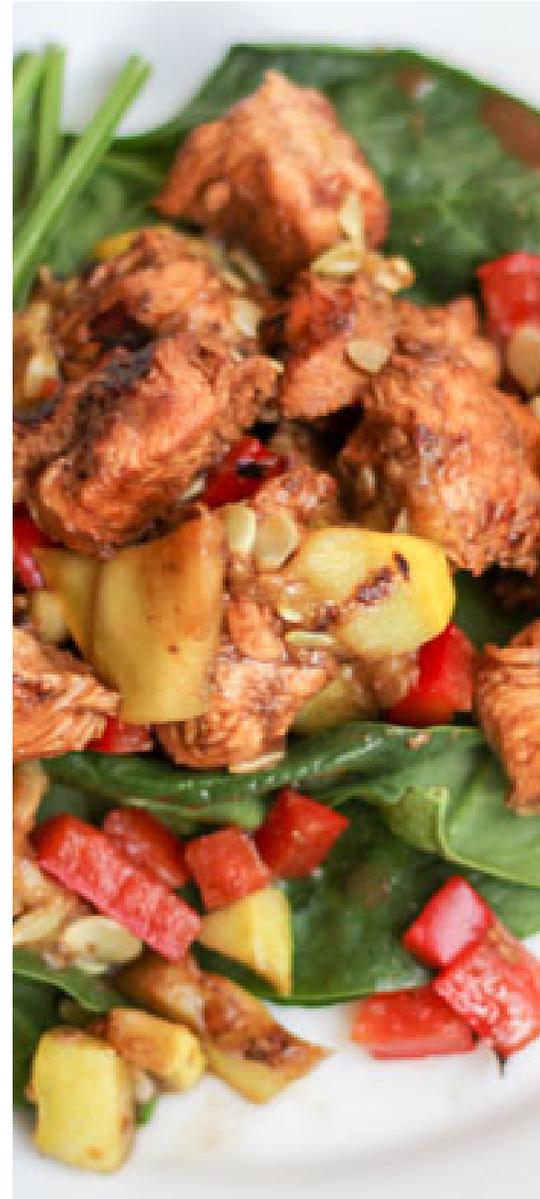


MEMBER GUIDE



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A letter from Steph

Welcome to Bariatric Food Coach!

I'm so excited to have you as a member here. As a dietitian in bariatric clinics since 2009, I LOVED being a part of the journey but always wanted to give more than time would allow. Which is what leads us to the site today.

My intention with this guide is to list out any questions or extra information to help enhance your experience as a Premier Access Member.

My email inbox is always open to you and your questions. I'd love to hear more about your story and help point you to information on the site that would best fit your journey.

This guide is divided into several sections to help you find your way! My hope is the information you find fills you with encouragement and hope that you really can get the most out of your surgery, no matter how long it's been.

Wishing you all my very best!

Steph :)

Steph Wagner MS RDN
steph@bariatricfoodcoach.com

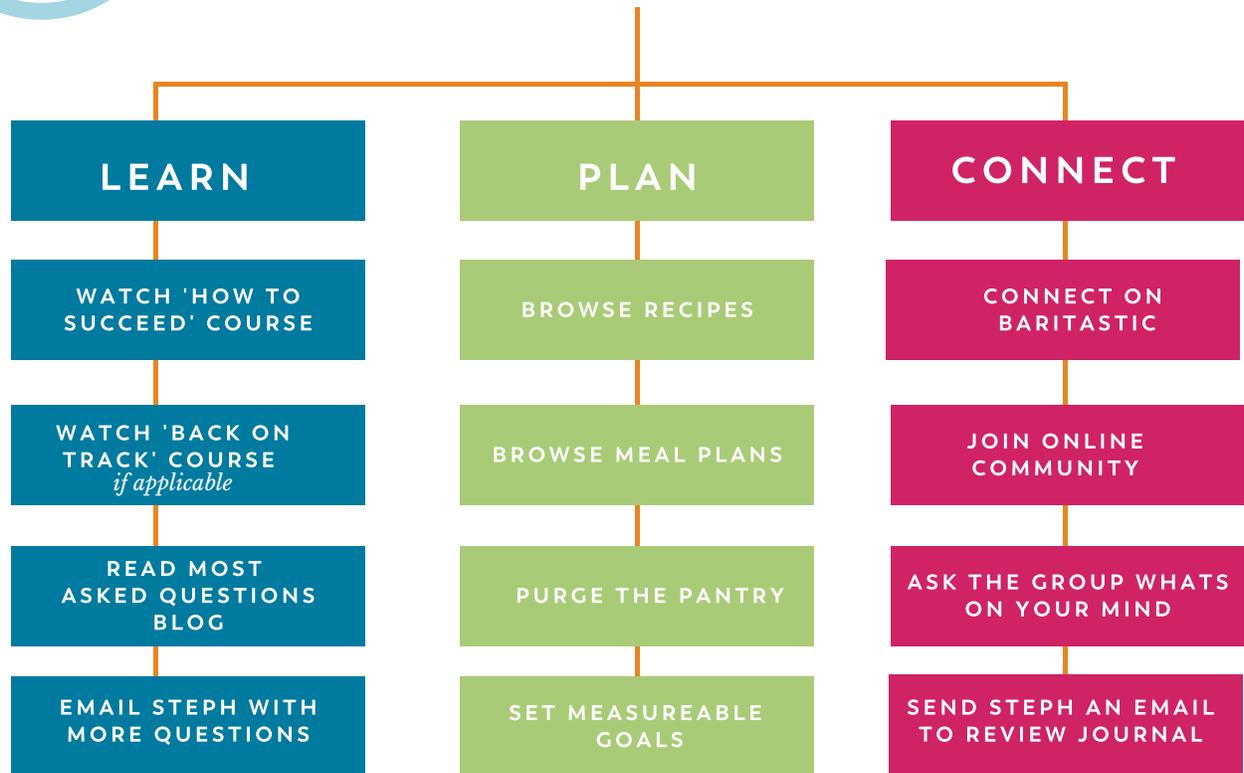


Bariatric Food Coach is not meant to replace medical advice or provide what's called "Medical Nutrition Therapy." The information here is meant to be a supplement to working with your bariatric team. Recipes and plans are developed with post-op patients in mind but remember I am behind a computer screen and not in your medical chart. Take it lightly and apply things that fit within the recommendations of your health care team!



Bari Food Coach Member

ROADMAP



Get the most out of your surgery, and out of your membership!



Click the boxes above and a new window will open with link.

Steph can be reached at steph@bariatricfoodcoach.com

how to
succeed
with gastric
sleeve

how to
succeed
with gastric
bypass

reading
nutrition
labels

*after weight
loss surgery*

**GETTING
BACK ON
TRACK**

Video Courses

1. To find the courses, log in to your account and [click on “videos” in the top navigation panel.](#)
2. The introductory video will be on the top of the page and the lessons should appear as you scroll down the page.
3. If you do not see the lessons listed, you may not be signed in to your account.
4. Scroll to see the list of courses and click on the one you'd like to watch.

Click here to view
the current list of
video courses!

Finding Recipes

Blog About Cookbook ▾ Recipes ▾ Meal Plans Videos My Account

Recipe Grid

There are two ways to view recipes.

1

You can click on “recipes” in the top navigation to view them in a list.

This option also allows you to utilize the search bar

SEARCH RECIPES, ADVICE, AND MORE...

Search...

2

The **RECIPE GRID** is another option for viewing recipes is in a grid. Click/Tap Recipes for **Recipe Grid**

Use the filter drop down menu to find recipes that fit you best!

Turkey

APPLY FILTER

Turkey and Zucchini Stir Fry

Recipe works with 'My Collections'

bariatric FOOD COACH

Protein: 23g
Carbohydrates: 4g
Fat: 11g

Go to recipe

Turkey Pesto Meatballs and Zucchini Noodles

Recipe works with 'My Collections'

bariatric FOOD COACH

Protein: 35g
Carbohydrates: 7g
Fat: 8g

Go to recipe

Turkey Meatball Soup

Recipe works with 'My Collections'

bariatric FOOD COACH

Protein: 34g
Carbohydrates: 16g
Fat: 6g

Go to recipe

Note: recipes with the purple box "Recipe works with My Collections" are in our new recipe format and can be saved...more on that next!



Saving Recipes

1

When you find a recipe you'd like saved, click on [Add to Collections](#). Continue to do this as you browse recipes you like.

NOT SO SWEET VANILLA PROTEIN SHAKE - BARIATRIC LIQUID DIET

COURSE: BREAKFAST CUISINE: NO COOK PREP TIME: 5 MINUTES
SERVINGS: 1 SERVING CALORIES: 150 AUTHOR: STEPH WAGNER

[Print Recipe](#) [Pin Recipe](#) [View in Collection](#)



INGREDIENTS

- 6 oz unsweet vanilla almond milk
- 6 ice cubes
- 1/2 scoop vanilla whey protein powder
- 1/2 scoop unflavored whey protein powder
- dash nutmeg optional

INSTRUCTIONS

- Add all ingredients to a blend and blend until smooth.
- Sprinkle with a dash of nutmeg over the top. Enjoy.

NUTRITION

Calories: 150kcal | Carbohydrates: 5g | Protein: 24g | Fat: 3g | Sodium: 225mg | Fiber: 1g | Sugar: 1g | Calcium: 204mg

2

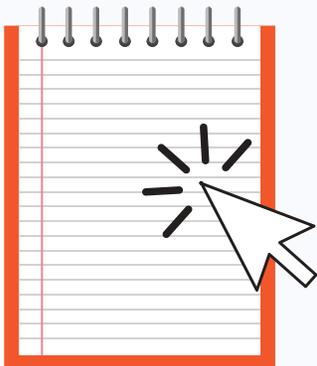
When ready, click [View in Collection](#) on the recipe. You can also go to [My Account > Recipe Collections](#)

3

To edit collections or add more, click "edit collections." To view, click the name of the collection. Choose [Add Item](#) to drag and drop recipes into your list. View the recipes and grocery list that you've added to your collection.



[Click Here for the Full Video on Creating Collections](#)



Master List of Recipes!

Click the notebook for the FULL spreadsheet of every Bariatric Food Coach recipe and links to the recipe post. Save this to your computer and make notes on the columns!

Finding Meal Plans

MEAL	INGREDIENTS	INSTRUCTIONS
BREAKFAST - MEAL 1 SCRAMBLED EGGS WITH TOMATO SLICES 1 serving 34 g protein 3 g carb 6 g fat	2 eggs 2 slices tomato	Heat nonstick skillet to medium high heat. Whisk two eggs well and pour into hot pan. Season with a pinch of salt and pepper. Use a rubber spatula to move eggs off both of the pan and fold around until eggs are mostly cooked but slightly wet. Move to a plate and serve with tomatoes.
LUNCH - MEAL 2 GREEK CHICKEN BARI BENTO BOX 4 servings 20 g protein 3 g carb 13 g fat	1 lb boneless, skinless chicken breast 2 cloves fresh garlic minced or pressed 1 lemon juiced 2 tbsp red wine vinegar divided 2 cups 0% fat, plain Greek yogurt divided 1 English cucumber peeled and sliced, divided 1 cup cherry tomatoes halved 1 tbsp dried dill 1 tsp fresh mint chopped finely	Determine method of cooking chicken - grill, oven or pressure cooker. Begin by marinating the chicken. In a large plastic bag add 1/2 cup Greek yogurt, 1 tbsp red wine vinegar, 2 cloves garlic and Chicken breasts. Cook chicken using preferred method - heat grill to 350 and grill each side 5 minutes or until 160C. Oven to 400 and bake for 20 minutes. Pressure cook for 4 minutes, natural release for 10 minutes. While chicken cooks, cut cherry tomatoes in half. Peel and chop cucumber. Add half the cucumber to a medium size bowl, add all cherry tomatoes and toss with 1 tbsp red wine vinegar. Divide mixture in to 4 Bento boxes. Place remaining cucumber in a medium bowl and add 1/2 cup plain Greek yogurt. Add dill and mint. Stir. Add pinch each salt and pepper. Taste and season further as needed. Divide into another section of the 4 Bento boxes. Once chicken is cooked, let cool and slice. Divide 5 ounces into each Bento box.
DINNER - MEAL 3		

There are three main styles of meal plan options.

Full meal plan

this is a meal plan that outlines all three meals

Dinners only

this is a meal plan that has all the dinners planned but has spaces for your preferred breakfast and lunch

Mini meal plan

these meal plans have 3 dinners for those who prefer shorter plans

Meal Plan Accordion Page



Found in the top navigation “Meal Plans” is the page shows all the seasonal and “active” meal plans. Archived plans are linked below the active plans.

When you click on the name of a meal plan an accordion will drop down showing the recipes used on the plans.

The PDF file will contain the full plan with recipes and grocery lists.

Treat the plans as a time saver and guide.

Meal plans are meant to be a guide but not a prescribed meal plan. All recipes are bariatric friendly but you will still journal your foods to identify your true intake.

Online Community!

The Members online community is currently located on Facebook.

[Click Here to Join!](#)



WHO IS IN THE GROUP

The group is private and reserved for active Bariatric Food Coach members only.

CORE VALUES

Our group is founded on one main principle - encouragement first, suggestions second.

FINDING INFO

Use the search bar in the right hand column to search topics or post questions to the discussion board!

Tag me (Steph Wagner) if a question is for me to answer.



Small Groups

Smaller groups connect inside
the GroupMe App

[Click Here to Join!](#)



WHAT ARE SMALL GROUPS?

Active members can select a smaller group more focused on their surgery and timeline or common interests. Each group has a leader and meets inside the GroupMe app.

SMALL GROUP POLICIES

Our group is founded on one main principle - encouragement first, suggestions second. Tag Steph for nutrition questions. Send leader or Steph a DM for concerns.

Baritastic Connecting

Connect with us on Baritastic
Enter Code **658383**

Download from major app stores for **FREE**

 **App Store**  **Google play**

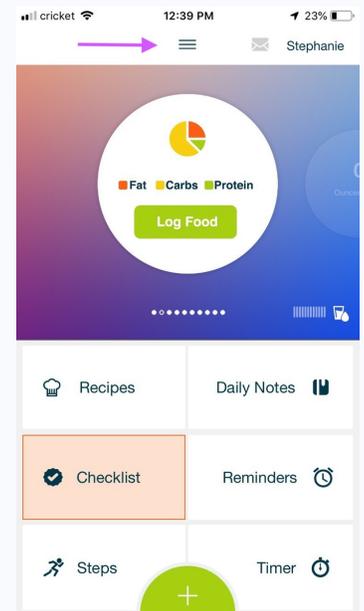


1

To connect with me, first download the free Baritastic App if you have not already. Available in the Apple App Store or Google Play. Once you've followed the prompts to create a login you will then be taken to the home screen.

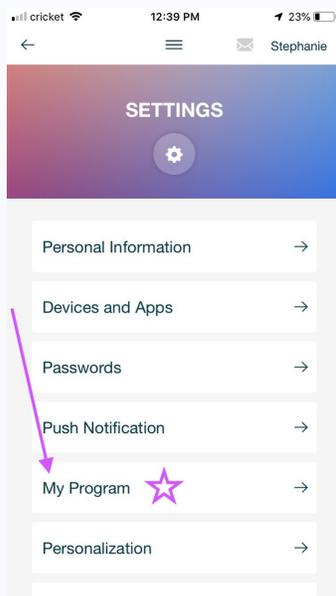
2

To connect, click the three lines at the top of the profile.



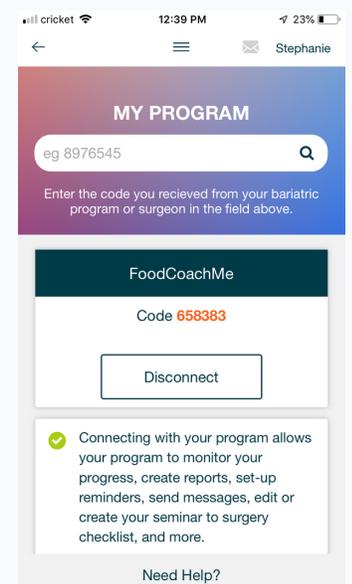
3

Select 'settings' at the bottom of the screen, select MY PROGRAM



4

Enter in the code
658383



Email Steph to request journal review

You can either send me an email to steph@bariatricfoodcoach.com with your full name OR go inside the app to the three lines on the top of the screen and choose 'contact us'

eBooks and PDF Guides

As a member you have access to all PDF guides and eBooks.

Here is a current list, click the box to access:

Instant Pot eBook

Roadmap to Costco Shopping

Dining Out Guides

Pouch "Reset" Sample Menu

Batch Cooking Guide

Meal Plan Template

Breakfast, Lunch, Snack Ideas

No Cook Meal Ideas

10 Keys to Ordering Out

Pureed Diet Meal Plan

Guide to Getting Back on Track

Get Focused Challenges

Three times a year I host a “Focus Challenge” to help members get excited and even more connected.

It seems there are certain times of the year that are more common to lose focus. So I purposely put together a 28 day period during those times of the year to help us stay united with staying on track (or getting back on track)!

The challenge is included in the cost of membership.

Who:

Current Bariatric Food Coach Members

What:

28 Days of extra focus using a goal tracking sheet, weekly meal plan, weekly video calls and other extra resources.

When:

Dates differ but often a challenge is held in February, June and October. When a challenge is announced all members will be emailed on how to enroll.

Where:

Resources are delivered on the website and emails are sent to notify you when a resource has been added. Live chats are conducted over Zoom Video Conferencing and the link to join the call will be posted on the challenge page.

The members community on Facebook will also include a lot of discussion prompts but you do not need to be on Facebook to participate.

Account Questions

My Account Page

The My Account page can be found in the top navigation on Bariatric Food Coach. If you are not logged on, you'll be asked to do so. Once logged in you will find a list of options to update or change your account.

Changing username, password or email

Whether you were given a temporary password or you'd like to update your name or email, go to the My Account page, select Account Details to change your display name, email or password.

Update billing address

If you've had a move and the address on your card associated with your membership needs to be updated, go to the My Account page and select Addresses. This will allow your payment to go through successfully.

Update Card Information

If you need to change the card associated with your subscription, go to the My Account page and select Payment Methods to add a new card.

Put your account on pause

If you need to pause your account for a month, or a few months, email support@bariatricfoodcoach.com and we can put your account on hold until a preferred date.

Cancelling your account

If you are ready to close your account, go to the My Account page and select subscriptions. Next you will click view and then cancel. You will have access until the end of the billing cycle.

Frequently Asked Questions

Who do I contact with issues regarding my subscription?

Email support@bariatricfoodcoach.com

What about the meal planner?

Our previous meal planner was no longer supported by their developers and was no longer functioning correctly. As of Fall 2019 we released a new "collections" feature and are in beta testing as we improve the process of saving recipes and creating menus.

Can I email Steph directly if I have a question?

Yes and I welcome you to! I truly love connecting with my members and hearing more of their stories and their roadblocks. Even on the other side of a computer screen I am here to help encourage you and bring suggestions to help you on your journey.

You can email me at steph@bariatricfoodcoach.com at anytime. I will be quicker to reply on my days in office but will return your email as soon as I can on other days. Emails are responded to in a 48 hour or less window.

More About Steph!

I often get asked if I've had bariatric surgery myself.

The answer is no. I have not had weight loss surgery. I do understand why I get asked because I often start speaking in a manner that sounds like it's very personal to me.

And that's because it is.

Working with weight loss surgery patients has truly given me a passion for what a deep emotional and personal journey it is to find freedom from the restriction extra weight can bring. I also know that the habits and consistency it takes are not easy. There is nothing correct about calling it 'the easy way out' and I think even fifteen minutes of being a fly in the wall in my office would show someone there is nothing easy about what patients have to commit to.

I have not had weight loss surgery, but I do have my own weight loss journey.

When I graduated with a bachelors degree in Dietetics I had a BMI of 32. I loved nutrition and could not wait to start my internship to become a dietitian but was insecure that no one would respect me with my own weight to lose.

I did become a dietitian and the first job I took was at a highly respected bariatric surgery clinic in Edmond, Oklahoma. I learned a tremendous amount not only about the post-op diet but about mindsets of food and hunger control. That was the shift I needed myself.

I stopped counting calories. I stopped counting points. I focused on lean protein and vegetables and jumped off the whole grain wagon. I started walking more instead of high intensity workouts that drove my hunger.

Over the course of a year I lost 40 pounds. I've maintained a BMI of 25 since then aside from my two healthy pregnancies were I gained the recommended amount of weight by staying close to the principles that I've come to live by.

I often get asked why I don't include calories on my recipes. The honest answer is because I don't count them myself. Truth be told it's only been in recent years that I added protein, carbs and fat to my recipes. I like to keep it simple. Focus your meal around the protein source and add vegetables for extra flavor and texture. Listen to your fullness cues. Focus on staying hydrated. Get a walk in when you can for both weight control and enjoyment. Build a healthy relationship with food and be free from counting.

This may bring up more questions for you. You are welcome to read the blog on "I quit counting calories and finally lost weight" or you can email me.

Thanks for finding out more about me. I love finding out more about you too!

Steph