

# Sample Menus for 1 Year or More After Weight Loss Surgery

## Important Reminders

- Your goal is to have at least 60 grams of protein each day.
- Try to not 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	<ul style="list-style-type: none"> <li>■ ½ to ¾ cup 1 percent cottage cheese topped with ¼ to ½ cup whole grain cereal, fruit and/or nuts</li> </ul>	14 to 21
Lunch	<ul style="list-style-type: none"> <li>■ ¾ cup tuna, packed in water</li> <li>■ 4 to 5 whole grain crackers</li> </ul>	21
Snack	<ul style="list-style-type: none"> <li>■ 1 part-skim mozzarella string cheese</li> </ul>	7
Dinner	<ul style="list-style-type: none"> <li>■ 3 ounces turkey and ¼ to ½ cup vegetables/fruit (See recipe card for “Slow Cooker Turkey.”)</li> </ul>	21
<b>Total Protein</b>		<b>63 to 70</b>

Meal	Sample Menu	Average Grams of Protein
Breakfast	<ul style="list-style-type: none"> <li>■ 2 eggs with ¼ cup shredded mozzarella cheese</li> <li>■ ¼ cup mushrooms and peppers</li> </ul>	21
Lunch	<ul style="list-style-type: none"> <li>■ ¾ cup “Chickpea and Quinoa Salad”(see recipe card)</li> </ul>	11
Snack	<ul style="list-style-type: none"> <li>■ ¼ cup dry roasted peanuts, lightly salted</li> </ul>	8
Dinner	<ul style="list-style-type: none"> <li>■ 3 ounces grilled, broiled, or baked lemon pepper salmon</li> <li>■ ¼ to ½ cup asparagus</li> </ul>	21
<b>Total Protein</b>		<b>61</b>

(over)

Meal	Sample Menu	Average Grams of Protein
Breakfast	<ul style="list-style-type: none"> <li>■ <math>\frac{2}{3}</math> cup fat-free, plain Greek yogurt with 3 tablespoons pumpkin puree and 1 teaspoon maple syrup</li> </ul>	14
Lunch	<ul style="list-style-type: none"> <li>■ 1 ounce deli ham</li> <li>■ <math>\frac{1}{2}</math> whole grain bagel thin topped with cucumber slices and <math>\frac{1}{4}</math> cup 1 percent cottage cheese</li> </ul>	17
Dinner	<ul style="list-style-type: none"> <li>■ 3 ounces pork loin</li> <li>■ <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math> cup roasted cauliflower</li> </ul>	21
Snack	<ul style="list-style-type: none"> <li>■ 8 medium-sized shrimp boiled with 2 tablespoons classic cocktail sauce</li> </ul>	10
<b>Total Protein</b>		<b>62</b>

Meal	Sample Menu	Average Grams of Protein
Breakfast	<ul style="list-style-type: none"> <li>■ <math>\frac{1}{2}</math> cup unsweetened refrigerator oats made with milk</li> <li>■ 6 ounces light Greek yogurt (This tastes great mixed into the refrigerator oats!)</li> </ul>	20
Lunch	<ul style="list-style-type: none"> <li>■ 2 ounces pulled pork tossed with <math>\frac{1}{2}</math> cup broccoli slaw</li> </ul>	14
Dinner	<ul style="list-style-type: none"> <li>■ 1 cup meat sauce with <math>\frac{1}{2}</math> cup zucchini noodles (See recipe card for "Slow Cooker Beef Goulash.")</li> </ul>	26
Snack	<ul style="list-style-type: none"> <li>■ 2 tablespoons natural peanut butter on 1 rice cake made with brown rice</li> </ul>	7
<b>Total Protein</b>		<b>67</b>

Meal	Sample Menu	Average Grams of Protein
Breakfast	<ul style="list-style-type: none"> <li>■ Breakfast wrap (6-inch whole-wheat tortilla with 1 egg, <math>\frac{1}{4}</math> cup black beans, 1 tablespoon salsa and <math>\frac{1}{4}</math> cup fat-free, plain Greek yogurt)</li> </ul>	18
Lunch	<ul style="list-style-type: none"> <li>■ 2 ounces chicken breast, grilled</li> <li>■ <math>\frac{1}{4}</math> cup cooked carrots</li> <li>■ <math>\frac{1}{4}</math> cup mashed potatoes</li> </ul>	14
Snack	<ul style="list-style-type: none"> <li>■ <math>\frac{1}{3}</math> cup hummus</li> <li>■ <math>\frac{1}{2}</math> sugar snap peas</li> </ul>	7
Dinner	<ul style="list-style-type: none"> <li>■ 1 soy burger</li> <li>■ <math>\frac{1}{2}</math> cup watermelon</li> </ul>	15
Snack	<ul style="list-style-type: none"> <li>■ 2 slices honey-baked ham with 2 teaspoons honey mustard rolled in a lettuce leaf</li> </ul>	7
<b>Total Protein</b>		<b>61</b>

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ $\frac{3}{4}$ cup or 6oz light Greek yogurt (low sugar) + 1 teaspoon chia seeds	14
Lunch	■ Caprese salad (2 ounces fresh mozzarella with $\frac{1}{2}$ cup cherry tomatoes and 2 teaspoons balsamic vinegar)	14
Snack	■ $\frac{1}{4}$ cup roasted edamame	13
Dinner	■ Taco salad ( $\frac{1}{2}$ cup or 2 ounces taco-seasoned lean ground beef, $\frac{1}{4}$ cup cheese, salsa and low-fat sour cream or try plain Green yogurt for more protein)	21
<b>Total Protein</b>		<b>62</b>

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 1 protein bar	10
Lunch	■ 1 hard-boiled egg — Cut the egg in half and remove the yolks. — Fill with 2 tablespoons guacamole (avocado, lime, cilantro)	7
Snack	■ 1 frozen entree	14 to 21
Dinner	■ 3 ounces turkey meatballs ■ $\frac{1}{2}$ cup spaghetti squash	21
Snack	■ 1 cup fairlife® (high protein) milk	13
<b>Total Protein</b>		<b>65 to 72</b>