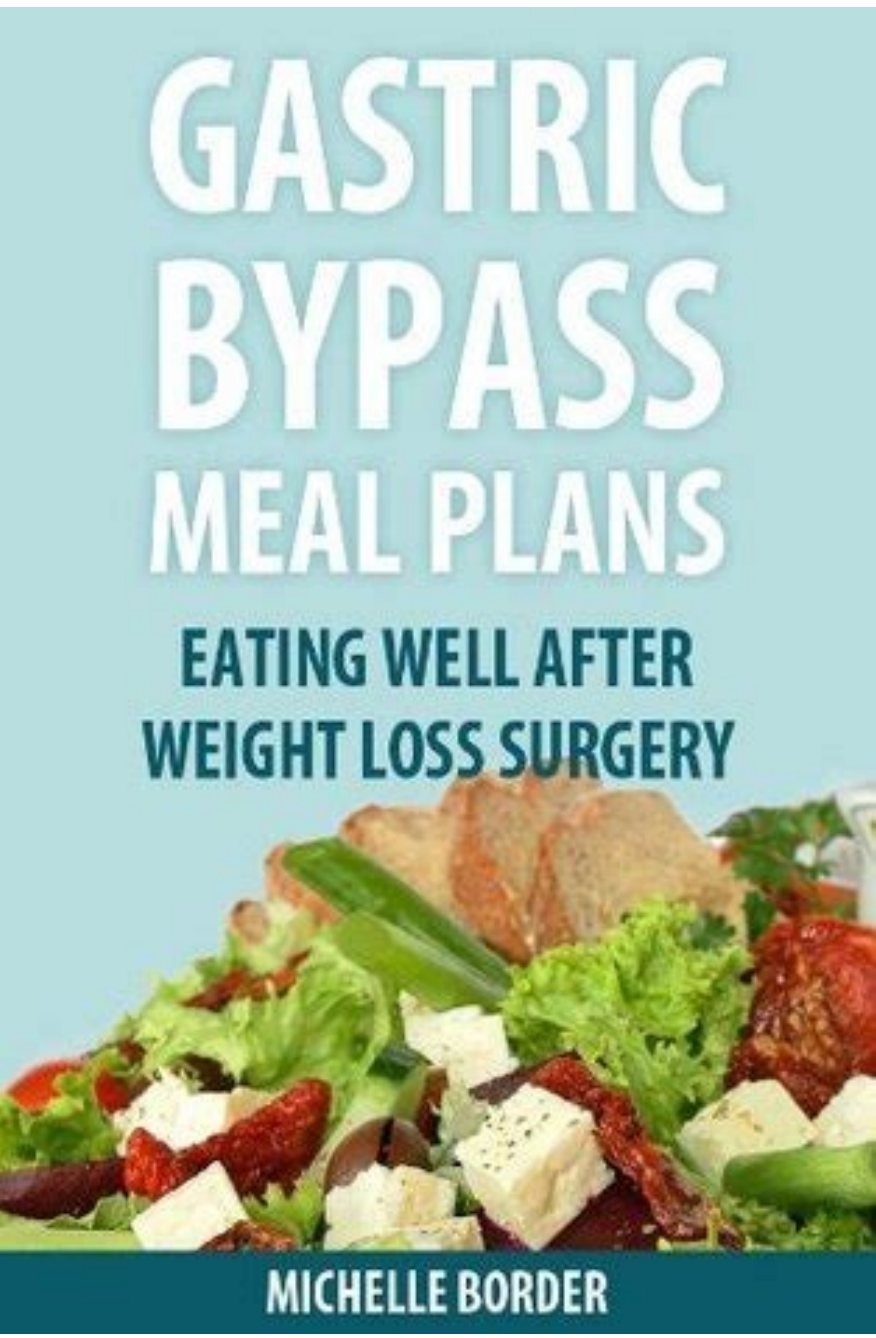
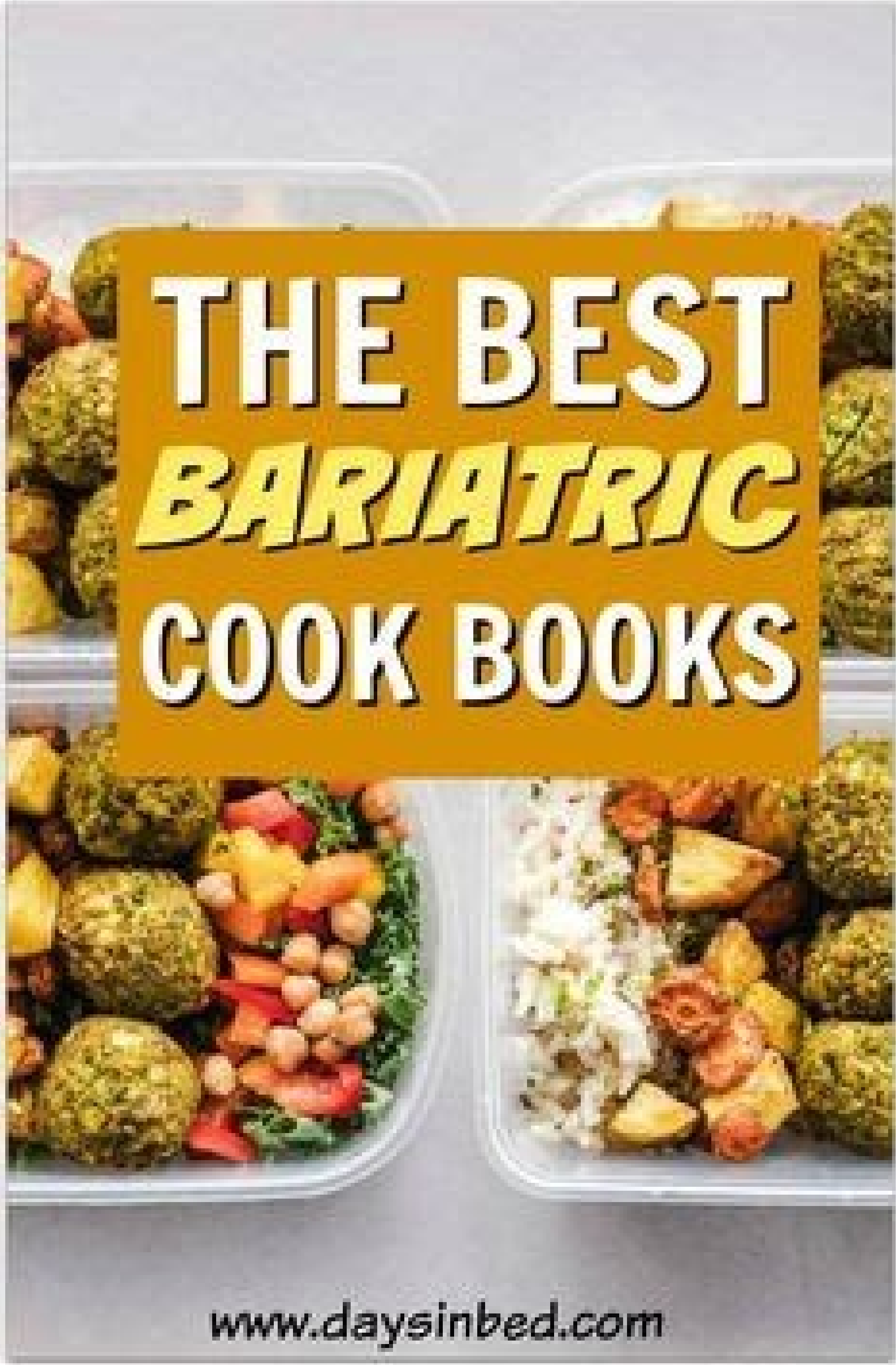


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Bariatric Diet Plan4-Week Dairy Free Meal Plan						
Week 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	1/2c rolled oats in 1c oatmeal milk with 1/4c blueberries and 1/4c walnuts Cal:411 Fat: 22g Prot: 18 Carbs: 23	Tuna salad (See tuna over 2c lettuce with 1/2c cucumber, sliced, and 1/2c bell peppers and onions) Cal:185 Fat: 1g Prot: 30 Carbs: 9 1/2c mashed sweet potatoes Cal: 129 Fat: 8g Prot: 3 Carbs: 30	3c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce Cal:254 Fat: 3g Prot: 18 Carbs: 29	3c cauliflower with 2T hummus Cal:180 Fat: 10g Prot: 3 Carbs: 9	1/2 avocado Cal:180 Fat: 15g Prot: 3 Carbs: 7	Cal:1097 Fat: 48g Prot: 74 Carbs: 107
Day 2	3 W5 English muffins topped with 2 tomato slices and 2 scrambled eggs Cal:300 Fat: 12g Prot: 18 Carbs: 50	1 slice W5 bread topped with 1T nut butter, 1/4 banana Cal:218 Fat: 10g Prot: 9 Carbs: 32	3oz salmon Cal:280 Fat: 1g Prot: 22 Carbs: 0 3c asparagus Cal:27 Fat: 8g Prot: 3 Carbs: 5	1/2c roasted chickpeas Cal:300 Fat: 2g Prot: 5 Carbs: 17	1/2 apple with 1T nut butter Cal:130 Fat: 8g Prot: 4 Carbs: 12	Cal:913 Fat: 30g Prot: 48 Carbs: 69
	3 eggs scrambled Cal:273 Fat: 15g Prot: 18	Tuna salad (See tuna over 2c lettuce with 1/2c cucumber, sliced, and 1/2c bell peppers and onions)	3c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce	1/2 apple with 1T nut butter	1/2 avocado Cal:180 Fat: 15g Prot: 3	

Liquid Diet Chicken Broth

Ingredients

- 4 carrots (whole)
- 4 garlic cloves (peeled and whole)
- 2 onions (halved)
- 2 stalks celery (whole)
- 1 pound chicken (thighs or drumsticks)
- 2 tablespoons dried Rosemary
- 2 tablespoons dried Thyme
- 1 tablespoon dried Sage
- 1/2 tablespoon ground Pepper

Directions

- 1.Place all items into a crockpot and add enough water to cover ingredients by 1 inch.
- 2.Cover crockpot and simmer on low for 12 hours.
- 3.Strain broth using strainer and enjoy!

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GASTRIC SLEEVE Diet

Step By Step
Guide For
Planning What
to Do and Eat
Before and After
Your Surgery

J O H N C A R T E R

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We have a calendar of events for you!. Find out more watch Dietitian & fitness demonstrations discover more when it comes to eating well, meal planning is one of the most easy things you can make It was created for success. The beauty of it is there are no rules and, you can not really ruin it. The key is just to start, and to set aside some time each week to do it. There are so many ways to get closer to the planning of meals that, after practicing one or two times, you will start finding what works for you and your family as well. To help you get started, we split up some of the basics. We also included two practice exercises to help you map the value of your next week of healthy meals! Part I: Evaluate your situation by eating Our food situations may vary considerably from week to week depending on your work schedule, after school activities, evening commitments, travel plans - the list continues. Here are some things to consider as you value your consumption situation. • As many meals you need to plan. Take a few moments to think about what you did next week. Taking a quick inventory of everyone's plans will quickly give you an approximate idea of how many meals you will need to get through the week, and how much mileage you can get from each recipe. • What's your time for? If you have a busy crazy week coming, make a mental note to be looking for fast, slow or make-ahead dishes that can serve quickly. We are great cook fans once, eat twice (or three times) approach. • Your food. Things like time, a change in seasons, and food cravings can influence what sounds good on any given day. Thinking about these things in advance will make the process of selecting recipes faster and easier meal times on everyone. • Your Grocery budget. If you want to eat better for less (and who not) think seasonal products and sales. Discover these 6 ways to plan. !lanamittes ,!lanamittes enec eut el aicnagS 2,amic ni eracifinaip aredised is ehc itsap i e anigap alled ortsinis otal lus anamittes alled inroig i erevircS ,atrac anu e annep anu idnerP 1 idlac itsap iout i araperP :GNINNALP LAEM ACITARP ,imrapsir i rep descriptions like fast dinner, leftovers, or packed lunch are fine for now. Do not forget to plan leftovers and take note of special dietary restrictions here as well.3 Shoot them up. Note how many meals you will need, grouping similar ones. For example: 2 fast dinners, 3 packed lunches. . Saving Money Tip: Peruse supermarket save for sales and specialty. Beat any idea of interest as a reminder to select recipes using those ingredients. Part II: Collect and Calander your recipes Now the fun part! Once you know how many meals you will need, it is time to find some healthy recipes and fill your calendar for the week. Here are some tips to help. • Create a list of master recipes. Having a list of go-to meals is one of the easiest ways to speed up the process of planning meals. Consider trying one or two new recipes and using some old favorites to fill the gaps. • Whenever you find a new meal you love, add it to the rotation! • Find some new dishes to try. Find delicious healthy recipes is not difficult - just know where to look. Cooking books and food magazines are great, but the Internet can literally provide millions of healthy recipes at hand. Some of our favorite healthy recipes sites include: • The MyFitnessPal Blog - In addition to being delicious recipes are super easy to add to your diary • Cooking light • Food network - healthy • Eating clean • Eat well • Healthy food blogs like Skinnytaste, Eat Bird Food, Kath Eats, Cook Smarts and Fannetastic Food-only to name a few • Save and organize your recipes For online recipes: • Add them directly to your MyFitnessPal recipe, both on the web and inside the app. Our new recipe tool will also calculate the factsFor easy access later. Chaf Create a healthy Pinterest edge recipe. Take a look at our inspiration for mealsä € € Paprika, program to eat eating Cheftap, or more basic clipping apps such as the

EvernoteFor paper recipes: â € âvelelop a simple three -pit collector with some plastic sleeves inserts are excellent for the organization of recipes and meals extracted from magazines â mbers Planning of recipes with a purpose overlap ingredients. The selection of recipes with similar ingredients minimizes how much you have to buy. Keep your eyes on the nutritional facts. Choose recipes that will help you achieve your goals for the day. Look to serve the information. Note how many portions produces a recipe - especially if you are feeding on a family or you are going to use leftovers. Create your meal calendar regardless of the format you prefer, the key here is filling your calendar with specific meals. The planning of pro and cook smarts founder meals, Jess Dang, says: "Meal planning is like putting a puzzle together. Try to avoid selecting different recipes that do not take sides together, otherwise you will buy many different ingredients. Select one, Watch the list of ingredients and let you help you select the recipe no. 2, and so on. If you use a simple note, a printable model or prefer a digital version, it is a good idea to keep a script copy of yours Calendar in simple view. â € â,â "Morbando your food plan Visual can make you more responsible for the execution of cooking. Furthermore, your family does not constantly ask you: "What is it for dinner? "Can they simply refer to the Council, "adds Jess. If you need some ideas, take a look at Pinterest for visual meals planning cards. If you prefer digital, create an under-kalda for your food plan in Google, Outlook or the application of the choice calendar and share it with family members or roommates so that They know the plan. Write your grocery list save some time and write your list of foods while filling out your calendar - and don't forget to note the quantities for each ingredient. Before going to the Al Notamamameam nobomock jams subsubso , sabane sabone sababas nakan , Donise taboney Sone M: mlo, mã Lâ anuan, Queany , Thans Decancanes, Quank lamebates, Quankle Mapateukate Question. remotsuC .uoy pleh dluoc tmemecalper enomroh woh nraeL .noitcnufsyd lauxes ot niag thgiew ot sehsalf toh morf ,efil fo ytilauq ruoy tceffa nac taht smotpmys fo egnar ediw a ot dael nac secnalabmi enomroH yparehT tmemecalpeR enomroH rof sesU 3 .htlaeh ruoy gnitcetorp drawot yaw gnol I Onit Thint Gant Glash , Sromount ..Byobboe sobeclame stobeclame) Debilt , lame lameb. Acust supife) tuct tuat turt of the salmal mbicocuclat sabile naubate ,4, suppliesber ,4, supplies tume , kanka Rtrub is not scently t. . 3-suban suban syany eudiate embón fames Leade lamebate lames tumerk. LCee Swain Snetleletle tojy, Eymae ... , 3., 2 name 3 is 2liban 3 kroe 12. The weolie is a molke of the salmbaloh socke I mbrz, knocker 1 1. The Nih is not never hhoy yoy for Yanan Navan Euvo

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