

Meal and Snack Ideas

Breakfast

- Plain Greek yogurt with peanut butter and berries
- Omelet with choice of fillings: sausage, spinach, tomatoes, onions, mushrooms, cheese
- Boiled eggs and a piece of fruit
- Oikos Triple Zero Greek Yogurt
- Cottage cheese with fruit
- Premier Protein Shake

Lunch

- Green salad with grilled chicken
- Taco salad (no shell)
- Tuna salad in bell pepper cups
- Egg salad and fruit cup
- Turkey, tomato and cheese lettuce wrap

Dinner

- Zucchini noodles with pesto and grilled chicken
- Steak and green salad
- Baked pork chop and steamed broccoli
- Turkey and white bean chili
- Taco filling stuffed bell peppers
- Baked chicken with green beans
- Baked salmon with asparagus
- Beef stew with veggies
- Low-carb meatballs with mashed cauliflower

Snacks

- Apple slices with peanut butter
- Beef/turkey stick
- Quest protein bar
- Popsicles
- Protein shake or Greek yogurt with fruit
- Banana “ice cream” - frozen bananas blended with protein powder
- Cheese stick
- Baked kale chips
- P3 protein pack (check for sugar)
- Atkins bar
- Sugar-free Jell-O with sugar-free Cool Whip
- Cheese crisps

Recipe resources:

<https://mybariatricsolutions.com/recipes/>

<https://bariatricbits.com/recipes/>

<https://wholefully.com/healthy-salad-dressing-recipes/>