

# **BANANA 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?

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Pick 4 days this month to meal plan & prep:

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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



### **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**

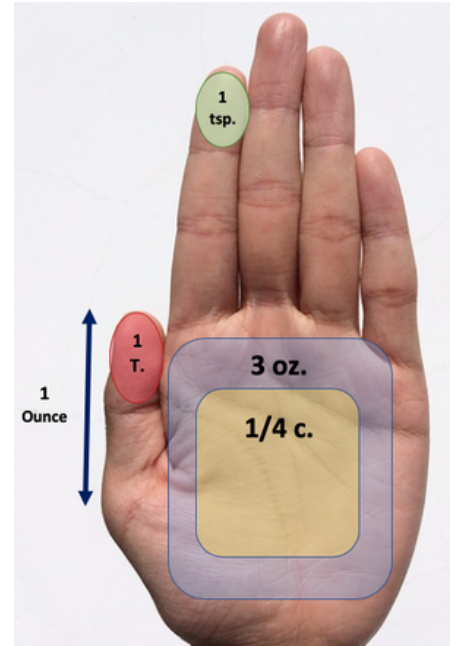
- Meat
- Seafood
- Eggs
- Vegetables
- Fats / oils
- Nuts / seeds
- Fruit
- Herbs / spices

# 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](http://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.