

Reset: Getting Back on Track After Bariatric Surgery
By Katy Harvey

SAMPLE WEEK OF MENUS

Meal	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Breakfast	Scrambled eggs Cantaloupe	Greek yogurt and fruit parfait	Protein oatmeal with berries	Sausage, egg and cheese scramble	Protein pancakes topped with PB	Hard boiled eggs Banana	Greek yogurt mixed with high fiber cereal Berries
Lunch	Cheeseburger on sandwich thin Pickles, tomato slices	Tuna salad lettuce wraps	Cottage cheese Tomato slices Whole grain crackers	Deli ham wrapped around string cheese Dill pickle	Black bean soup Shredded cheese Wheat crackers	Ground beef taco salad Salsa & guac	Deli turkey Sliced cheese Baby carrots w/ hummus
Dinner	Stir fry tofu and veggies Rice	Eggplant parmesan Spaghetti squash	Shredded BBQ chicken Coleslaw	Honey glazed salmon Ginger broccoli Herbed quinoa	Grilled shrimp and veggie kabobs	Lemon pepper tilapia Prosciutto wrapped asparagus	Turkey meatloaf Green beans 1/4 cup rice with 1 tsp butter

Tips:

- ***Pick 1-2 breakfast and lunch items per week to alternate between. Don't make it over complicated by forcing yourself to eat something different each day.***
- ***Use the overall structure of these meals to mix-and-match or sub in ingredients that you prefer. (e.g. if you don't like taco salad, make it an Asian salad; or if you don't like turkey meatloaf, use ground pork or beef.)***
- ***Keep it interesting with variety (e.g. swap out baby carrots and use another veggie or fruit; or have a different kind of meat and veggie on your kabobs)***
- ***Play around with different spices, sauces and flavorings. Food shouldn't be bland or boring. It should be enjoyable!***

BON APETIT!