



Phelps Health

WEIGHT LOSS AND BARIATRIC CENTER

2-WEEK BARIATRIC *Sample Menu*

Reaching Your Protein Goals on a Budget

GOING BEYOND *better*



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WEEK 1

Sunday

BREAKFAST

- 1 cup Greek yogurt
- 1 cup blueberries
- 1/4 cup granola
- 1 tablespoon peanut butter

= 32g protein

LUNCH

- 4 ounces chicken
- 1/2 sweet potato, baked
- 1 teaspoon olive oil (for cooking)
- 2 cups greens
- Cherry tomatoes
- 2 tablespoons olive oil vinaigrette (dressing)

= 34g protein

DINNER

- 4 ounces pork loin
- 1/2 cup quinoa
- 1 cup steamed broccoli
- 1 tablespoon olive oil (for cooking)

= 29g protein

DAILY TOTALS: 95g protein and 1,280 calories

Monday

BREAKFAST

- 2 egg whites
- 2 whole eggs
- Cherry tomatoes
- 1/2 avocado
- 1 slice whole-wheat bread
- 1/2 cup strawberries

= 24g protein

LUNCH

- 1 can (5 ounces) tuna
- 4 tablespoons plain Greek yogurt
- Romaine lettuce
- 10 whole-wheat crackers
- 1 cup grapes

Mix tuna with yogurt and wrap in romaine lettuce.

= 40g protein

DINNER

- 4 ounces pork loin
- 1 tablespoon olive oil (for cooking)
- 2 tablespoons barbecue sauce
- 1/2 sweet potato, baked
- 1 cup green beans

= 35g protein

DAILY TOTALS: 91g protein and 1,291 calories



Tuesday

BREAKFAST

- 1 cup skim milk
- 1/2 cup Greek yogurt
- 1 banana
- 1 tablespoon peanut butter
- Handful of ice

= 26g protein

LUNCH

- 4 ounces grilled shrimp
- 1/2 cup quinoa
- 2 cups mixed greens
- Cherry tomatoes
- Cucumber
- 1/2 avocado
- 2 tablespoons olive oil vinaigrette

= 30g protein

DINNER

- 4 ounces chicken breast
- 1 cup roasted Brussels sprouts
- 1/2 cup cooked brown rice
- 1 tablespoon olive oil (for cooking)

= 40g protein

DAILY TOTALS: 96g protein and 1,265 calories

Wednesday

BREAKFAST

- 1 cup low-fat cottage cheese
- 1/2 cup canned peaches

= 29g protein

LUNCH

- 3 ounces deli turkey breast (low-sodium)
- 1 slice light cheese
- 2 tablespoons light mayonnaise
- 2 slices whole-wheat bread
- 1 boiled egg

= 35g protein

DINNER

- 4 ounces baked tilapia
- 1 cup mashed cauliflower
- 1 cup roasted Brussels sprouts
- 1/2 sweet potato, baked
- 1 tablespoon olive oil (for cooking)

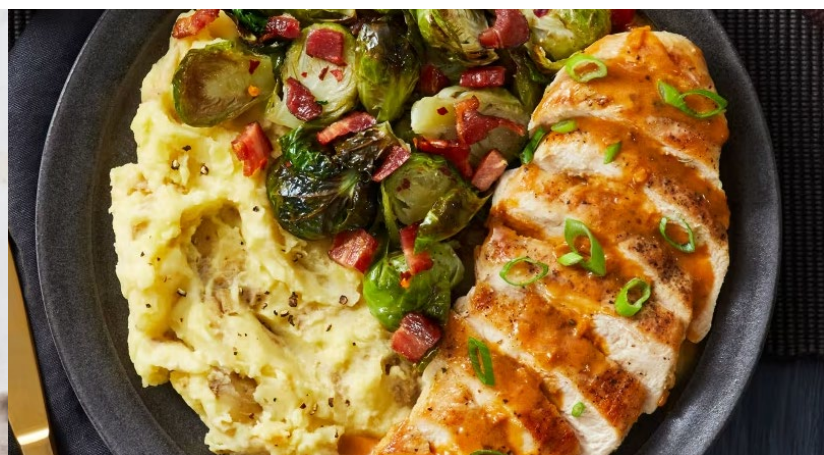
= 30g protein

DAILY TOTALS: 90g protein and 1,324 calories



Quick Tip!

Use plain Greek yogurt in place of mayonnaise and/or sour cream in your recipes to increase protein intake.



Thursday

BREAKFAST

- 2 scrambled eggs
- 1 egg white
- 2 slices whole-wheat toast
- 1 tablespoon peanut butter
- 1/2 cup strawberries

= 24g protein

LUNCH

- 4 ounces grilled chicken breast
- 1/2 avocado
- 1/2 sweet potato, baked
- 2 cups mixed greens
- 2 tablespoons olive oil vinaigrette

= 30g protein

DINNER

- 4 ounces lean beef meatballs
- 1/2 cup whole-wheat noodles
- 1 cup zucchini
- 1/2 cup marinara sauce

= 33g protein

DAILY TOTALS: 89g protein and 1,267 calories

Friday

BREAKFAST

- 2 egg whites
- 2 eggs
- Spinach
- 2 tablespoons feta cheese
- 2 ounces turkey
- 1/2 avocado
- 1 cup strawberries
- 1 slice whole-wheat toast

Make two egg muffins using egg whites, eggs, spinach, feta cheese and turkey.

= 35g protein

LUNCH

- 4 ounces grilled chicken
- 2 tablespoons light mayonnaise
- Chopped tomato
- Diced cucumber
- 2 tablespoons feta cheese
- 1 whole-wheat wrap
- 1/2 cup blueberries

= 35g protein

DINNER

- 4 ounces lean beef patty
- 1/2 sweet potato, baked
- 1 cup green beans
- 1 slice mozzarella cheese
- 1 teaspoon olive oil (for cooking)

= 26g protein

DAILY TOTALS: 98g protein and 1,302 calories



Saturday

BREAKFAST

- 1/2 cup quick oats
- 1/2 cup skim milk
- 1 tablespoon peanut butter
- 1/2 cup strawberries
- 2 hardboiled eggs

= 22g protein

LUNCH

- 3 ounces grilled chicken
- 3 tablespoons plain Greek yogurt
- 2 slices whole-wheat bread
- 1 cup grapes

= 42g protein

DINNER

- 4 ounces baked tilapia
- 1/2 cup cooked quinoa
- 1 cup roasted carrots
- 1 teaspoon olive oil (for cooking)

= 38g protein

DAILY TOTALS: 93g protein and 1,262 calories



Note

Bypass patients may want to avoid cruciferous vegetables (such as broccoli and Brussels sprouts) due to potential bloating.

WEEK 2

Sunday

BREAKFAST

- 2 egg whites
- 2 whole eggs
- Cherry tomatoes
- 3 ounces deli turkey sauteed in 1 teaspoon olive oil
- Whole-wheat wrap
- 4 tablespoons salsa

= 36g protein

LUNCH

- 4 ounces baked tilapia
- 1/2 avocado
- 2 cups mixed greens
- 1/2 sweet potato, baked
- 2 tablespoons olive oil vinaigrette

= 26g protein

DINNER

- 4 ounces grilled pork loin
- 1/2 cup quinoa
- 1 cup steamed broccoli
- 2 tablespoons barbecue sauce
- 1 tablespoon olive oil (for cooking)

= 38g protein

DAILY TOTALS: 91g protein and 1,291 calories



Monday

BREAKFAST

- 1 cup low-fat cottage cheese
- 1 cup canned peaches
- 1 tablespoon honey

= **29g protein**

LUNCH

- 4 ounces grilled shrimp
- 1 cup mixed frozen vegetables
- 3/4 cup brown rice
- 2 tablespoons soy sauce
- 1 teaspoon olive oil (for cooking)

= **31g protein**

DINNER

- 4 ounces lean beef
- 1 cup bell peppers
- 1/2 cup diced tomatoes
- 1 cup tomato sauce
- Chili spices to taste
- 1/2 avocado

= **29g protein**

DAILY TOTALS: 95g protein and 1,359 calories

Tuesday

BREAKFAST

- 3/4 cup plain Greek yogurt
- 1 banana
- 1/4 cup granola
- 1 tablespoon peanut butter

= **27g protein**

LUNCH

- 3 ounces deli turkey
- 1 slice mozzarella cheese
- 2 slices whole-wheat bread
- 2 tablespoons light mayonnaise
- 1/2 cup raw carrots

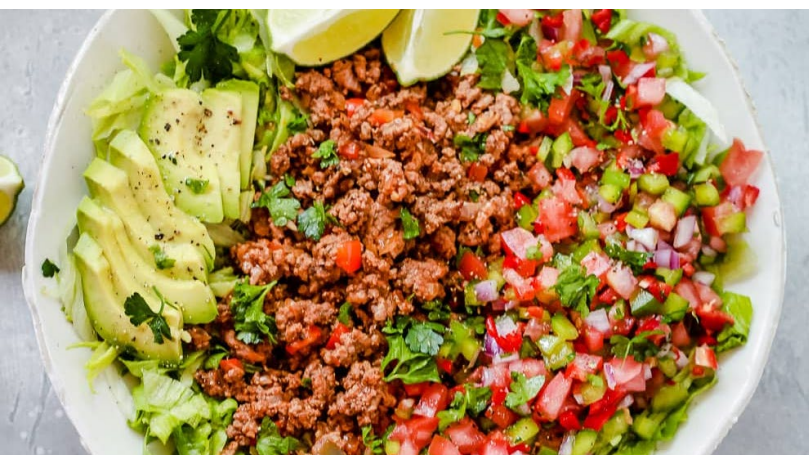
= **33g protein**

DINNER

- 4 ounces grilled chicken
- 1/2 cup brown rice
- 1 cup green beans
- 1 teaspoon olive oil (for cooking)

= **31g protein**

DAILY TOTALS: 90g protein and 1,283 calories



Wednesday

BREAKFAST

- 1 cup skim milk
- 1/2 cup Greek yogurt
- 1 banana
- 1 tablespoon peanut butter

= 25g protein

LUNCH

- 1 can (5 ounces) tuna
- 4 tablespoons plain Greek yogurt
- Romaine lettuce
- 10 whole-wheat crackers
- 1 cup grapes

Mix tuna with yogurt and wrap in romaine lettuce.

= 40g protein

DINNER

- 4 ounces grilled chicken
- 1 cup sauteed broccoli
- 1/2 cup quinoa
- 1 tablespoon soy sauce
- 1/2 tablespoon olive oil (for cooking)

= 35g protein

DAILY TOTALS: 95g protein and 1,269 calories

Thursday

BREAKFAST

- 1 egg white
- 2 eggs
- Spinach
- 2 ounces deli turkey
- 1/2 avocado
- 1/2 cup blueberries
- 1 slice whole-wheat toast

Make two egg muffins using egg whites, eggs, spinach and turkey.

= 35g protein

LUNCH

- 4 ounces grilled chicken breast
- 1/2 cup avocado
- 2 cups mixed greens
- Cherry tomatoes
- 2 tablespoons olive oil vinaigrette
- 1/2 cup quinoa

= 33g protein

DINNER

- 4 ounces baked tilapia
- 1/2 sweet potato, baked
- 1 cup roasted cauliflower
- 1 teaspoon olive oil (for cooking)

= 25g protein

DAILY TOTALS: 92g protein and 1,237 calories



Friday

BREAKFAST

- 1 cup low-fat cottage cheese
- 1/2 cup canned peaches
- 1 teaspoon honey

= 39g protein

LUNCH

- 4 ounces pork loin
- 1/2 cup brown rice
- 1 cup roasted carrots
- 2 tablespoons barbecue sauce
- 1 teaspoon olive oil (for cooking)

= 27g protein

DINNER

- 4 ounces lean beef patty
- 1 cup zucchini
- 1/2 cup quinoa
- 1 teaspoon olive oil (for cooking)

= 30g protein

DAILY TOTALS: 96g protein and 1,274 calories

Saturday

BREAKFAST

- 1 cup skim milk
- 1/2 cup Greek yogurt
- 1 banana
- 1 tablespoon peanut butter
- Handful of ice

= 26g protein

LUNCH

- 4 ounces grilled shrimp
- 2 cups mixed greens
- Cherry tomatoes
- Cucumber
- 2 tablespoons olive oil vinaigrette dressing

= 30g protein

DINNER

- 4 ounces grilled chicken
- 1/2 cup wild rice
- Roasted zucchini
- 1 teaspoon olive oil (for cooking)

= 35g protein

DAILY TOTALS: 90g protein and 1,339 calories





2-WEEK GROCERY LIST

Concerned about the cost of a high-protein diet? Protein can be affordable when you use these bariatric menus to plan smart, budget-friendly meals.



PROTEINS

- 35 ounces (2 pounds, 3 ounces) chicken breast
- 16 ounces (1 pound) lean ground beef
- 13 ounces deli turkey breast (low-sodium)
- 12 ounces shrimp (peeled, deveined)
- 16 ounces (1 pound) tilapia
- 16 ounces (1 pound) pork loin
- 2 cans tuna (canned in water)
- 2 dozen (24) eggs
- 32 ounces Greek yogurt (nonfat, plain)
- 24 ounces low-fat cottage cheese
- 1 slice light cheese
- 2 slices mozzarella cheese
- Feta cheese



VEGETABLES

- 1 small bag spinach (fresh or frozen)
- 8 cups mixed salad greens (spring mix, arugula, romaine, etc.)
- 2 bell peppers
- 2 cups Brussels sprouts
- 2 heads broccoli
- 1 head cauliflower
- 1 bag carrots (whole or baby)
- 3-4 sweet potatoes
- 1-2 cucumbers
- 2-3 cups cherry or Roma tomatoes
- Onion and garlic (optional for flavor)
- 4 avocados
- 2 zucchini
- 2 cans green beans
- 1 can diced tomatoes
- 1 can tomato sauce



FRUITS

- 4 bananas
- 2 pounds strawberries
- 18 ounces blueberries
- 2 cans peaches



GRAINS

- 1/2 cup oats (rolled or quick)
- Dry quinoa (2 cups when cooked)
- Brown rice (2 cups when cooked)
- Wild rice (1/2 cup when cooked)
- Small bag granola
- Whole-wheat noodles
- Whole-wheat crackers



PANTRY, SAUCES AND CONDIMENTS

- Olive oil
- 1 bottle balsamic or vinaigrette dressing (or ingredients to make your own)
- Salt
- Pepper
- Garlic powder
- Chili powder
- Cinnamon
- Italian herbs
- Nut butter (peanut or almond)
- Tomato-based marinara sauce
- Salsa (optional for wraps)
- Low-sodium soy sauce
- Light mayonnaise



LIQUIDS

- Skim milk

PROTEIN LIST

Food Item	Amount	Approximate grams of protein
Greek yogurt	3/4 cup	19g
Low-fat cottage cheese	1/2 cup	19g
Sliced cheese	1 slice	6g
String cheese	1 ounce	7g
Egg whites	1 egg white	4g
Eggs	1 egg	6g
Chicken breast	1 ounce	8g
Tuna	1-5 ounce can	22g
Pork loin	1 ounce	6g
Grilled shrimp	1 ounce	4g
Deli turkey breast	1 ounce	4g
Cod	1 ounce	6g
Lean beef	1 ounce	6g
Hummus	1/2 cup	2g
Almond butter	1 tablespoon	3g
Granola	1/4 cup	3g
Quinoa	1/2 cup	4g
Oats	1/2 cup	5g
Brown rice	1/2 cup	3g
Wild rice	1/2 cup	3g