

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"> ■ ½ to ¾ cup 1 percent cottage cheese topped with ¼ to ½ cup whole grain cereal, fruit and/or nuts 	14 to 21
Lunch	<ul style="list-style-type: none"> ■ ¾ cup tuna, packed in water ■ 4 to 5 whole grain crackers 	21
Snack	<ul style="list-style-type: none"> ■ 1 part-skim mozzarella string cheese 	7
Dinner	<ul style="list-style-type: none"> ■ 3 ounces turkey and ¼ to ½ cup vegetables/fruit (See recipe card for “Slow Cooker Turkey.”) 	21
Total Protein		63 to 70

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

(over)

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

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

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

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
Total Protein		62

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
Total Protein		65 to 72