

## **Bariatric Post Surgery Menu - Stage 5: Early Transition to Solid Foods (Weeks 7-12)**

**As you transition from the soft phase of your meal plan to solid foods, it is important to continue to eat your protein foods first, then vegetables, fruit and lastly starches. Continue to work toward your goal of 64 ounces of fluid everyday. Introduce new foods gradually (one at a time) to determine any intolerance.**

### **Remember the following:**

- \* To prevent dehydration, sip liquids continually throughout the day
- \* Break foods apart on your plate before eating
- \* Chew foods well until it is a puree consistency before swallowing
- \* Do not eat or drink past the first feeling of fullness
- \* Use smaller utensils and plates to help limit portion sizes
- \* Plan to have 2 protein shakes and 2-3 meals daily (1 snack if needed)
- \* Food texture and number of meals will gradually change throughout stages
- \* Drink fluids 30 - 60 minutes before or after your meals
- \* Do not lie down with an hour of consuming a meal

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 43                                                                  | Day 44                                                                     | Day 45                                                                | Day 46                                                                                                                 | Day 47                                                                                      | Day 48                                                                                         |
|------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | 25-35g Protein Supplement                                               | 25-35g Protein Supplement                                                  | 25-35g Protein Supplement                                             | 25-35g Protein Supplement                                                                                              | 25-35g Protein Supplement                                                                   | 25-35g Protein Supplement                                                                      |
|                  |                                                                         |                                                                            |                                                                       |                                                                                                                        |                                                                                             |                                                                                                |
| <b>Snack</b>     | ½ cup low fat cottage cheese<br><br>¼ cup canned pears (no sugar added) | ½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative)      | 2 scrambled egg whites with cooked spinach and mushrooms              | ½ cup nonfat Yogurt plain w/cinnamon<br><br>¼ cup canned peaches (no sugar added)                                      | 1 scrambled Egg<br><br>¼ cup Fruit cocktail (canned, no added sugar)                        | ½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative)<br><br>¼ cup blueberries |
|                  |                                                                         |                                                                            |                                                                       |                                                                                                                        |                                                                                             |                                                                                                |
| <b>Lunch</b>     | 1-2oz roasted herb Chicken (soft/moist)<br><br>¼ cup steamed Broccoli   | 1 -2 oz Dill & rosemary tuna salad<br><br>½ c cooked carrots with cinnamon | 1-2 oz ground garlic Turkey (soft/moist)<br><br>¼ cup Pears           | ½ cup Bean & meat Chili (lean ground turkey meat)<br><br>½ cup steamed carrots                                         | 1-2 oz shredded oregano turkey (soft/moist)<br><br>¼ cup cooked Broccoli                    | ½ cup Chicken vegetable soup<br><br>¼ cup Strawberries                                         |
|                  |                                                                         |                                                                            |                                                                       |                                                                                                                        |                                                                                             |                                                                                                |
| <b>Snack</b>     | 25-35g Protein Supplement                                               | 25-35g Protein Supplement                                                  | 25-35g Protein Supplement                                             | 25-35g Protein Supplement                                                                                              | 25-35g Protein Supplement                                                                   | 25-35g Protein Supplement                                                                      |
|                  |                                                                         |                                                                            |                                                                       |                                                                                                                        |                                                                                             |                                                                                                |
| <b>Dinner</b>    | ¼ cup Black Bean soup<br><br>¼ cup cooked Spinach                       | 1-2 oz shredded / moist lemon Chicken<br><br>¼ cup whipped Potato          | 1-2 oz baked herb Salmon (soft/moist)<br><br>¼ cup cooked Green beans | ½ cup cream of Tomato soup (prepared w/nonfat Milk alternative)<br><br>¼ cup low -fat cottage Cheese<br>2 Tbsp Peaches | 1-2 oz stewed light lemon teriyaki Chicken (soft/moist)<br><br>¼ cup garlic mashed Potatoes | 1-2 oz baked Tuna steak (soft/moist)<br><br>¼ cup cooked Pumpkin                               |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 49                                                                                                                          | Day 50                                                                                                   | Day 51                                                                   | Day 52                                                           | Day 53                                                                              | Day 54                                                                                                    |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | 1 scrambled Egg<br><br>¼ cup canned peaches (no added sugar)                                                                    | ½ cup low fat/low sugar plain Greek Yogurt<br><br>¼ cup strawberries                                     | ½ cup cooked Malt-o-meal (prepared w/nonfat Lactaid or Milk alternative) | 1 poached egg<br><br>¼ cup unsweetened applesauce                | 1 scrambled Egg<br><br>¼ cup Fruit cocktail (canned, no added sugar)                | ½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative)<br><br>¼ cup unsweetened Applesauce |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                                                       | 25-35g Protein Supplement                                                                                | 25-35g Protein Supplement                                                | 25-35g Protein Supplement                                        | 25-35g Protein Supplement                                                           | 25-35g Protein Supplement                                                                                 |
| <b>Lunch</b>     | ½ cup low-fat cottage Cheese<br><br>¼ cup canned pineapple (no added sugar)                                                     | 1-2 oz shredded turkey with low fat gravy<br><br>¼ cup cooked Cauliflower                                | ½ cup Potato soup low fat<br><br>1 small banana                          | 1-2 oz Egg salad<br><br>¼ cup sliced Cucumber                    | 1-2 oz Turkey salad (soft/moist)<br><br>½ c cooked spinach with garlic              | ½ cup Chicken noodle soup<br><br>¼ cup raspberries                                                        |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                                                       | 25-35g Protein Supplement                                                                                | 25-35g Protein Supplement                                                | 25-35g Protein Supplement                                        | 25-35g Protein Supplement                                                           | 25-35g Protein Supplement                                                                                 |
| <b>Dinner</b>    | ½ cup low fat refried Beans<br><br>½ cup cooked zucchini and onions<br><br>2 Tblsp shredded low-fat Cheese<br>2 Tbsp mild Salsa | 1-2 oz Tuna salad w/mrs. dash (soft/moist)<br><br>1 Tbsp Cranberry Sauce<br><br>¼ cup cooked Green Beans | 1-2 oz roasted garlic Turkey (soft/moist)<br><br>¼ cup cucumber slices   | 1-2oz soft baked basil Salmon (soft/moist)<br><br>¼ cup Bok Choy | 1-2 oz baked Orange Roughy Fish (soft/moist)<br><br>¼ cup seasoned zucchini steamed | 1-2 oz baked Tuna steak (soft/moist)<br><br>¼ small Sweet Potato                                          |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 55                                                                            | Day 56                                                                                    | Day 57                                                                                            | Day 58                                                                                       | Day 59                                                                                                                  | Day 60                                                                                             |
|------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | 25-35g Protein Supplement                                                         | 25-35g Protein Supplement                                                                 | 25-35g Protein Supplement                                                                         | 25-35g Protein Supplement                                                                    | 25-35g Protein Supplement                                                                                               | 25-35g Protein Supplement                                                                          |
|                  |                                                                                   |                                                                                           |                                                                                                   |                                                                                              |                                                                                                                         |                                                                                                    |
| <b>Snack</b>     | 1 small Omelet (2 egg whites or ½ cup Egg substitute)<br><br>¼ cup canned Peaches | ½-1 cup low-fat Greek Yogurt w/pumpkin spice<br><br>¼ cup berries                         | 2 Egg whites<br><br>½ c sauteed mushrooms/ spinach<br><br>1 tsp soft margarine or Spray Oil       | ½ cup oatmeal w/cinnamon<br><br>1 Tsp Nut Butter mixed in                                    | ½ -1 cup low fat/low sugar Yogurt or Kefir<br><br>1 small Banana or half of medium                                      | ½ cup whole grain Cereal moistened w/ nonfat Lactaid or Milk alternative<br><br>¼ cup peeled Peach |
|                  |                                                                                   |                                                                                           |                                                                                                   |                                                                                              |                                                                                                                         |                                                                                                    |
| <b>Lunch</b>     | 2 oz Tuna salad<br><br>¼ cup cooked butternut squash                              | ½ cup Minestrone soup<br><br>¼ cup Blueberries                                            | 2 oz lean herb Chicken (soft/moist)<br><br>¼ cup unsweetened Applesauce                           | ½ cup Chicken noodle soup<br><br>¼ cup grilled zucchini spears                               | 2 oz lean garlic Turkey<br><br>¼ cup cooked green beans                                                                 | ½ cup Tortilla soup<br><br>¼ cup Tropical Fruit salad                                              |
|                  |                                                                                   |                                                                                           |                                                                                                   |                                                                                              |                                                                                                                         |                                                                                                    |
| <b>Snack</b>     | 25-35g Protein Supplement                                                         | 25-35g Protein Supplement                                                                 | 25-35g Protein Supplement                                                                         | 25-35g Protein Supplement                                                                    | 25-35g Protein Supplement                                                                                               | 25-35g Protein Supplement                                                                          |
|                  |                                                                                   |                                                                                           |                                                                                                   |                                                                                              |                                                                                                                         |                                                                                                    |
| <b>Dinner</b>    | 2 oz herbed roasted Chicken (soft/moist)<br><br>¼ cup cooked Broccoli             | 2 oz lean rosemary Turkey (soft/moist)<br><br>¼ cup steamed carrots<br><br>1 small Banana | 2 oz Meatloaf (made w/ lean turkey meat)<br><br>¼ cup cooked Spinach<br><br>2 Tblsp mashed Potato | 2 oz baked lemon ginger Salmon (soft/moist)<br><br>¼ cup Butternut Squash<br><br>¼ cup Guava | 2 oz Fajita Chicken (soft/moist)<br><br>1/4 cup fajita style veggies<br><br>1 Tbsp mild Salsa<br><br>¼ cup Strawberries | 2 oz Orange Chicken (soft/moist) light sauce<br><br>¼ cup cooked Kale<br><br>¼ cup Papaya          |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 61                                                                                             | Day 62                                                                                       | Day 63                                                                                                                                           | Day 64                                                                                                                             | Day 65                                                                                        | Day 66                                                                                                           |
|------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | ½-1 cup low-fat Greek Yogurt<br><br>¼ cup Nectarine slices w/ cinnamon                             | 1 Boiled Egg<br><br>1 Tbsp Nut Butter<br><br>¼ cup sliced bananas                            | ½-1 cup low-fat cottage Cheese<br><br>¼ cup Apricots                                                                                             | ½ cup cooked Malt-o-Meal (prepared w/ nonfat Lactaid or Milk alternative)<br><br>¼ cup low fat/low sugar Yogurt                    | 2 Egg whites<br><br>½ cup sauteed mushrooms/ spinach<br><br>1 tsp soft margarine or Spray Oil | ½ cup non fat cottage Cheese<br><br>¼ cup melon diced                                                            |
|                  |                                                                                                    |                                                                                              |                                                                                                                                                  |                                                                                                                                    |                                                                                               |                                                                                                                  |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                          | 25-35g Protein Supplement                                                                    | 25-35g Protein Supplement                                                                                                                        | 25-35g Protein Supplement                                                                                                          | 25-35g Protein Supplement                                                                     | 25-35g Protein Supplement                                                                                        |
|                  |                                                                                                    |                                                                                              |                                                                                                                                                  |                                                                                                                                    |                                                                                               |                                                                                                                  |
| <b>Lunch</b>     | 2-3 oz Tuna salad w/ Mrs. Dash<br><br>¼ cup sliced peaches                                         | 2-3 oz shredded lean rosemary turkey<br><br>1/2 cup roasted squash                           | 2-3oz Lemon rosemary shredded chicken (soft/moist)<br><br>1 cup Spinach salad<br><br>¼ cup of strawberries<br><br>1 Tblsp light Balsamic Vinegar | ½ Egg salad (1 Egg or ½ cup Egg substitute)<br><br>¼ cup unsweetened Applesauce                                                    | 2-3 oz deli Chicken Breast (soft/moist)<br><br>1 small Pear<br><br>½ cup cooked carrots       | 2-3 oz grilled garlic Turkey (soft/moist)<br><br>¼ cup cooked zucchini and yellow squash<br><br>¼ cup Peaches    |
|                  |                                                                                                    |                                                                                              |                                                                                                                                                  |                                                                                                                                    |                                                                                               |                                                                                                                  |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                          | 25-35g Protein Supplement                                                                    | 25-35g Protein Supplement                                                                                                                        | 25-35g Protein Supplement                                                                                                          | 25-35g Protein Supplement                                                                     | 25-35g Protein Supplement                                                                                        |
|                  |                                                                                                    |                                                                                              |                                                                                                                                                  |                                                                                                                                    |                                                                                               |                                                                                                                  |
| <b>Dinner</b>    | 2-3 oz herb grilled Haddock (soft/moist)<br><br>¼ cup steamed Broccoli<br><br>¼ cup Honeydew Melon | 2-3 oz rotisserie style Chicken (soft/moist)<br><br>¼ cup Zucchini<br><br>½ slice Watermelon | 2-3 oz grilled Turkey breast (soft/moist)<br><br>¼ cup Green Snap Peas<br><br>¼ cup Cherries                                                     | 2-3 oz lean ground turkey taco meat<br><br>1/4 cup fajita style veggies<br><br>1 Tbsp low fat shredded Cheese<br>1 Tbsp mild Salsa | 2-3 oz baked ginger lemon salmon<br><br>¼ cup cooked Spinach<br><br>¼ cup Cantaloupe          | ¼ Chicken Enchilada (2-3 oz lean Chicken) with low fat cheese shredded<br><br>½ cup steamed cauliflower/broccoli |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 67                                                                                         | Day 68                                                                                             | Day 69                                                                                                                        | Day 70                                                                                   | Day 71                                                                                                             | Day 72                                                                                                                     |
|------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | 25-35g Protein Supplement                                                                      | 25-35g Protein Supplement                                                                          | 25-35g Protein Supplement                                                                                                     | 25-35g Protein Supplement                                                                | 25-35g Protein Supplement                                                                                          | 25-35g Protein Supplement                                                                                                  |
|                  |                                                                                                |                                                                                                    |                                                                                                                               |                                                                                          |                                                                                                                    |                                                                                                                            |
| <b>Snack</b>     | 2 Egg whites<br><br>½ c tomato, cucumber and feta mix<br><br>1 tsp soft Margarine or Spray Oil | ½ cup cottage Cheese<br><br>¼ cup Peaches                                                          | 1 scrambled Egg<br><br>¼ cup Mandarin Oranges                                                                                 | ½ cup oatmeal mixed with 1 Tbsp Nut Butter<br><br>½ slice Watermelon                     | 1 small Omelet (made w/Egg whites or ½ cup Egg substitute)<br><br>1 Tbsp mild Salsa<br><br>¼ cup sautéed Mushrooms | ½ cup cooked Oatmeal (prepared w/non fat Lactaid or milk alternative)<br><br>¼ cup fresh seasonal Fruit                    |
|                  |                                                                                                |                                                                                                    |                                                                                                                               |                                                                                          |                                                                                                                    |                                                                                                                            |
| <b>Lunch</b>     | 2-3 oz moist, Grilled thyme Chicken<br><br>1 slice roasted bell pepper and onions              | 2-3 oz skinless sliced Turkey Breast (soft/moist)<br><br>¼ cup sliced Tomato<br><br>1 small Banana | ½ cup Potato leek soup<br><br>¼ cup diced Melon                                                                               | ½ cup Dill egg salad on greens lettuce leaves<br><br>½ cup sliced cucumber and veggies   | 2-3 oz moist, shredded garlic Chicken Breast<br><br>1 small Pear<br><br>½ c cooked asparagus tips                  | 2-3 oz grilled garlic/ paprika Chicken (soft/moist)<br><br>¼ cup Beets<br><br>¼ cup Peaches                                |
|                  |                                                                                                |                                                                                                    |                                                                                                                               |                                                                                          |                                                                                                                    |                                                                                                                            |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                      | 25-35g Protein Supplement                                                                          | 25-35g Protein Supplement                                                                                                     | 25-35g Protein Supplement                                                                | 25-35g Protein Supplement                                                                                          | 25-35g Protein Supplement                                                                                                  |
|                  |                                                                                                |                                                                                                    |                                                                                                                               |                                                                                          |                                                                                                                    |                                                                                                                            |
| <b>Dinner</b>    | 1-2 oz Chicken Curry lean shredded<br><br>¼ steamed Kale<br><br>¼ cup Lentils                  | 1-2 oz broiled garlic lemon Salmon<br><br>¼ cup Collard Greens<br><br>¼ cup peeled Nectarine       | 2-3 oz tarragon roasted Turkey<br><br>1 cup Romaine and cucumbers salad<br><br>Top with 1 Tbsp Olive oil and vinegar dressing | 2-3 oz grilled lemon & oregano Chicken<br><br>¼ cup cooked Pumpkin<br><br>¼ cup Cherries | 2-3 oz Halibut w/garlic & lemon zest<br><br>¼ cup cooked Cauliflower<br><br>¼ cup Raspberries                      | 2-3 oz Chinese Chicken salad<br><br>¼ cup Bean Sprouts<br><br>¼ cup Napa Cabbage<br><br>1 Tbsp low fat/ low sugar dressing |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 73                                                                                                                                       | Day 74                                                                                                                                        | Day 75                                                                                                                         | Day 76                                                                     | Day 77                                                                                                              | Day 78                                                                                               |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | 25-35g Protein Supplement                                                                                                                    | 25-35g Protein Supplement                                                                                                                     | 25-35g Protein Supplement                                                                                                      | 25-35g Protein Supplement                                                  | 25-35g Protein Supplement                                                                                           | 25-35g Protein Supplement                                                                            |
|                  |                                                                                                                                              |                                                                                                                                               |                                                                                                                                |                                                                            |                                                                                                                     |                                                                                                      |
| <b>Snack</b>     | <p>½ cup whole grain Cereal moistened w/ nonfat Lactaid or Milk alternative</p> <p>¼ cup peeled Granny Smith Apple slices</p>                | <p>1 small Omelet (made w/1-2 Egg whites or ½ cup Egg substitute)</p> <p>1 Tbsp low fat Feta Cheese</p> <p>¼ mushrooms, spinach, tomatoes</p> | <p>1 scrambled Egg</p> <p>¼ cup Mandarin Oranges</p> <p>½ slice whole grain Toast</p> <p>1 tsp soft Margarine or spray oil</p> | <p>½ cup cottage Cheese</p> <p>¼ cup canned (no added sugar) Pineapple</p> | <p>½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative)</p> <p>¼ cup fresh seasonal Fruit</p>      | <p>1 Boiled Egg</p> <p>1 slice Watermelon</p>                                                        |
|                  |                                                                                                                                              |                                                                                                                                               |                                                                                                                                |                                                                            |                                                                                                                     |                                                                                                      |
| <b>Lunch</b>     | <p>2 oz Chef salad (1 oz low fat Cheese, 2-3 oz lean Turkey, 1 Egg white)</p> <p>1 Tsp light Italian Dressing</p> <p>¼ cup mixed berries</p> | <p>½ cup Potato leek soup</p> <p>1 cup romaine lettuce with diced cucumber</p>                                                                | <p>2-3 oz Chicken salad w/ Greens</p> <p>1 Tbsp low fat Italian Dressing</p> <p>¼ cup Kiwi</p>                                 | <p>½ cup Egg salad on salad greens</p> <p>¼ cup unsweetened Applesauce</p> | <p>2-3 oz Garlic/onion Chicken breast in crock pot</p> <p>1/2 cup crock pot veggies (zucchini, onions, carrots)</p> | <p>2-3 oz herb roasted Turkey (soft/moist)</p> <p>¼ cup cooked Pumpkin</p> <p>¼ cup cooked Chard</p> |
|                  |                                                                                                                                              |                                                                                                                                               |                                                                                                                                |                                                                            |                                                                                                                     |                                                                                                      |
| <b>Snack</b>     | 25-35g Protein Supplement                                                                                                                    | 25-35g Protein Supplement                                                                                                                     | 25-35g Protein Supplement                                                                                                      | 25-35g Protein Supplement                                                  | 25-35g Protein Supplement                                                                                           | 25-35g Protein Supplement                                                                            |
|                  |                                                                                                                                              |                                                                                                                                               |                                                                                                                                |                                                                            |                                                                                                                     |                                                                                                      |

|               |                                                          |                                                                    |                                              |                                            |                                                 |                                                                                                                |
|---------------|----------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------|--------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Dinner</b> | 1/2 cup Tofu Scramble: tofu, egg white, veggies in saute | 1 cup Taco salad (made w/3 oz extra lean ground Turkey or Chicken) | 2 oz baked Chicken w/ Mushroom sauce         | 2 oz mild Curry Chicken                    | 2-3 oz Broiled Salmon marinated w/ Papaya Salsa | Greek Chicken salad (made w/3 oz grilled Chicken, 1 oz low fat Feta Cheese, 1 sliced Cucumber, 2 black Olives) |
|               | ¼ cup fresh seasonal Fruit                               | 1 Tbsp fresh mild Salsa<br>¼ cup fresh nectarine                   | ½ cup cooked Spinach<br>¼ cup Honeydew Melon | ¼ cup cooked Eggplant<br>¼ cup Fresh Mango | ¼-½ cup cooked Spinach                          | 1 Tbsp low fat Yogurt Dressing                                                                                 |

### Bariatric Post Surgery Menu - Stage 5- Early Solid Foods (Days 43-84)

|                  | Day 79                                                                                  | Day 80                                                                                              | Day 81                                                                                 | Day 82                                                                                                                             | Day 83                                                                                                                    | Day 84                                                                                                          |
|------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | ½-1 cup low-fat Greek Yogurt<br><br>¼ cup mixed berries                                 | 1 scrambled Egg<br><br>¼ cup Red Grapes<br><br>1 tsp soft Margarine or spray oil                    | ½ cup cottage Cheese<br><br>¼ cup canned pears (no added sugar)                        | 1 small Omelet (made w/1-2 Egg whites or ½ cup Egg substitute)<br><br>¼ cup low fat Cheese<br><br>¼ cup sauteed spinach & zucchini | ½ cup whole grain Cereal moistened w/ nonfat Lactaid or Milk alternative<br><br>¼ cup fresh Kiwi                          | ½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative)<br><br>¼ cup Mango                        |
|                  |                                                                                         |                                                                                                     |                                                                                        |                                                                                                                                    |                                                                                                                           |                                                                                                                 |
| <b>Snack</b>     | 25-35g Protein Supplement                                                               | 25-35g Protein Supplement                                                                           | 25-35g Protein Supplement                                                              | 25-35g Protein Supplement                                                                                                          | 25-35g Protein Supplement                                                                                                 | 25-35g Protein Supplement                                                                                       |
|                  |                                                                                         |                                                                                                     |                                                                                        |                                                                                                                                    |                                                                                                                           |                                                                                                                 |
| <b>Lunch</b>     | 3 oz Roasted Red Pepper Hummus<br><br>¼ cup Baby Carrots<br><br>¼ cup Persian Cucumbers | 1-2 oz Roasted herb Chicken w/ salad Greens<br><br>¼ Avocado<br><br>1 Tbsp low fat Italian Dressing | 2 Boiled Egg whites<br><br>1 oz low fat string Cheese<br><br>1 slice Cantaloupe        | ½ cup Tuna salad (2-3 oz Tuna) w/ salad Greens<br><br>¼ fresh Fruit                                                                | 1 Roasted garlic Artichoke<br><br>1 oz low fat cheddar Cheese<br><br>¼ cup Green Grapes                                   | 2-3 oz lean ground turkey with taco seasoning<br><br>1/4 c Fajita style veggies<br><br>1 small Banana           |
|                  |                                                                                         |                                                                                                     |                                                                                        |                                                                                                                                    |                                                                                                                           |                                                                                                                 |
| <b>Snack</b>     | 25-35g Protein Supplement                                                               | 25-35g Protein Supplement                                                                           | 25-35g Protein Supplement                                                              | 25-35g Protein Supplement                                                                                                          | 25-35g Protein Supplement                                                                                                 | 25-35g Protein Supplement                                                                                       |
|                  |                                                                                         |                                                                                                     |                                                                                        |                                                                                                                                    |                                                                                                                           |                                                                                                                 |
| <b>Dinner</b>    | 2-3 oz Thai Grilled Chicken<br><br>¼ cup cooked bok choy<br><br>¼ cup Fresh Raspberries | 2-3 oz Baked Turkey breast (soft/moist)<br><br>¼ cup cooked Asparagus<br><br>¼ cup Watermelon       | 2-3 oz Broiled lemon basil Trout<br><br>¼ cup Collard Greens<br><br>¼ cup fresh Grapes | 2-3 oz Rotisserie Chicken (soft/moist)<br><br>¼ cup cooked Brussel sprouts<br><br>¼ cup Watermelon                                 | 2-3 oz Lean turkey Meatloaf<br><br>¼ cup fresh Salad Greens<br><br>1 Tbsp low-fat Dressing<br><br>¼ cup peeled Gala Apple | 2-3 oz Meat sauce (made w/ lean ground Chicken or Turkey)<br><br>1/2 cup zucchini noodles<br><br>¼ cup Cherries |