

## Sample Meal Plan

Note: Increase portion sizes before surgery.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	1 egg 1 slice light bread toasted with spray margarine and cinnamon/sweetener	Babybel light cheese (1) and Ritz crackers (3)	Low carb wrap, 2 oz lean meat, shredded lettuce, diced tomato, 1 T hummus	14 almonds	2 oz Grilled chicken breast, ½ cup vegetables, 1 small sweet potato, ½ T butter	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Tuesday	½ Premier Protein	½ cup fruit, ½ cup cottage cheese	Salad with tomatoes, 2 oz grilled chicken, 2 tsp salad dressing	14 almonds	2 oz taco meat, low carb tortilla, salsa, diced tomatoes, diced lettuce, 1/8 cup shredded cheese	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Wednesday	Scrambled egg, 1/8 cup shredded cheese, apple slices	1 cup Kroger Carb Master chocolate milk	Salad with tomatoes, 2 oz grilled chicken, 2 tsp salad dressing	14 almonds	½ cup spaghetti sauce, ½ cup spaghetti squash, ½ slice garlic toast	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Thursday	1/3 cup oatmeal (made with Fairlife milk instead of water), ½ cup blueberries, chopped walnuts	1/2 container Premier Protein	Salad with tomatoes, 2 oz grilled chicken, 2 tsp salad dressing, blueberries	14 almonds	Black bean burger pattie with cheese slice, tomato/cucumber salad, ½ cup baked fries	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Friday	1 slice light toast with egg	String cheese with deli meat	Taco bowl: 2 oz meat, ¼ cup beans, lettuce, tomato, salsa	14 almonds	Baked salmon, grilled asparagus, baked potato, sour cream	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Saturday	½ cheese omelet, fresh melon, 1 slice dry toast	½ protein bar	Taco bowl: 2 oz meat, ½ cup beans, lettuce, tomato, salsa	5 large shrimp cocktail	¾ cup chicken chili. 1 corn bread muffin with margarine	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)
Sunday	Coffee with ½ carton of Premier Protein, ½ banana	½ protein bar	1 oz turkey sausage, 1 egg, fresh fruit	5 large shrimp cocktail	Tuna salad on wheat toast, cucumber and tomato salad	Strawberries (1/2 cup), Dannon Oikos Triple Zero yogurt (1/2 container)