

Sample Menus for 3 Months After Weight Loss Surgery

Important Reminders

- You need to have **at least** 60 grams of protein each day.
- Try not to have unplanned snacks. This can lead to mindless eating.
- Stop eating when you feel satisfied.
- You may want to stop having a protein supplement. This may mean 1 to 2 planned snacks or adding protein powder into foods to meet your protein goal.

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ ½ cup cottage cheese with ¼ cup berries	15
Lunch	■ 1 to 2 ounces flaked fish ■ 2 tablespoons green beans	7 to 14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of milk or an unsweetened dairy alternative. (You can divide into two 4-ounce servings.)	30
Dinner	■ 1 to 2 ounces shrimp with cocktail sauce ■ ¼ cup zucchini	7 to 14
Total Protein		60 to 74

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 1 egg or ¼ cup Egg Beaters® scrambled ■ 1 tablespoon shredded cheese with 1 tablespoon vegetables	14
Lunch	■ ½ cup canned tuna (or chicken) salad with 1 tablespoon of mayonnaise or avocado. Try it in a lettuce wrap! ■ 3 to 4 cucumber slices	14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of milk or an unsweetened dairy alternative. (You can divide into two 4-ounce servings.)	30
Dinner	■ 1 to 2 ounces grilled, broiled, or baked lemon pepper salmon ■ ¼ cup asparagus	7 to 14
Total Protein		65 to 72

(over)

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ ½ cup Greek yogurt with 2 tablespoon berries	14
Lunch	■ ½ cup chili with beef and beans	14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of milk or an unsweetened dairy alternative. (You can divide into two 4-ounce servings.)	30
Dinner	■ 1 to 2 ounces pork loin, ground or made in a slow cooker ■ ¼ cup broccoli, cooked	7 to 14
Total Protein		65 to 72

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 1 scrambled egg ■ 1 tablespoon finely chopped bell pepper ■ 1 tablespoon shredded cheese	10
Lunch	■ 1 container (5.3 ounces) of Greek yogurt (such as Dannon® Oikos® Triple Zero Greek Yogurt) ■ 1 to 2 baby carrot sticks	15
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of milk or an unsweetened dairy alternative. (You can divide into two 4-ounce servings.)	30
Dinner	■ ½ fish pouch (2 ounces fish and a few slices of peppers and onions) (See recipe card for “Fish Pouch.”)	14
Total Protein		69

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 2 eggs with 1 to 2 tablespoons salsa	14
Lunch	■ 1 to 2 ounces of meatballs ■ ¼ cup spaghetti squash	7 to 14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of milk or an unsweetened dairy alternative. (You can divide into two 4-ounce servings.)	30
Dinner	■ Taco salad (1 to 2 ounces taco-seasoned lean ground beef, ½ ounce cheese, salsa and sour cream) ■ 2 strawberries	11 to 18
Total Protein		62 to 69