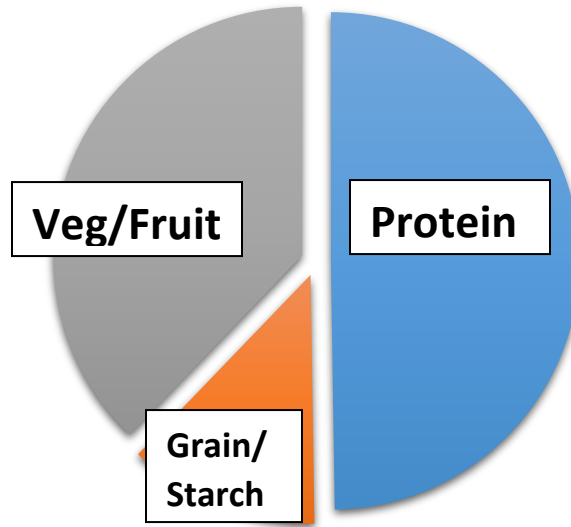


Bariatric Surgery Program: Diet for Life Sample Menu



BREAKFAST IDEAS:

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/ Fruit	Grain/ Starch
1 poached egg	¼ small ripe pear	¼ - ½ piece of toast
1 scrambled egg	1 tomato slice	½ whole wheat English Muffin
¼ cup of cottage cheese	2-3 strawberries	½ small bran muffin (half a tennis ball)
1 Tbsp. peanut butter or nut butter	¼ small banana	1-2 Ryvita crackers
1 oz. lean ham	2-3 canned peach slices	1/3 cup high fibre cereal
½ cup of plain or artificially sweetened yogurt	¼ cup of diced melon	2-3 Tbsp Bran Buds
1 ½ Tbsp of Beneprotein	¼ cup of blueberries	1/3 to ½ cup of oatmeal
¼ of ricotta cheese		
1 whole cheese slice		

Examples:

- 1 Tbsp of peanut or almond butter into 1/3 cup of oatmeal (with hot water or milk), add a dash of cinnamon and sprinkle with fruit of your choice
- ¼ cup of cottage cheese with 2-3 diced canned peaches. Spread on 1-2 crackers or ½ slice of whole grain toast
- ½ cup of vanilla or plain yogurt with 2-3 tbsp of Bran buds and ¼ cup of berries
- ½ whole wheat English muffin with Dijon mustard, tomato slice, ½ slice of lean ham and 1 scrambled or boiled egg

LUNCH IDEAS:

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/ Fruit	Grain/ Starch
¼ cup of deli ham or turkey	¼ cup of steamed vegetables	¼ - ½ piece of toast
¼ cup of hummus	2-3 cucumber slices	3 Triscuits
¼ cup or 2 oz. of canned tuna	¼ cup of pineapple tidbits	2 flatbread crackers
¼ cup or 2 oz. of canned salmon	2-3 slices of avocado (1/8 of an avocado)	½ small whole wheat flour tortilla
½ cup of spilt pea soup	1-2 tablespoons of tomato bruschetta	1-2 slices of toasted baguette
½ cup of chili	½ whole peeled apple	½ whole wheat pita
1" cube of cheese	½ cup of chopped garden salad	2-3 Tbsp of pearl barley
1 babybel cheese / cheese-string/ laughing cow cheese		
1 whole cheese slice		

Examples:

- ½ whole wheat pita with ¼ cup of hummus and 2-3 cucumber slices
- ½ cup of soup with 1-2 slices of toasted baguette topped with 1-2 tbsp of tomato bruschetta
- 1 English muffin topped with tomato sauce, diced chicken or ham, and shredded cheese
- 1 /2 piece of toast with ¼ cup of deli ham or turkey and 2-3 slices of avocado
- ¼ cup of canned tuna or salmon on 3 Triscuits with ½ whole peeled apple

DINNER IDEAS:

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/ Fruit	Grain/ Starch
¼ cup or 2oz. of beef, roast, or steak	¼ cup of steamed vegetables	2-3 tbsp of sweet potato
¼ cup or 2 oz. of lean ground beef, chicken, turkey	¼ cup of chopped tomato and cucumber salad	2-3 tbsp of white potato
¼ cup or 2 oz. of salmon, tuna, other fish	2-3 small spears of broccoli or cauliflower	2-3 tbsp or quinoa
¼ cup or 2 oz. of diced chicken, turkey or pork	¼ cup of zucchini	2-3 tbsp of whole wheat couscous
¼ cup of shrimp or scallops	¼ cup of cooked mushrooms	3-4 whole oven baked fries

¼ cup of chickpeas, kidney beans, baked beans and lentils	¼ cup of green beans	½ whole wheat roll or pita
¼ cup of edamame	¼ cup of chopped garden salad	¼ oven-baked potato
¼ cup of soft, firm tofu, TVP		
2oz. veggie burger		

Examples:

- 2 oz. of grilled chicken with ¼ cup of zucchini and 2-3 tbsp of white or sweet potato
- ½ homemade burger (extra lean ground meat) or ½ veggie burger with ¼ cup of chopped salad and 3-4 baked fries
- ¼ cup bean salad with ¼ cup of chopped tomatoes with 2-3 tbsp of whole-wheat couscous
- 2 oz of fish with lemon pepper with ¼ cup of steamed carrots and 3-4 oven-baked potato fries