



BARIATRIC MEAL PLANNER TEMPLATE

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BARIATRIC SURGERY



MEAL PLANNING

List 3 "Go-To" meals you know how to make by heart:

- 1.
- 2.
- 3.



What are your favorite "Grab-n'-Go" snacks?

-
-



What's your favorite Take-Out spots?

Pick 4 days this month to meal plan & prep:

Now, take a minute to go plug them into your calendar.

NEW RECIPE IDEAS

STEP 1: PICK 3



MEXICAN

- Tacos / taco salad bowl
- Fajitas
- Burrito bowl
- Chilaquiles
- Pulled pork
- Mexican layered dip

ITALIAN

- Lasagna
- Tuscan chicken
- Stuffed mushroom
- Meatballs
- Chicken piccata
- Sausage
- Pizza
- Spaghetti

ASIAN

- Beef and broccoli
- Sweet and sour chicken
- Lettuce wraps
- Korean beef BBQ
- Teriyaki chicken
- Meatball curry
- Cashew chicken
- Egg roll in a bowl

SALAD

- Garden
- Cobb
- Caesar
- Greek
- Israeli
- Tabouli
- Asian

SOUP

- Tomato basil
- Minestrone
- Sweet potato
- Chowder
- Split pea
- Chicken noodle
- Lentil
- Gumbo
- Broccoli

SEAFOOD

- Scallops
- Lemon and garlic cod
- Teriyaki salmon
- Garlic / chili-lime shrimp
- Poke bowl
- Aioli crab cakes
- Tilapia

AMERICAN

- Burgers/ sandwiches
- Chicken salad
- Chili
- Steak
- Grilled pineapple chicken
- Pork tenderloin
- Stuffed peppers

VEGETARIAN

- Vegetable rolls
- Breakfast bowl
- Cauliflower tacos
- Butternut squash quiche
- Paella
- Tofu
- Vegetable frittata
- Kale and cannellini bean stew
- Black bean burgers

MIDDLE EASTERN

- Falafel
- Kabobs
- Turmeric chicken
- Eggplant and lamb stew
- Curry
- Gyro
- Chicken shawarma

CASSEROLE

- Tuna
- Chicken and broccoli
- Beef taco
- Breakfast
- Shepherd's pie
- Sweet potato
- Cream of mushroom



GRAB-N'-GO SNACKS

STEP 2: PICK 4

RAW NUTS

- Almonds
- Pistachios
- Walnuts
- Pecans
- Hazelnuts
- Cashews
- Macadamia Nut

PROTEIN

- Hard boiled eggs
- Collagen peptides
- Turkey slices
- Meat sticks

VEGETABLES

- Bell peppers
- Carrots
- Cherry tomatoes
- Cucumber
- Zucchini
- Mushrooms

BARs

- Lara
- Rx
- Epic
- Wild Zora
- Primal Pacs
- Kit's Organic Clif
- Pressed by Kind

DIP

- Hummus
- Guacamole
- Nut butter



TAKE-OUT

STEP 3: PICK 1

- CHIPOTLE**
- PANERA BREAD**
- CHICK-FIL-A**
- WHOLE FOODS**
- TRADER JOES**
- RESTAURANT PICK-UP**



THE EXTRAS

SALAD DRESSINGS

- Caesar
- Basil shallot vinaigrette
- Ginger sesame
- Balsamic
- Spicy lime
- Honey mustard
- Lemon dijon
- Carrot ginger
- Citrus vinaigrette

SIDES

- Green beans
- Red cabbage
- Acorn squash
- Asparagus
- Potatoes
- Cauliflower rice
- Brussel sprouts
- Beets
- Sauteed spinach

MARINADES

- Rosemary garlic
- Coconut lime
- Balsamic
- Tomato basil
- Teriyaki
- Lemon garlic
- Tandoori
- Jalapeno lime
- Sesame ginger
- Pesto

SEASONING BLENDS

- Chorizo
- Greek
- Italian
- Smoky
- Coffee BBQ
- Taco / Fajito
- Mediterranean
- Savory
- Indian

SAUCES

- Ketchup
- Mayonnaise
- Salsa
- Tahini
- BBQ
- Basil walnut pesto
- Tzatziki
- Buffalo
- Chimichurri

IMPORTANT HEALTH INFORMATION

AVOID INFLAMMATORY FOODS

GLUTEN & GRAINS

- Wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, quinoa, amaranth, buckwheat

SOY

DAIRY

LEGUMES

SUGAR & ARTIFICIAL SWEETENERS

- Dextrose, fructose, lactose, malitol, xylitol, agave, artificial sweeteners, brown sugar, cane sugar, evaporated cane juice, aspartame, sucralose

CHEMICALS

- Carrageenan, MSG, sulfites, nitrites

PROCESSED COOKING OILS

- Vegetable, canola, corn, cottonseed, soybean, Crisco, butter-like spreads, hydrogenated / partially hydrogenated



ENJOY

MINIMALLY PROCESSED

- Food in their most natural state
- If you can grow it, you can eat it!
- Perimeter of the grocery store
- Preferably without a nutrition label
- Nutrition label with 5 or less ingredients

WHOLE FOODS

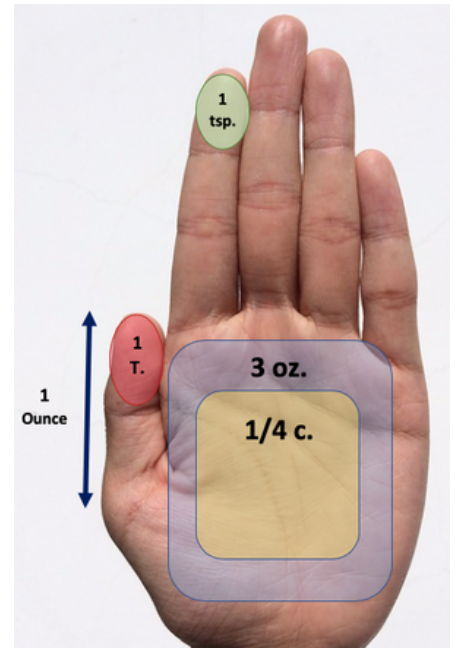
- Meat
- Seafood
- Eggs
- Vegetables
- Fats / oils
- Nuts / seeds
- Fruit
- Herbs / spices

REMINDERS

SERVING SIZES

1 Serving Size =

Protein	3 oz	Palm of hand
Cheese	1 oz	Length of thumb
Nuts / Seeds	1/4 c	Closed fist
Oils / Cooking fat	1 T	Thumb print
Butter (nut, peanut, ghee)	1 T	Thumb print
Coconut (flakes/ shredded)	1/2 c	Open handful
Olives	1/2 c	Open handful
Avocado	1/2	Whole fruit
Coconut Milk	1/3 c	14 oz can



BUILD YOUR PLATE

PRIORITIZE PROTEIN



**50%
Protein**

Chicken
Turkey
Cheese
Egg
Fish
Shellfish
Tofu
Beef
Pork
Ham
Collagen peptides
Nut butters

**40% Non-
Starchy
Carbohydrates**

Artichoke
Asparagus
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Celery
Cucumber
Mushrooms
Radishes
Salad greens
Sugar snap
peas
Tomatoes
Water chestnuts
Zucchini

**10%
Fat**

Avocado
Cheese
Dark chocolate
(85% cacao)
Eggs
Fatty fish
Nuts
Chia seeds
Extra virgin olive oil
Coconut / coconut oil
Yogurt

LIMIT STARCHY VEGETABLES

Starchy Carbohydrates

Beets	Plantains
Butternut Squash	Pumpkins
Carrots	Rutabagas
Corn	Spaghetti Squash
Cassava (raw)	Sweet potatoes
Jicama (raw)	Taro Root
Kohlrabi	Turnips
Lotus root	White Potatoes
Onions	Winter Squash
Parsnips	Yams

Fruit

*1-2
servings /
day*



BUILD YOUR TEMPLATE

STEP 4: ORGANIZE



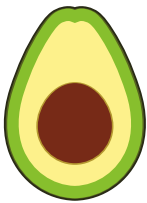
3 GO-TO MEALS BY HEART

- 1.
- 2.
- 3.



3 NEW RECIPES

- 1.
- 2.
- 3.



4 GRAB N' GO SNACKS

- 1.
- 2.
- 3.
- 4.















TAKE-OUT OPTION

- 1.

BUILD YOUR TEMPLATE

STEP 5: EXAMPLE

MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

TROUBLESHOOTING

THEME NIGHT

- Designate each day of the week to a specific theme (ie: Mexican Monday)

ENJOY LEFTOVERS

- Prepare 1.5-2x for leftovers
- Turn dinner leftovers into breakfast with a cracked egg, salsa, and guacamole
- Use refrigerated dinner protein on top of a fresh salad for lunch

DELEGATE

- Enlist the help of other family members to cook 1 recipe / week
- Have fun with a Frozen Meal Swap
 - Organize a get-together with 3 friends
 - Choose a dish and make 3x the quantity
 - Swap entrees and store in the freezer for nights when you're out of time (or energy) to cook!

GROCERY SALES

- Let protein grocery sales help you decide on entree selection and recipe ideas

CROCKPOT

- Busy evenings? Use the crockpot or Instant Pot for an easy dinner. Best part? Lots of leftovers!

TROUBLESHOOTING

LACKING CREATIVITY?



SWAP YOUR PROTEIN

EXPERIMENT WITH A NEW SEASONING

USE UP PANTRY / FREEZER FOODS

Plug in your ingredient(s) to www.yummly.com to find new recipes (or download the app for free)

SAMPLE A NEW SAUCE OR MARINADE

TRY A DIFFERENT COOKING STYLE

Grill, roast, bake, broil, sear, stir fry etc.!

USE PINTEREST OR GOOGLE

Search for recipe ideas using some of these key words:

- Whole30
- Keto
- Paleo

JOURNAL

NEW RECIPE #1:

BRAINSTORM:

What are other ways of reusing this dish?

SWITCH IT UP:

What is a different way you could season or marinate your protein?

SELECT ONE:

Choose one random ingredient from your meal. Research 1 new recipe that features that ingredient. (Hint: appetizer, side, main entree, sauce etc.)

JOURNAL

NEW RECIPE #2:

BRAINSTORM:

What are other ways of reusing this dish?

TRY A DIFFERENT TEMPERATURE:

If this was a hot dish, how could you recreate the meal into a colder version? (and vice versa)

QUANTITY:

How did you do on leftovers? Did you make too much or too little? What would you do differently next time?

JOURNAL

NEW RECIPE #3:

BRAINSTORM:

What are other ways of reusing this dish?

PREFERENCE:

What was your favorite part about the dish? Your least favorite?

PANTRY PURGE:

Name the first item that comes to mind when you think of what's stored in your pantry. Brainstorm how you can incorporate this ingredient into one of your current recipes.

NEED MORE SUPPORT?

Meal planning can be tough!

It can feel overwhelming...and confusing...and (sigh)- *where do you even start?!*

Not to worry!

Inside our bariatric community, Banana Bariatrics, we're here to help.

At Banana, we'll hold your hand and walk you through your meal prepping goals step-by-step. We'll also be there for you when you feel "stuck" or you simply feel like giving up.

In our community, we are all about making small changes (consistently) that add up to big results. And the best part is, there are others **just like you** working on the same things!

What Is Banana Bariatrics?

Banana is an online bariatric support community focused on helping weight loss surgery patients navigate weight regain and general struggles after bariatric surgery through weekly support groups, educational courses, and family-style friendships with others on a similar health journey.



[Click here to get started meal prepping more seriously, today!](#)