

Sample Meal Plan – Maintenance (3-6 meals per day, may modify portion size or # of meals for individual plan)

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	9:00pm
Vitamins	Calcium 500mg with Vitamin D 500 IU		Calcium 500mg with Vitamin D 500 IU		Calcium 500mg with Vitamin D 500 IU	One a day Bariatric Multi-Vitamin
1	Omelet + 1/2 cup cooked oatmeal	Protein Shake or Protein Bar	Grilled fresh tuna with broccoli and roasted new potatoes	Fruit of choice	Roast beef with sweet potato and green beans	Cottage cheese with blueberries
2	Breakfast wrap (low-fat sausage, scrambled eggs, low-fat cheese, salsa, whole wheat tortilla)	Apple + Peanut Butter	Teriyaki salmon with cooked spinach and sweet potatoes	Whole grain pretzels	Pork tenderloin with asparagus and cauliflower rice (cut into small pieces and cooked)	Greek Yogurt + Fruit
3	Egg-white pancakes (three egg whites, 1/4 cup oatmeal, 1/4 T whole grain pancake mix, mix in blender), serve with sugarless fruit spread	Mozzarella Sticks + Nuts	Chicken fajita wraps (grilled chicken breast, grilled vegetables, and a whole wheat wrap)	Greek yogurt + fruit	Chicken with quinoa and carrots	Green salad with cottage cheese
4	Scrambled eggs, one slice whole wheat toast, avocado	Protein Shake or Protein Bar	Southwest chicken salad (chicken, lettuce, black beans, tomatoes, onions, avocado)	Celery sticks + Peanut Butter	Beef-vegetable stir fry with yellow squash or zucchini	Apple + mozzarella cheese
5	Berry Overnight Oats	Jerky + Cheese	Turkey or low-fat beef burger on ½ whole wheat bun with lettuce and tomato	Protein Shake or Protein Bar	Grilled salmon with cucumber-dill dressing, green salad, and baked sweet potato	Low sugar chocolate pudding
6	Egg-white pancakes (see Day 3); sugarless fruit spread	Protein Shake or Protein Bar	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Carrot Sticks + Ranch Dip	Rosemary chicken, snap peas, and whole wheat protein pasta	Cottage cheese and yogurt
7	Scrambled eggs, Greek yogurt	Ham + dill pickle & light cream cheese rolled	Thin deli meat, asparagus, sugar-free pudding	Protein Shake or Protein Bar	Ground Turkey, tomato & Baked Potato	Tuna, string-cheese, and whole wheat crackers



Individualized Weekly Meal Plan

DAY						
Vitamins						
1						
2						
3						
4						
5						
6						
7						

Goals (based on your phase and individualized) *May choose to monitor calories, carbs, fats as well.

*Add in fluids throughout the day (at least 30 minutes before eating or 30 minutes after eating)

- **Vitamins**
- **Protein total** _____ grams/day (Recommendations individualized 60-90gms/day)
- **Fluids total** _____ ounces (Recommendations individualized 48-64 ounces)
- **Vegetables / Fruit** _____ servings per day (At maintenance phase: recommend 5 per/day)



PROTEIN CONTENT OF FOODS

<u>Food/Amount</u>	<u>Protein</u>
HIGH PROTEIN (4 GRAMS OR MORE)	
Skim milk or yogurt - 8 ounces	8-9 grams
Egg 1 (medium)	7 grams
Poultry, fish or pork 1 ounce	7 grams
Tuna ¼ cup	7 grams
Nonfat/Low-fat cottage cheese ¼ cup	7 grams
Low-fat cheese 1 ounce	7 grams
Tofu ½ cup	5 grams
Beans, lentils ½ cup	3 grams
Most vegetables ½ cup	2 grams
Beans, lima, kidney, baked or garbanzo, canned ½ cup	5-7 grams
Beans, white, navy or great northern, canned ½ cup	9 grams
Beef, ground sirloin 1 ounce	8 grams
Beef, top round, braised 1 ounce	10 grams
Buttermilk, fluid, cultured low fat 1 cup or 8 ounces	8 grams
Cereal, breakfast, higher protein ½ cup	4-6 grams
Cheese, low fat 1 ounce	7 grams
Cheese, cottage, low fat ½ cup	14 grams
Cheese, Parmesan 2 tablespoons	4 grams
Cheese, ricotta, fat-free ½ cup	14 grams
Chicken breast 1 ounce	9 grams
Dried beans and peas ½ cup	6-9 grams
Egg substitute ¼ cup	7.5 grams
Egg, whole or hard boiled, large 1 each	7 grams
Fish, fillet or steak 1 ounce	6.5-7.5 grams
Frankfurter, turkey or beef 1 each	5 grams
Lamb 1 ounce	7 grams



Food/Amount (continued)

Protein

HIGH PROTEIN (4 GRAMS OR MORE)

Lentils ½ cup	9 grams
Lunchmeat; ham, turkey, chicken 1 ounce	3-4 grams
Milk, skim or 1% 1 cup	8 grams
Milk, evaporated, canned ½ cup	9.7 grams
Milk, nonfat dry solids ⅓ cup	8 grams
Nuts, cashews, walnuts 1 ounce	4-5 grams
Nuts, peanuts, pistachios 1 ounce	6 grams
Peanut butter 2 tablespoons	8 grams
Pork tenderloin 1 ounce	9 grams
Pudding, prepared with skim milk ½ cup	4.5 grams
Roll, hamburger or hot dog bun 1 each	4 grams
Sardines 1 ounce	7 grams
Sausage, turkey patty 1 ounce	5 grams
Seeds, pumpkin 1 ounce	9.5 grams
Seeds, sunflower 1 ounce	5.5 grams
Shellfish or crab 1 ounce	5.5 grams
Soy milk 1 cup	8-11 grams
Soybeans ½ cup	14 grams
Tofu, firm ¼ cup	5 grams
Tuna, canned, drained 1 ounce	7 grams
Turkey 1 ounce	8 grams
Veggie or soy patty 1 each	11 grams
Yogurt, plain low fat 8 ounces	12 grams

LOW PROTEIN (3 GRAMS OR LESS)

Beans, green or yellow ½ cup	1 gram
Beets ½ cup	1.5 grams
Bread, pita, 4" 1 each	2.5 grams



Food/Amount (continued) Protein

LOW PROTEIN (3 GRAMS OR LESS)

Bread, wheat, rye, white 1 slice	2.5 grams
Broccoli ½ cup	2 grams
Brussels sprouts ½ cup	2 grams
Cauliflower ½ cup	1 gram
Cereal, bran or wheat ½ cup	2-3 grams
Cream cheese, light or fat-free 1 ounce	2 grams
Corn ½ cup	2 grams
Cream of wheat ½ cup	3 grams
Cream, light/half-and-half, fat-free 2 tablespoons	1 gram
Greens, collard, beet, mustard, kale ½ cup	2 grams
Muffin 2 ounces	3 grams
Mushrooms ½ cup	1.5 grams
Oatmeal ½ cup	3 grams
Pancake or waffle 4” - 1 each	2 grams
Peas, green, canned ½ cup	3.5 grams
Potato, baked with skin 1 medium	3 grams
Sour cream, light or fat-free ½ cup	2.5 grams
Spaghetti, whole wheat ½ cup	3.5 grams
Spinach ½ cup	3 grams
Squash ½ cup	1.5 grams
Tomato sauce ½ cup	2 grams
Tortilla, flour 1 each	2.5 grams

**Unless otherwise noted, all foods are cooked. Meat is roasted, fish is cooked with dry heat, vegetables are cooked from fresh and fruit is raw. • This is a guide. Actual values may vary depending on product and/or processing. Values are rounded to the nearest 0.5-gram increment and may be averaged with similar foods in the group.*

Source: U.S. Department of Agriculture, Agriculture Research Service. 2020. USDA National Nutrient Database for Standard Reference, updated 4/1/2020. Nutrient Data Laboratory Home Page, <https://fdc.nal.usda.gov/> Accessed August 1, 2020 . Source: Nutrition Data. Com: Nutrition Facts and Information, Webpage: <https://nutritiondata.self.com/tools/compare/welcome?returnto=/tools/compare> Accessed: August 1, 2020.



GROUP FOODS TO CHOOSE FOODS TO AVOID

GRAINS

- **Foods to choose:** High-protein cereal such as Kashi Go Lean • Sugar-free hot cereal such as Quaker Oats Weight Control or sugar-free oatmeal • High-protein pasta such as Barilla Plus • Low-carbohydrate or light bread
- **Foods to avoid:** All white bread and regular pasta • Cakes, cookies and other pastries • Pretzels, chips and popcorn • Granola bars

VEGETABLES

- **Foods to choose:** All leafy green vegetables • Peppers • Beans (chew well) • Broccoli • Tomatoes • Most other varieties of vegetables
- **Foods to avoid:** Celery • French fries • Fried vegetables • Limit sauces and butters

FRUITS

- **Foods to choose:** Peeled apples and pears • Canned fruit in light syrup or juice • Bananas • Seedless melon • Frozen fruit (no sugar) • Most other varieties of fruit
- **Foods to avoid:** Fruit juice • Canned pie filling

DAIRY

- **Foods to choose:** Skim or 1% milk • Lactaid milk • Plain or light soy milk • Sugar-free yogurt • Reduced-fat cheese • Fat-free cheese singles • Low-fat or fat-free cottage cheese • 2% or part skim shredded cheese
- **Foods to avoid:** Whole milk • Full-fat cheese • Frozen yogurt • Ice cream • Creamer • Sour cream • Whipped cream

MEATS

- **Foods to choose:** Lean ground chicken, turkey or beef (94% lean or better) • Baked or broiled fish • Canned meats • Thinly shaved lean luncheon meat (turkey, chicken or ham) • Shellfish • Egg, egg substitute or egg white • Beans • Meat-alternative products
- **Foods to avoid:** Fried chicken and fish • High-fat beef such as ground chuck, prime cuts and ribs • High-fat luncheon meats such as bologna, salami and pepperoni • Processed meat such as sausage, hot dogs, bacon and hamburgers • Poultry with skin or dark meat • Fish in butter or cream sauce



FATS

- **Foods to choose:** Olive or canola oil • Light butter or margarine • Reduced-fat salad dressing, cream cheese or sour cream • 6-10 almonds or walnuts (chew thoroughly) • 1 tablespoon avocado • 1 tablespoon++on ground flaxseed • Reduced-fat Miracle Whip or mayonnaise
- **Foods to avoid:** All frying oils • Butter or margarine • Regular salad dressing

CONDIMENTS

- **Foods to choose:** Salsa • Relish • Pickles • Salt-free seasonings and spices • Ketchup and mustard • Spray butter • Fat-free salad dressing, cream cheese, Miracle Whip and mayonnaise • Fat-free Cool Whip • Sweet-and-sour sauce • BBQ sauce
- **Foods to avoid:** Full-fat Miracle Whip and mayonnaise • Chocolate or caramel sauce

