

Bariatric Post Surgery Menu - Stage 6: Late Transition to Solid Foods (Months 3-6)

As you transition from early solid foods to later solids, continue to eat your protein foods first, followed by your vegetables, fruit, and finally starches. Continue to advance textures gradually and try new foods one at a time. Work toward your goal of 64 ounces or more of fluid everyday.

Remember the following:

- * To prevent dehydration, sip liquids continually throughout the day
- * Eat slowly. Meals should take you at least 30 minutes or more.
- * 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 1 protein shake and 3 meals daily (1 snack if needed)
- * 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 6- Late Solids (Months 3-6)

	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Snack	½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) ¼ cup blue berries	1 scrambled Egg ¼ cup melon 1 tsp soft Margarine or spray oil	½ cup cottage Cheese ¼ cup sliced pears	¼ cup low fat/low sugar Yogurt ¼ cup berries & cinnamon	½ cup cooked Cream of Wheat (prepared w/nonfat Lactaid or Milk alternative)	2 scrambled egg whites ½ cup spinach and mushrooms ¼ cup soft fruit
Lunch	2-3 oz Chicken breast baked w/lemon pepper ½ cup sauteed mixed veggies	2-3 oz Broiled Salmon w/herbs ½ cup cooked Spinach	2-3 oz Tuna on salad salad Greens ¼ cup Cucumbers ¼ Cantaloupe cubed	2-3 oz Extra lean ground turkey ½ cup grilled zucchini & yellow squash	2-3 oz Shredded dill chicken salad ¼ cup Bean Sprouts ¼ cup Napa Cabbage 1 Tbsp lowfat dressing	3 oz Garlic Hummus ½ cup Baby Carrots ¼ cup Persian Cucumbers
Snack	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Dinner	2-3 oz Baked garlic white fish 1 cup mixed greens 1 Tbsp low fat Italian Dressing	2-3 oz Thai Grilled Chicken ¼ cup cooked bok choy/ veggies ¼ cup Raspberries	½ cup Lentil soup 1 cup mixed greens 1 Tbsp low fat Italian Dressing	½ cup black bean soup ½ cup cooked carrots ¼ cup blueberries	2-3 oz grilled salmon w/lemon ½ cup cooked mixed vegetables ¼ cup honeydew melon	2-3 oz Herb Roasted Chicken ½ cup cooked Spinach ¼ cup mixed berries

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	Day 91	Day 92	Day 93	Day 94	Day 95	Day 96
Breakfast	½ cup low fat cottage Cheese ½ cup sliced peaches	2 scrambled egg whites w/ spinach ½ medium banana	½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) 1 Tsp Nut Butter mixed in	½ cup greek yogurt plain w/cinnamon ½ cup pineapple chunks	1 Poached egg ½ slice whole grain toast 1 tsp soft Margarine	½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) 1 Tsp Nut Butter mixed in
Snack	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Lunch	2-3 oz lemon pepper chicken breast 1 cup romain lettuce, cucumber 1 Tbsp low fat Italian Dressing	2-3 oz Extra lean ground turkey ½ cup Fajita style veggies ½ cup kiwi slices	2-3 oz Tuna salad on lettuce leaves ½ cup chopped veggies of your choice ½ cup stawberries	½ cup Egg salad on greens lettuce leaves 1 cup sliced cucumber/ veggies ½ cup raspberries	2-3 oz baked rosemary & thyme Cod fish ½ cup asparagus tips ¼ cup quinoa	2-3 oz Extra lean turkey taco meat 1 cup Romaine lettuce leaves for shells ¼ Avocado slices
Dinner	2-3 oz Broiled basil lemon Trout ½ cup steamed Cauliflower ¼ cup fresh Grapes	2-3 oz saffron Chicken kabobs ½ cup diced bell peppers, onion, egg plant	1 cup low fat black beans w/ shredded low fat cheese ½ cup cooked carrots ½ cup apple slices	2-3 oz oven roasted basil Turkey ½ cup steamed green beans ½ cup cauliflower rice	1 cup low fat black bean soup ½ cup soft carrots ¼ cup Papaya sliced	2-3 oz Pan seared Salmon 1 cup mixed greens 1 Tbsp lowfat Dressing

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	Day 97	Day 98	Day 99	Day 100	Day 101	Day 102
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Snack	½ cup low fat cottage Cheese ½ cup sliced pineapple	2 scrambled egg whites w/bell pepper ½ cup watermelon	1 Poached egg ½ slice whole grain toast ¼ Avocado slices	½ cup low fat greek yogurt plain w/ cinnamon ½ cup mixed berries	1 small egg white Omelet w/ ¼ cup low fat Cheese ½ cup sauteed spinach and zucchini	½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) 1 Tsp Nut Butter mixed in
Lunch	2-3 oz Herb roasted chicken ½ cup sauteed Zucchini and onions ¼ cup brown rice	2-3 oz roasted garlic Turkey breast ½ cup steamed carrots ¼ cup baked sweet potato	2-3 oz Tuna salad 1 cup mixed greens ¼ cup watermelon 1 Tbsp light Balsamic Vinegar	½ cup dill egg salad 1 cup lettuce leaves as shells ¼ cup Kiwi	2-3 oz rosemary & thyme chicken ½ cup sauteed zucchini, onions, mushrooms ¼ cup quinoa	2-3 oz ground paprika & garlic Turkey 1 cup romain lettuce, cucumber 1 Tbsp low fat Italian Dressing
Dinner	2-3 oz Garlic roasted Haddock ½ cup steamed Broccoli ¼ cup peaches	½ cup Chicken Enchilada (2-3 oz lean Chicken) w/ low fat cheese shredded ½ cup steamed greenbeans	2 oz Meatloaf (made w/ lean turkey meat) ½ cup cooked Spinach ¼ cup mashed cauliflower	2-3 oz Fajita Chicken ½ cup fajita style veggies 1 Tbsp mild Salsa ½-1 corn tortilla	2-3 oz baked lemon pepper Salmon ½ cup steamed broccoli ¼ cup baked yam	2-3 oz Meat sauce (made w/ lean ground Chicken or Turkey) ½ cup zucchini noodles ¼ cup soft carrots