

Sample Menus for 3 Months After Weight Loss Surgery

Important Reminders

- Your goal is 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 1 percent cottage cheese	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 skim or 1 percent milk (You can divide into two 4-ounce servings.)	30
Dinner	■ ⅓ cup chicken and black bean casserole (See recipe card for “Chicken and black bean casserole.”) ■ 1 to 2 tablespoons light canned peaches in its own juice	7
Total Protein		60 to 67

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 low-fat canned tuna (or chicken) salad ■ 1 Wasa® cracker	14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of skim or 1 percent milk (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
Dinner	■ 1 to 2 ounces pork loin, ground or made in a slow cooker ■ ¼ cup broccoli, cooked	7 to 14
Supplement	■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of skim or 1 percent milk (You can divide into two 4-ounce servings.)	30
Total Protein		65 to 72

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ ⅓ cup Cream of Wheat® plus 1 scoop protein powder with about 25 grams protein ■ 2 to 3 small pieces of seedless melon	25
Lunch	■ Egg salad (1 to 2 eggs) (See the “Egg Salad” recipe in the “Lite Bites: Shakes, Soups, Salads and More!” recipe book.) ■ 1 to 2 baby carrot sticks	7 to 14
Dinner	■ ½ fish pouch (2 ounces fish and a few slices of peppers and onions) (See recipe card for “Fish Pouch.”)	14
Snack	■ 1 container (5.3 ounces) of Greek yogurt (such as Dannon® Oikos® Triple Zero Greek Yogurt)	15
Total Protein		61 to 68

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 2 eggs with 1 to 2 tablespoons salsa	14
Lunch	■ ½ fish pouch (2 ounces fish and a few slices of peppers and onions) (See recipe card for “Fish Pouch.”)	14
Snack	■ ½ cup 1 percent cottage cheese	15
Dinner	■ Taco salad (1 to 2 ounces taco-seasoned lean ground beef, ½ ounce cheese, salsa and low-fat sour cream) ■ 2 to 3 slices of a banana	11 to 18
Snack	■ ⅓ cup hummus ■ 1 to 2 Wasa crackers	5
Total Protein		59 to 66

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ ½ cup Greek yogurt (low sugar) plus 1 teaspoon chia seeds	14
Lunch	■ 1 string cheese wrapped in 2 slices deli meat ■ 2 apple slices	14
Snack	■ 1 soy burger	15
Dinner	■ ½ cup white chicken chili (See recipe card for “White Chicken Chili.”)	10
Total Protein		53

Meal	Sample Menu	Average Grams of Protein
Breakfast	■ 1 scrambled egg or ¼ cup egg substitute ■ 1 tablespoon finely chopped bell pepper ■ 1 tablespoon shredded cheese	14
Lunch	■ ½ cup white chicken chili (See recipe card for “White Chicken Chili.”)	10
Snack	■ 1 string cheese	7
Dinner	■ 3 to 4 small shrimp ■ ¼ cup mashed potatoes made with dry milk powder	14
Snack	■ 1 cup fairlife® (high protein) milk	13
Total Protein		58