein: 35 grams
Fat: 2 grams
Sugar: 8 grams

Protein Fortified Sugar-Free Pudding

1 small box instant sugar-free pudding, any flavor
2 cups fat-free MooTopia[®] milk
2 scoops 100% Whey Protein Powder

Mix all ingredients until thoroughly combined. Chill until set. Makes 4 servings

Nutrition per serving:
Protein: 18.5 grams
Fat: 1 gram
Sugar: 4 grams

Almond or Vanilla Ricotta Crème

¼ cup fat-free ricotta cheese
¼ tsp almond or vanilla extract
1 package Splenda®
Ground cinnamon to taste (optional)

Mix together ricotta cheese, almond or vanilla extract, and Splenda®. Chill before serving.
Makes 1 serving

Nutrition per serving:
Protein: 5 grams
Fat: 0 grams
Sugar: 2 grams

Yogurt Smoothie

½ cup plain Greek yogurt
½ cup fat-free MooTopia® milk
1 scoop 100% Whey Protein Powder

Blend all ingredients until smooth.
Makes 2 servings

Nutrition per serving:
Protein: 16 grams
Fat: 1 gram
Sugar: 6 grams

Protein Mousse

1 cup fat-free MooTopia® milk
1 cup fat-free whipped topping
1 small box instant sugar-free pudding, any flavor
2 scoops 100% Whey Protein Powder Cinnamon, vanilla, nutmeg to taste (optional)

Mix all ingredients until thoroughly combined, or blend for smoother texture. Refrigerate until set before serving.
Makes 4 servings

Nutrition per serving:
Protein: 15 grams
Fat: 2 grams
Sugar: 2 grams

Egg Drop Soup

1 cup fat-free chicken broth
½ cup pasteurized egg product (i.e. egg beaters®)

Heat broth in saucepan to a boil. While gently stirring broth, slowly pour in eggs. Remove from heat immediately and serve.
Makes 2 servings

Nutrition per serving:
Protein: 7 grams
Fat: 0 grams
Sugar: 1 gram

Vanilla Egg Custard

4 eggs
1 ½ cups evaporated skim milk
1 cup fat-free MooTopia® milk
½ cup Splenda®
2 tsp vanilla extract
½ tsp imitation butter extract
Pinch of salt
Ground nutmeg to taste
Cooking spray

Nutrition per serving:

Protein: 8.5 grams

Fat: 3 grams

Sugar: 6 grams

Preheat oven to 325 degrees F. Place eight 4 oz ramekins in a large roasting pan and spray each ramekin with cooking spray. Set aside.

Whisk together eggs, evaporated milk, MooTopia® milk, Splenda®, vanilla extract, imitation butter extract, and salt.

Divide mixture evenly among ramekins and top with ground nutmeg. Pour enough hot water in roasting pan to reach halfway up the outside of ramekins.

Bake for 45 minutes or until custard is set in center.

Carefully remove ramekins from water bath and transfer to wire rack to cool.

May be served either warm or chilled.

Makes 8 servings

High Protein Eggnog Latte

¼ cup pasteurized egg product (i.e. egg beaters®)
1 cup fat-free MooTopia® milk
2-3 tsp artificial sweetener (ex. Splenda®)
½ tsp vanilla extract
½ teaspoon rum extract
Ground nutmeg

Nutrition per serving:

Protein: 19 grams

Fat: 0 grams

Sugar: 6 grams

Combine all ingredients into a large glass and mix well with spoon. Add ice if desired.

Makes 1 serving

Stage 2 Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)
L U N C H	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g)	*1/4 cup Almond Ricotta Crème (5g) *1/2 cup Egg Drop Soup (7g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Yogurt Smoothie (16g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Egg Drop Soup (7g) 1/4 cup 1% cottage cheese (7g)	1/4 cup 1% cottage cheese (7g)
D I N N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	1/2 cup 1% cottage cheese (14g)	*1/2 cup Vanilla Egg Custard (8.5g) 1oz low-fat string cheese (7g)	1 egg scrambled with 1oz low-fat cheese (13g)	*1/2 cup Protein Mousse (15g)	1oz low-fat string cheese (7g) 4oz Greek yogurt (10g)	*1/2 cup Protein Fortified Pudding (18.5g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)
L U N C H	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g)	1/2 cup egg substitute (14g) *1/2 cup Yogurt Smoothie (16g)	1/2 cup fat-free refried beans with 2oz low-fat cheese melted on top (20g)	*1/2 cup Yogurt Smoothie (16g) *1/2 cup Egg Drop Soup (7g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Egg Drop Soup (7g) *1/2 cup Protein Fortified Pudding (18.5g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) *1/4 cup Vanilla Ricotta Crème (5g)
D I N E R	1/4 cup fat-free refried beans with 1oz low-fat cheese melted on top (10g) *1/2 cup Protein Fortified Pudding (18.5g)	1/2 cup 1% cottage cheese (14g) *1/4 cup Almond Ricotta Crème (5g)	*1/2 cup Protein Fortified Pudding (18.5g) 1/4 cup 1% cottage cheese (7g)	1oz low-fat cheese scrambled with 1/2 cup egg substitute (21g)	*1/2 cup Protein Mousse (15g) 1/2 cup 1% cottage cheese (14g)	1oz low-fat cheese scrambled with 1/2 cup egg substitute (21g)	*1/2 cup Protein Fortified Pudding (18.5g) 1/4 cup 1% cottage cheese (7g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Women - 60g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g)	*Protein Shake (35g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	*Protein Shake (35g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	*Protein Shake (35g)	Bariatric Advantage® ready-to-shake meal replacement (27g)
L U N C H	1oz low-fat string cheese (7g) *1/2 cup Vanilla Egg Custard (8.5g)	*1/2 cup Protein Mousse (15g)	1/4 cup 1% cottage cheese (7g) 1/2 cup lite applesauce with 2 scoop Unjury powder (14g)	1 pack HealthWise® cream of mushroom protein soup (15g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	1 HealthWise® oatmeal (15g)	1/4 cup 1% cottage cheese (7g) 1/4 cup scrambled egg substitute (7g)
D I N N E R	*1/2 cup Protein Fortified Pudding (18.5g)	1oz low-fat string cheese (7g) 4oz Greek yogurt (10g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Vanilla Egg Custard (8.5g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Egg Drop Soup (7g)	*1/2 cup Yogurt Smoothie (16g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Men - 80g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g)	*Protein Shake (35g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	Bariatric Advantage® ready-to-shake meal replacement (27g)
L U N C H	1/4 cup 1% cottage cheese (7g) *High Protein Eggnog Latte (19g)	*1/2 cup Protein Mousse (15g) 1oz low-fat string cheese (7g)	1/4 cup 1% cottage cheese (7g) 1/2 cup lite applesauce with 2 scoop Unjury (14g)	1 pack HealthWise® cream of mushroom protein soup (15g) 1/2 cup 1% cottage cheese (14g)	*1/2 cup Protein Fortified Pudding (18.5g) *1/2 cup Egg Drop Soup (7g)	6oz plain Greek yogurt(18g) 1 HealthWise® oatmeal (15g)	1/2 cup scrambled egg substitute (14g) 1/2 cup lite applesauce with 1 scoop Unjury(14g)
D I N N E R	*1/2 cup Protein Fortified Pudding (18.5g) 1oz low-fat string cheese (7g)	1oz low-fat string cheese (7g) 4oz Greek yogurt (10 g)	*High Protein Eggnog Latte (19g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 4oz Greek yogurt (10 g)	*1/2 cup Egg Drop Soup (7g) *1/4 cup Vanilla Ricotta Crème (5g)	*1/2 cup Yogurt Smoothie (16g) *1/2 cup Egg Drop Soup (7g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)
L U N C H	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1oz low-fat cheese (7g)	1oz deli sliced chicken with salad spritzer dressing (7g) *1/2 cup Egg Drop Soup (7g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1/4 cup 1% cottage cheese (7g)	1oz baked salmon moistened with lemon (7g) *1/2 cup Protein Mousse (15g)	*1/2 cup Egg Drop Soup (7g) 1/4 cup 1% cottage cheese (7g)	1oz deli sliced turkey with 1/4 tsp mustard (7g)
D I N N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	1/2 cup 1% cottage cheese (14g)	1oz deli sliced turkey with 1/4 tsp mustard (7g) 1oz low-fat string string cheese (7g)	1 egg scrambled mixed with 1 tsp pureed mild salsa and 1oz low-fat cheese (13g)	1oz deli sliced chicken with salad spritzer dressing (7g)	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	*1/2 cup Protein Fortified Pudding (18.5g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)	*Protein Shake (35g)
L U N C H	1oz canned tuna, packed in water (7g) 1 tsp fat-free mayo 1oz low-fat cheese (7g)	1oz deli sliced chicken with salad spritzer dressing (7g) *1/2 cup Yogurt Smoothie (16g)	<i>1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)</i>	*1/2 cup Yogurt Smoothie (16g) 1oz low-fat cheese (7g)	1oz baked salmon moistened with lemon (7g) *1/2 cup Protein Fortified Pudding (18.5g)	*1/2 cup Egg Drop Soup (7g) *1/2 cup Protein Fortified Pudding (18.5g)	1oz deli sliced turkey with 1/4 tsp mustard (7g) 1/4 cup 1% cottage cheese (7g)
D I N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) *1/2 cup Protein Fortified Pudding (18.5g)	1/4 cup 1% cottage cheese (7g) *1/2 cup Protein Mousse (15g)	*1/2 cup Protein Fortified Pudding (18.5) 1oz low-fat cheese (7g) 1oz deli turkey with 1/4 tsp mustard (7g)	1/2 cup egg substitute mixed with 1 oz low-fat cheese (21g)	*1/2 cup Protein Mousse (15g) 1oz deli sliced chicken with salad spritzer dressing (7g)	1/2 cup fat-free refried beans with 2oz low-fat cheese melted on top (20g)	*1/2 cup Protein Fortified Pudding (18.5) 2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Women - 60g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g)	1 pack HealthWise® protein oatmeal (15g)	2 egg whites scrambled with 1oz low-fat cheese (14g)	HealthWise® Cinnamon Raisin protein bar (15g)	*High Protein Eggnog Latte (19g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	2 egg whites scrambled with 1oz low-fat cheese (14g)
L U N C H	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo	1/2 cup 1% cottage cheese (14g) 1/4 cup canned pears, pureed	*1/2 cup Protein Fortified Pudding (18.5g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	2oz finely chopped boiled chicken with 2 tsp fat-free gravy (14g) 1/2 cup mashed broccoli (2g)	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches, pureed	2oz canned tuna, packed in water (15g) 2 tsp fat-free mayo 1/2 cup mashed zucchini (2g)
D I N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 1/2 cup mashed cauliflower (2g)	1/2 cup soft tofu, cubed (7g) 6oz low-fat yogurt with 1scoop unflavored Unjury (21g)	1 pack HealthWise® cream of mushroom protein soup (15g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	2oz deli turkey with 1/2 tsp mustard (14g) *1/2 cup Protein Mousse (15g)	HealthWise® protein bar (15g) 1oz low-fat string cheese (7g)	2oz baked tilapia, flaked (14g) *1/4 cup Almond Ricotta Crème (5g)	1 pack HealthWise® soup (15g) 2oz finely chopped boiled chicken (may add to soup) (14g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 2 Post-Op Diet for Men - 80g protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	2 scoops Bariatric Advantage® protein powder mixed with 1 cup fat-free MooTopia® milk (39g)	1 pack HealthWise® protein oatmeal (15g)	2 egg whites scrambled with 2oz low-fat cheese (21g)	HealthWise® protein bar (15g)	*Iced Raspberry Mocha Protein Shake (35g)	2 scoops Bariatric Advantage® protein powder mixed with 1 cup fat-free MooTopia® milk (39g)	2 egg whites scrambled with 1oz low-fat cheese (14g)
L U N C H	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo *1/2 cup Protein Mousse (15g)	1/2 cup 1% cottage cheese (14g) *High Protein Eggnog Latte (19g)	*1/2 cup Protein Fortified Pudding (18.5g) 2oz deli ham with 1/2 tsp mustard (14g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 1oz canned tuna, packed in water (7g)	2oz finely chopped boiled chicken with 1 Tbsp fat-free gravy (14g) 1/4 cup 1% cottage cheese (7g)	1/2 cup 1% cottage cheese (14g) 1/4 cup lite applesauce with 1/2 scoop Bariatric Advantage® protein powder (7g)	2oz canned tuna, packed in water (15g) 2 tsp fat-free mayo 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (21g)
D I N E R	1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g) 1/2 cup mashed cauliflower (2g)	1/2 cup soft tofu, cubed (7g) 6oz low-fat Greek yogurt with 1 scoop unflavored Unjury protein powder(21g)	1 pack HealthWise® soup (15g) 1/2 cup fat-free refried beans with 1oz low-fat cheese melted on top (13g)	3oz deli turkey with 1/2 tsp mustard (21g) *1/2 cup Protein Mousse (15g)	HealthWise® protein bar (15g) 1oz low-fat string cheese (7g)	2oz baked tilapia, flaked (14g) *1/4 cup Almond Ricotta Crème (5g)	1 pack HealthWise® soup (15g) 2oz finely chopped boiled chicken (may add to soup) (14g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 3 Post-Op Diet for Women - 60 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Strawberry-Banana Protein Shake (35g) <i>blend *Protein Shake with 1/4 banana and 1/4 cup unsweetend frozen strawberries</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Berry Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen mixed berries</i>	1/2 cup scrambled egg substitute with 1 tsp mild salsa (14g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Peach Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen peaches</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Chocolate Protein Shake (35g) <i>blend *Protein Shake with 1 Tbsp sugar-free chocolate syrup</i>
L U N C H	2oz finely chopped chicken with 2 tsp fat-free gravy (14g) 1/4 cup steamed zucchini (1g)	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed broccoli (1g)	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 1/4 cup lite applesauce	2oz baked salmon with a few drops of lemon juice and 1 tsp fat-free mayo (14g) 1/4 cup steamed carrots (1g)	2oz low-fat string cheese (14g) 1/4 cup canned fruit cocktail	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup wax beans (1g)
D I N E R	1 pack HealthWise® cream of mushroom protein soup (15g) 1/4 cup steamed broccoli (1g)	2oz deli sliced chicken with 2 tsp mustard (14g) 1/4 cup steamed green beans (1g)	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup canned mushrooms (1g)	2oz finely chopped lean pork with 2 tsp fat-free gravy (14g) 1/4 cup steamed spinach (1g)	2oz deli sliced turkey with salad spritzer dressing (14g) 1/4 steamed carrots	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed yellow squash (1g)	2oz broiled fish with a few drops of lemon (14g) 1/4 cup steamed cauliflower (1g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Stage 3 Post-Op Diet for Men - 80 grams protein per day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Strawberry-Banana Protein Shake (35g) <i>blend *Protein Shake with 1/4 banana and 1/4 cup unsweetend frozen strawberries</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Berry Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen mixed berries</i>	1/2 cup scrambled egg substitute with 1 tsp pureed mild salsa (14g)	Peach Protein Shake (35g) <i>blend *Protein Shake with 1/2 cup frozen peaches</i>	1 scrambled egg with 1oz low-fat cheese (13g) *1/2 cup Yogurt Yogurt Smoothie (16g)	Chocolate Protein Shake (35g) <i>blend *Protein Shake with 1 Tbsp sugar-free chocolate syrup</i>
L U N C H	2oz finely chopped chicken with 2 tsp fat-free gravy (14g) 1/4 cup steamed zucchini (1g) 1/2 cup Yogurt Smoothie (16g)	1/2 cup 1% cottage cheese (14g) 1/4 cup canned peaches *1/2 cup Protein Fortified Pudding (18.5g)	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) 1/4 cup steamed broccoli (1g)	2oz canned tuna, packed in water (14g) 2 tsp fat-free mayo 1/4 cup lite applesauce with 1 scoop Bariatric Advantage® protein powder (13.5g)	2oz baked salmon with a few drops of lemon juice and 1 tsp fat-free mayo (14g) *1/2 cup Yogurt Yogurt Smoothie (16g)	2oz low-fat string cheese (14g) 1/4 cup canned fruit cocktail	2oz ground turkey breast with 2 tsp fat-free gravy (14g) 1/4 cup wax beans (1g)
D I N E R	1 pack HealthWise® cream of mushroom protein soup (15g) 1/4 cup steamed broccoli (1g)	2oz deli sliced chicken with 2 tsp mustard (14g) 1/4 cup steamed green beans (1g)	2oz ground turkey breast with 2 tsp fat-free gravy (14g) *1/2 cup Yogurt Yogurt Smoothie (16g)	2oz finely chopped lean pork with 2 tsp fat-free gravy (14g) Bariatric Advantage® ready-to-shake meal replacement (27g)	2oz deli sliced turkey with salad spritzer dressing (14g) 1/4 cup mandarin oranges packed in water	2oz extra lean ground beef (96/4) with 2 tsp fat-free gravy (14g) Bariatric Advantage® ready-to-shake meal replacement (27g)	2oz broiled fish with a few drops of lemon (14g) 1/4 cup steamed cauliflower (1g) *1/2 cup Yogurt Smoothie (16g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Stage 3 Post-Op Diet for Women - 60 g protein/day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	2 egg whites scrambled with 1/4 cup spinach (7g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	1/2 cup scrambled egg substitute (14g)	HealthWise® Protein Bar (15g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g)	1/2 cup scrambled egg substitute (14g)	2 egg whites scrambled with 1/4 cup spinach (7g)
L U N C H	3oz grilled chicken breast (21g) 3/4oz roasted unsalted soybeans (7g) 1/2 banana	Lean Cuisine® Roasted Garlic Chicken meal (17g)	3oz deli turkey on 100% whole wheat sandwich thin bread (26g) 5 baby carrots	3oz canned tuna, packed in water (21g) 4 100% whole wheat crackers (1g) 1/4 cup lite applesauce	Lean Cuisine® Steak Tips Portabello meal (16g)	3oz canned tuna, packed in water (21g) Celery and carrots 1/4 cup peaches	3oz deli roast beef on 100% whole wheat sandwich thin bread (26g) 1 oz low-fat cheese (7g)
D I N N E R	3oz baked fish (21g) 1/4 cup lentils (3.5g) 1/4 cup steamed zucchini (1g)	3oz roasted pork loin (21g) 1/2 cup steamed broccoli (2g)	3oz roasted chicken (21g) 1/2 cup green beans (1g)	3oz baked fish (21g) 1 cup fresh spinach with a few dried cranberries and walnut pieces drizzled with 2 tsp raspberry vinaigrette	3oz chicken breast (21g) 1/2 cup steamed summer squash (1g)	3oz grilled beef sirloin steak (21g) 1 cup garden salad <i>(to include mixed greens, vegetables of choice, and 2 tsp light dressing)</i>	3oz roasted chicken (21g) 1/4 cup steamed cauliflower (1g) 1/4 cup steamed broccoli (1g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.

Sample Stage 3 Post-Op Diet for Men - 80 g protein/day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B R E A K F A S T	Bariatric Advantage® ready-to-shake meal replacement (27g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 1 boiled egg (6g)	1/2 cup scrambled egg substitute with 1oz low-fat cheese (21g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	6oz plain Greek yogurt, sweetened with Splenda® to taste (18g) 1 boiled egg (6g)	Bariatric Advantage® ready-to-shake meal replacement (27g)	1/2 cup scrambled egg substitute with 1oz low-fat cheese (21g)
L U N C H	3oz grilled chicken breast (21g) 3/4oz roasted unsalted soybeans (7g) 1/2 small apple	3oz deli turkey on 100% whole wheat sandwich thin bread (26g) 5 baby carrots	3oz grilled chicken breast (21g) 1/2 cup 1% cottage cheese (14g)	3oz deli roast beef on 100% whole wheat sandwich thin bread (26g) 1 oz low-fat cheese (7g)	Lean Cuisine® Salisbury Steak meal (23g) 1/4 cup peaches	3oz deli turkey on 100% whole wheat sandwich thin bread (26g) 1 oz low-fat cheese (7g) 1/4 cup lite applesauce	3oz canned tuna, packed in water (21g) Carrots & celery 1/2 cup 1% cottage cheese (14g)
D I N N E R	3oz baked fish (21g) 1/4 cup lentils (3.5g) 1/4 cup steamed zucchini (1g)	4oz roasted pork loin (28g) 1/2 cup steamed broccoli (2g)	3oz baked fish (21g) 1/2 cup green beans (1g)	3oz baked fish (21g) 1 cup fresh spinach with a few dried cranberries and walnut pieces drizzled with 2 tsp raspberry vinaigrette	4oz chicken breast (28g) 1/2 cup steamed summer squash (1g)	3oz grilled beef sirloin steak (21g) 1 cup garden salad <i>(to include mixed greens, vegetables of choice, and 2 tsp light dressing)</i>	3oz roasted chicken (21g) 1/4 cup steamed cauliflower (1g) 1/4 cup steamed broccoli (1g)

* Estimated amount of protein in each item is in parentheses.

** Separate iron (in vitamins) and calcium citrate by at least 2 hours.

Separate water from meals. Wait 1 hour after meals before drinking. Do not drink with meals.