



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST – MEAL 1

SOFT POACHED EGG

1 egg
1 tsp salt
2 tsp white vinegar

In a nonstick and deep welled skillet, pour water until about pan is 1 1/2 inches full. Heat water to a low simmer (bubbles form on the bottom but not boiling). Break egg into a small bowl. To pour the egg into the water, place bowl side into the water and then smoothly tip the bowl to pour the egg into the water. Leave the egg in for 4 minutes. Remove with slotted spoon and serve immediately.

Tip: You can make more than one egg and then move extra eggs to a container of ice water and keep in the fridge for up to 8 hours if you'd like to save it for another meal the same day. Reheat them by adding back into water for one minutes. Good for up to 8 hours.

LUNCH – MEAL 2

PUREED CHICKEN THIGH BAKE

2 boneless, skinless chicken thighs
1/4 tsp salt
1/4 tsp pepper
1/4 cup chicken broth
1 tsp sautéed garlic or shallot*
optional for extra flavor

Heat oven to 350 degrees. Trim as much fat as possible off chicken thighs. Sprinkle with salt and pepper on all sides and move to a baking dish or baking sheet. 2. Bake in the oven for 20 minutes or until cooked. 3. Move chicken to a blender (or move to a bowl and use a hand blender). Add broth and garlic if using. Blend until smooth. 4. Move pureed chicken to a small ramekin and return to oven for 15 minutes. 5. Remove from oven, let cool slightly and enjoy. Notes: for different flavor variations, season chicken with cumin, dried basil, garlic powder, ground thyme or barbecue seasoning

DINNER – MEAL 3

BLACK BEAN AND LIME PUREE

1/4 cup black beans, rinsed
1/2 tbsp lime juice
1/4 tbsp jarred jalapeno juice
1/4 cup chicken broth
1 tbsp unflavored protein powder

Place rinsed black beans in a small sauce pan over medium heat. Add lime juice and juice from jarred jalapeños. Stir and heat throughout. Add chicken broth. Move mixture to a blender or using a hand blender, blend mixture until smooth. Move to a bowl. Let cool slightly and then stir in unflavored protein powder until blended in well. Serve.

BREAKFAST – MEAL 4

SOFT POACHED EGG WITH BLACK BEAN AND LIME PUREE

LUNCH – MEAL 5

“BASIC” TUNA SALAD

3 oz canned tuna, packed in water
2 tbsp light mayonnaise
1/4 tsp pickle juice
1/8 tsp salt
1/8 tsp pepper

Drain tuna and move to a bowl. Add all other ingredients and mash together well using the back of a fork. and mix into eggs.

DINNER – MEAL 6

FLAKEY TACO FISH

2 oz fresh swai fillet (white fish, can also use Cod or Tilapia)
1/8 cup jarred taco sauce

Heat a nonstick skillet to medium heat. Add taco sauce Season both sides of fish with a pinch of salt and pepper. Add to skillet. Cook for 4 minutes and then flip. Cook another 4 minutes. Test the fish has been cooked through by using a fork to see if it flakes. Remove from heat and transfer to a bowl. Use your fork to continue to flake the fish until in small pieces.

MONDAY

TUESDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST - MEAL 7

COTTAGE CHEESE

1 or 2% cottage cheese (amount will vary)

OR GREEK YOGURT WITH SF FLAVORING

1/2 cup 0% fat, plain Greek yogurt
Flavor options:
• stevia
• cinnamon
• vanilla or almond extract
• 1/2 tsp sugar-free preserves

LUNCH - MEAL 8

FLAKEY TACO FISH

DINNER - MEAL 9

ITALIAN CHICKEN PUREE

1/4 cup canned chicken
1 1/2 tbsp tomato sauce
1/8 tsp salt
1/8 tsp pepper
1 tsp Italian seasoning

Place all ingredients into a small blender or use the back of a fork to blend ingredients until well incorporated and mixture looks soft. Move to bowl and microwave 30 seconds. Optional variation: add low-fat cottage cheese or ricotta cheese for a lasagna style meal.

BREAKFAST - MEAL 10

SOFT POACHED EGG

WITH RICOTTA CHEESE

Ricotta Cheese, part-skim or fat free (amount will vary)

LUNCH - MEAL 11

ITALIAN CHICKEN PUREE

DINNER - MEAL 12

SMOKED SALMON PATE

2.5 oz fresh smoked salmon
2 tbsp 0% fat plain Greek yogurt
1/2 tsp dried dill
1 tbsp fresh lemon juice
1/8 tsp salt
1/8 tsp pepper

Place all ingredients except Greek Yogurt into a food processor. Process mixture until fish is finely diced. Use a spoon or rubber spatula to stir in Greek Yogurt until smooth.

WEDNESDAY

THURSDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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FRIDAY

BREAKFAST – MEAL 13

SOFT POACHED EGG

LUNCH – MEAL 14

SMOKED SALMON PATE

DINNER – MEAL 15

CHICKEN AVOCADO MASH

1/2 cup canned chicken
1/4 avocado
1/8 tsp salt
1/8 tsp pepper

Place canned chicken in a small bowl. Use the back of a fork to mash chicken until very well broken apart. Add one quarter of an avocado. Use the fork to mash avocado into chicken and stir to combine well. Add salt and pepper and stir once more.

Note: Each program is different, if you feel this isn't soft enough for your program's recommendations, add 1-2 tbsp light mayo.

BREAKFAST – MEAL 16

COTTAGE CHEESE

OR GREEK YOGURT WITH SF FLAVORING

LUNCH – MEAL 17

CHICKEN AVOCADO MASH

DINNER – MEAL 18

RED PEPPER & ENCHILADA BEAN PUREE

1/2 cup black beans, rinsed
1 1/2 tbsp red enchilada sauce, divided
2 tbsp finely chopped red pepper* may need to omit based on your program.
2 tbsp chicken broth
1 tbsp unflavored protein powder

Add black beans, 2 tbsp enchilada sauce and red pepper to a small sauce pan and heat over medium heat. Add broth. Use a hand blender to blend ingredients well. OR move to a blender and blend well. Transfer bean puree to a bowl. Allow to cool a moment and add protein powder and another 1/2 tsp enchilada sauce. Serve.

SATURDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST – MEAL 19

COTTAGE CHEESE

OR PLAIN GREEK YOGURT WITH SF FLAVORING*

LUNCH – MEAL 20

“BASIC” TUNA SALAD

DINNER – MEAL 21

PUREED CHICKEN THIGH BAKE*

SUNDAY

NOTES :

- Protein shakes in between Breakfast and Dinner if required by your program. This is not a requirement for my patients but follow your surgeons instructions.
- In this stage, it is VERY important to take tiny bites (think pinkie fingernail sized) and pause in between each bite. Stop at the first indication of fullness, regardless of how much you ate. Journal the amount in your food journal. Many patients chose to eat with a cocktail fork during this stage to get comfortable with small bite sizes.



MEAL #	✓	GROCERY LIST ITEM
PROTEIN/DAIRY		
7,16,19		1 or 2% cottage cheese
7,12,14,16,19		0% fat, plain Greek yogurt
2,21		2 boneless, skinless chicken thighs (freeze remainder of package)
6,8		1 fillet fresh white fish (swai, cod, tilapia)
12, 14		2.5 oz fresh smoked salmon
1,4,10,13		Eggs
10		Ricotta Cheese, part-skim or fat free
PRODUCE		
2,3,6,21		Garlic or shallot* if using
18		Red Pepper* if using
12, 14		Lemon
3,4		Lime
15,17		Avocado

MEAL #	✓	GROCERY LIST ITEM
FROZEN		
CANNED + PACKAGED		
5,15,20		2 (3 oz) cans tuna, packed in water
9,11,17		1 (10 oz) can white chicken
3,4,18		1 can black beans
5,20		Jarred pickles (for juice only)
3,4		Jarred jalapeños (for juice only)
9,11		Tomato sauce
9,11		1 tsp Italian seasoning
12, 14		1/2 tsp dried dill
1,4,10,13		White vinegar (for poached eggs)
18		Red enchilada sauce
2, 3,4, 18,21		Chicken broth
3,4,18		Unflavored protein powder
6,8		Jarred taco sauce
MISC		

PANTRY STAPLES
salt
white vinegar
pepper
light mayonnaise (5,20)
stevia
cinnamon
vanilla or almond extract
sugar-free preserves