



Bariatric Surgery Cookbook



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



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Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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For a digital copy of this cookbook, please visit go.osu.edu/pted4643.

Meal Planning

As you have learned on your weight loss journey, bariatric surgery helps you to lose weight and improve your quality of life, but lifestyle changes are needed for lasting results.

One lifestyle change, meal planning, involves planning meals and snacks to eat at home. This will help you control the portions that you eat and meet your nutrient needs after surgery.

The bariatric-friendly recipes shared in this book will help you plan meals. You will find recipes for each step diet.



Helpful information as you read this book

Not all recipes are for everyone:

You may have different preferences and intolerances after surgery. Make recipes work for you by making substitutions. For example:

- If you are **lactose intolerant**, substitute lactose-free or soy milk for cow's milk.
- If you are **allergic to blueberries**, try other berries like fresh cranberries or strawberries.
- If **grilled chicken breast makes you feel sick** when you eat it, try ground or shredded chicken instead.

Mindful moment

After bariatric surgery, listen to your body and learn what foods work well and what foods do not. There are no good or bad foods!

When you eat at home after surgery, you are able to:

- Reduce fat and total calories by using lower fat ingredients and cooking methods.
- Reduce sodium or salt content by choosing lower sodium or fresh ingredients.
- Improve a meal's nutrients by adding fruits and vegetables.

Meal planning is helpful because it:

- Makes creating a grocery list easier by having a list of items you need for planned meals and snacks each day.
- Helps you to only buy food items that you plan to use. This prevents food waste.
- Prevents relying on quick or easy meals that may be higher in calories and sodium.

You will need these common kitchen items to do the recipes in this book:

- Aluminum foil
- Baking sheet
- Blender or food processor
- Can opener
- Cheese grater
- Chef's knife
- Cutting board
- Large sauté pan or skillet
- Measuring spoons and cups
- Mixing bowls
- Muffin tin
- Slow cooker
- Spatula
- Stirring spoons
- Whisk

Preparing meals at home saves money:

With fast food restaurants offering meals for \$4-5, it may seem that choosing these may help you save money. In this book, you will see the cost per serving for each recipe. You will find that preparing these meals will help you save more.

For more recipes:

Many of the recipes you see here have been adapted from websites that are not bariatric specific. To get a variety of the nutrients your body needs, try looking for recipes that include:

- Lean meats
- Vegetables
- Fruits
- Whole grains

Also try to make substitutions to include these items and to better fit your preferences and tolerances.

Meal Planning Tool

Meal planning starts at the grocery store! Make your weekly grocery shopping list when you plan your meals and snacks.

Make copies of the meal planning tool on this page or use it to make your own tool to plan your meals and snacks for the week. Then, organize your grocery list by sections (fresh, meat, dry, dairy, frozen, etc.) to make trips to the grocery store quick and efficient.



My meal plan

Day of the Week	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

My grocery list

Fresh:

Meat:

Dry:

Dairy:

Frozen:

Other:



Step 2 Diet Review

The step 2 diet is used for up to 4 weeks after bariatric surgery. **Your meals will be only liquid or pureed.** You will avoid all raw fruit, raw vegetables, nuts, seeds, popcorn, pickles, untoasted bread, pasta, rice and similar grains.

Pureed food should be:

- The consistency of applesauce
- Thin enough to flow through a funnel

How to puree foods:

- Cut food into small pieces.
- Place food into blender or food processor.
- Add liquid, such as broth or milk.
- Blend or puree until smooth.
- Strain foods that do not blend to a smooth consistency.
- Season foods to taste. You may want to avoid spicy foods, such as Tabasco sauce, white pepper, red pepper, etc.

Calories:

The amount you will be able to eat at one time is very small. The calories per serving of these recipes, as well as other foods you are able to eat at this stage, are low. This makes it important to eat often. **Aim for 5-6 small meals each day.**

Some people are tempted to only eat 2-3 times a day. This may decrease your metabolism and slow your weight loss. It may also prevent or prolong your healing and recovery.

Protein:

Because you will be eating smaller amounts with your new stomach pouch, it is important to choose foods that are high in protein. Protein helps your body heal from surgery.

It can be hard to get protein from food while on a pureed diet. Each of the recipes in this book includes a good source of protein to help you meet your daily goal.

Meal size:

The serving size of the recipes in the step 2 diet are $\frac{1}{4}$ cup. At this stage, you may only be able to eat 2-3 tablespoons at a time, which is less than $\frac{1}{4}$ cup (4 tablespoons).

Remember to **eat meals slowly over 15 to 30 minutes and listen to fullness cues** to decide what amount is right for you.

Remember:

Restaurant foods are NOT recommended for the first 2 months after surgery. Use the recipes in this book to help you add variety to your pureed meals at home.

Pureed Mushroom Chicken

Step 2 Diet

Items needed: Oven, baking sheet, foil, blender or food processor, cutting board, chef's knife, measuring spoons and cups

Ingredients:

- 1 tablespoon (Tbsp) olive oil
- 1 medium chicken breast (boneless, skinless)
- ½ cup low sodium cream of mushroom soup (plus more for desired consistency)
- Salt and pepper to taste
- Small pinch of paprika or to taste

Directions:

1. Preheat the oven to 425 degrees.
2. Place foil onto baking sheet. Place chicken breast onto baking sheet and coat with olive oil, adding salt and pepper to taste.
3. Place baking sheet in the oven and cook for 10-12 minutes or until the internal temperature of chicken reaches 165 degrees.
4. Remove chicken from oven and let cool. Move to cutting board and cut into ½-inch chunks.
5. Empty ½ cup of warmed cream of mushroom soup into blender or food processor.
6. Add cut chicken and blend until smooth. Add more soup as needed to get desired consistency.
7. Add a small pinch of paprika or to taste.

Serving size: ¼ cup

Yield: About 4 servings

Per serving: 90 calories, 5 g fat, 3 g carbs, less than 1 g sugar, 9 g protein, 197 mg sodium

Cost per serving: \$0.78

Adapted from: Wagner, S. (2016, December 3). Soft Phase Recipe - Cream of Mushroom Chicken Thighs. Retrieved June 5, 2020, from <https://www.bariatricfoodcoach.com/recipe/soft-phase-recipe-cream-of-mushroom-chicken-thighs/>



Tip: Use a low sodium soup to puree meat and improve flavor, while still getting the protein you need. Don't like mushrooms? Try another of your favorite noodle-free soups.

Refried Bean Bowl

Step 2 Diet

Items needed: Saute pan, spatula, colander, blender or food processor, measuring cups and spoons, cutting board, chef's knife

Ingredients:

- Olive oil spray
- 1 can pinto beans, drained and rinsed
- 1 cup vegetable broth
- ¼ teaspoon (tsp) garlic powder
- ¼ tsp cumin
- ¼ tsp chili powder
- ¼ tsp onion powder
- Optional toppings: a pinch of low fat cheese or 1 teaspoon fat free sour cream

Directions:

1. Spray a saute pan with olive oil spray.
2. Add rinsed and drained pinto beans to the saute pan and fry for 1-2 minutes.
3. Pour broth into saute pan along with garlic powder, cumin, chili powder and onion powder.
4. Bring the pinto beans to a slow boil. Continue to boil until the broth is reduced by half (about 3-5 minutes).
5. Sprinkle pinches of fresh, chopped cilantro over pan.
6. Let cool for 5-10 minutes, and then transfer contents of pan to a blender or food processor and blend until smooth.
7. Top with optional toppings above, as desired.

Serving size: ¼ cup

Yield: 8 servings

Per serving: 50 calories, 0 g fat, 9 g carbs, less than 1 g sugar, 3 g protein, 250 mg sodium

Cost per serving: \$0.16

Adapted from: Pullman, J. (2019, August 3). Easy Homemade Low-fat Refried Beans. Retrieved June 5, 2020, from <https://bariatricbits.com/low-fat-refried-beans/>



Tip: Choose foods low in sodium when selecting packaged foods. When not available, rinse canned goods, like the canned beans in this recipe, to reduce the sodium you eat.

Pureed Beef Stew

Step 2 Diet

Items needed: Slow cooker, blender or food processor, measuring cups and spoons, cutting board, chef's knife

Ingredients:

- Oil or cooking spray
- 1 pound beef stew meat, but into bite-size pieces
- ¼ tsp salt
- 4 cups assorted cut up fresh vegetables (about 1 cup each of potatoes, carrots, celery and onions)
- 1 can (14 ounces) lower sodium beef broth
- 1 can (8 ounces) tomato sauce with basil, garlic and oregano
- ½-1 cup water or low sodium beef broth (optional)

Directions:

1. Spray inside of a 4-quart slow cooker with oil or cooking spray.
2. Place all ingredients in the slow cooker and stir to combine.
3. Cook on LOW for 8 hours or on HIGH for 4 hours or until meat and vegetables are tender.
4. After cooking, let cool before pureeing.
5. Place about 1 cup of mixture (include meat, vegetables and broth) into blender or food processor at a time.
6. Puree to desired consistency, aiming for between a smooth liquid and pudding thickness. Add water or broth as needed.
7. Repeat puree process with the remaining stew and refrigerate for 3-4 days or freeze to use as needed.

Serving size: ¼ cup

Yield: 32 servings

Per serving: 36 calories, 1 g fat, 2 g carbs, less than 1 g sugar, 4 g protein, 122 mg sodium

Cost per serving: \$0.36

Adapted from: ReadySetEat. (n.d.). Simple Beef Stew. Retrieved June 8, 2020, from <https://www.readyseteat.com/recipes-Simple-Beef-Stew-6835>



Tip: This is an easy meal to puree and freeze into ice cube trays to eat at a later date. You can also freeze half of the recipe before it is pureed to eat when you are advanced to step 4.

Pureed Egg Salad

Step 2 Diet

Items needed: Chef's knife, cutting board, blender or food processor, measuring spoons

Ingredients:

- 4 hard-boiled eggs
- 2 Tbsp reduced-fat mayonnaise
- 2 Tbsp plain Greek-style yogurt
- Salt and pepper to taste

Directions:

1. Slice hard-boiled eggs.
2. Place the egg slices into a blender or food processor.
3. Blend or chop eggs until there are no large pieces.
4. Add mayonnaise, greek yogurt and seasonings to eggs.
5. Blend well until the egg salad is smooth.

Serving size: ¼ cup

Yield: 4 servings

Per serving: 97 calories, 4 g fat, 5 g carbs, less than 1 g sugar, 13 g protein, 180 mg sodium

Cost per serving: \$0.17

Adapted from: Pullman, J. (2020, April 1). Pureed Classic Egg Salad. Retrieved June 8, 2020, from <https://bariatricbits.com/pureed-classic-egg-salad/>



Tip: Skip the table salt and add a few drops of pickle juice or mustard for a salty taste and more flavor.

Step 3 Diet Review

As you transition from step 2 to step 3 diet, you will continue to eat blended or pureed foods and add one new solid food each day. **All new foods should be soft, cooked or canned.** Continue to avoid all raw fruit, raw vegetables, nuts, seeds, popcorn, pickles, untoasted bread, pasta, rice and similar grains.

These recipes may contain multiple, new, cooked, solid foods you have not tried yet. To better track your tolerances of new foods, try some of them by themselves before preparing the full recipe.

For example, Breakfast Egg Muffin:

- Day 1: Try scrambled eggs
- Day 2: Add cheese to scrambled eggs
- Day 3: Add cooked spinach to scrambled eggs
- Day 4: Add crumbled bacon to scrambled eggs
- Day 5: Try your recipe!

Keep a list of foods that didn't go so well, wait 2-3 weeks and try them again!

Calories and protein:

It continues to be important to eat often. Aim for 5-6 small meals per day to get the calories and protein you need each day. Each of these recipes include a good source of protein to help you meet your daily goal and avoid deficiency.

Meal size:

Eat ¼ to ½ cup at each meal based on what you are able to tolerate well. Start with the recipe's serving size, but take small bites, eat slowly, and pay attention to fullness cues to guide how much is right for you.

Tofu Scramble

Step 3 Diet

Items needed: Cutting board, chef's knife, large saute pan, stirring spoon, small and medium bowls, fork, measuring spoons and cups, spoon

Ingredients:

- 1 Tbsp olive oil
- 1 small onion
- 3 cloves garlic
- 1 pound extra firm tofu
- 2-3 Roma tomatoes
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- 1 cup frozen chopped baby spinach (thawed)
- ¼ cup reduced fat cheese
- Salt and pepper to taste

Directions:

1. Dice the onion and tomato, and then mince the garlic.
2. In a large pan over medium-high heat, saute onion in olive oil for 7-8 minutes.
3. Meanwhile, remove some of the excess liquid from the tofu, slice the tofu into 1 inch slices, place the tofu in a medium bowl and use a fork to crumble the tofu.
4. Add garlic to the pan, and cook for 30 seconds.
5. Add crumbled tofu and tomato. Reduce heat to medium and cook about 10 minutes, stirring occasionally.
6. While the tofu is cooking, put the cumin, paprika and turmeric in a small bowl. Add 1-2 Tbsp of water and stir to combine.
7. Add seasonings to the pan. Stir well.
8. Add spinach, stir and cook another 3 minutes until all vegetables are well cooked and soft.
9. Top with cheese and salt and pepper to taste



Tip: Tofu is a low-calorie, low sodium, nutrient-rich protein source that is often well tolerated after bariatric surgery. It also easily takes on the flavor of spices, making it a versatile source of protein.

Serving size: ½ cup

Yield: 10 servings

Per serving: 75 calories, 4 g fat, 4 g carbs, 1 g sugar, 6 g protein, 90 mg sodium

Cost per serving: \$0.50

Adapted from: McGinn, K. (2020, May 13). Easy Tofu Scramble (Vegan!). Retrieved June 8, 2020, from <https://www.thegardengrazer.com/2014/03/tofu-scramble-with-spinach-and-tomato.html>

Breakfast Egg Muffin

Step 3 Diet

Items needed: Muffin tin, paper liners (optional), mixing bowl, whisk, measuring cup

Ingredients:

- Cooking spray
- 6 eggs
- ½ cup frozen spinach, chopped
- ⅓ cup cooked turkey bacon, crumbled (about 5 slices)
- ⅓ cup cheddar cheese, shredded

Directions:

1. Preheat oven to 375 degrees.
2. Spray 6 cups of muffin tin with cooking spray or use paper cups.
3. Crack eggs into a large bowl and whisk until smooth (about 1 minute).
4. Add spinach, bacon and cheese to egg mixture. Stir to combine.
5. Divide egg mixture evenly among muffin cups.
6. Bake for 15-18 minutes or until eggs are firm.
7. Remove from oven and tin and enjoy.

Serving size: 1 muffin

Yield: 6 muffins

Per serving: 120 calories, 13 g fat, 1 g carbs, 0 g sugar, 16 g protein, 250 mg sodium

Cost per serving: \$0.44

Adapted from: Sara. (2019, March 18). Breakfast Egg Muffins. Retrieved June 8, 2020, from <https://www.dinneratthezoo.com/breakfast-egg-muffins/>



Tip: Prepare the egg muffins and store them in the refrigerator. Reheat for a quick on-the-go breakfast.

Ground Turkey and Peppers

Step 3 Diet

Items needed: Large skillet, cutting board, knife, measuring spoons and cups

Ingredients:

- 3-4 Tbsp cooking oil (divided)
- 1 cup yellow onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 pound lean ground turkey
- 1 tsp chili powder
- 2 Tbsp fresh cilantro
- ¼ tsp salt

Directions:

1. Heat large skillet to medium heat. Add 2 Tbsp olive oil. Saute onion and bell pepper until softened.
2. Add garlic and cook for 30 seconds. Remove vegetables from pan and set aside.
3. Add remaining oil, turkey and chili powder.
4. Cook turkey without stirring until brown on one side, and then flip.
5. Once cooked through, stir in vegetables and cilantro. Remove from heat and enjoy.

Serving size: ½ cup

Yield: 4 servings

Per serving: 307 calories, 23 g fat, 2 g carbs, 0 g sugar, 22 g protein, 270 mg sodium

Cost per serving: \$1.98

Adapted from: Bauer, E. (n.d.). Mom's Ground Turkey and Peppers {1-Pot Meal!}. Retrieved June 9, 2020, from https://www.simplyrecipes.com/recipes/moms_ground_turkey_and_peppers/



Tip: If you find ground meat to be too dry, add broth or tomato sauce to add moisture in recipes.

Zucchini Noodles with Turkey Sauce

Step 3 Diet

Items needed: Spiralizer or cheese grater, large skillet, spoon, cutting board, chef's knife, measuring spoons and cups, glass bowl, plastic wrap

Ingredients:

- 3 medium zucchini
- ½ cup Parmesan cheese
- 1 Tbsp cooking oil
- 1 Tbsp Italian seasoning, no/low sodium
- 1 red onion, chopped
- 4 cloves garlic, minced
- 1 pound lean ground turkey
- 28-ounce can crushed tomatoes
- ½ cup parsley or basil, chopped

Directions:

1. Spiralize or grate zucchini. Set aside.
2. Heat large skillet to medium-low heat. Add oil and onion, and cook for 5 minutes. Stir in garlic and Italian seasoning. Cook for 1 minute.
3. Add turkey and cook until browned.
4. Stir in tomatoes until thickened, about 5 minutes. Add parsley or basil.
5. To steam zucchini, place it in a microwave-safe dish. Cover with a lid or plastic wrap. Microwave 2 cups at a time on High about 2 minutes or until soft.
6. To serve, place a serving of zucchini on a plate and top with sauce and cheese.

Serving size: ¼ cup zucchini noodles with ¼ cup sauce and 1 teaspoon Parmesan cheese

Yield: 12 servings

Per serving: 120 calories, 5 g fat, 7 g carbs, 4 g sugar, 11 g protein, 200 mg sodium

Cost per serving: \$1.12

Adapted from: Hodges, C. A. (2019, January). Zucchini Noodles with Quick Turkey Bolognese. Retrieved June 9, 2020, from <http://www.eatingwell.com/recipe/269846/zucchini-noodles-with-quick-turkey-bolognese/>

Casner, C. (2018, October). Quick Turkey Meat Sauce. Retrieved June 9, 2020, from <http://www.eatingwell.com/recipe/268780/quick-turkey-meat-sauce/>



Tip: Use zucchini noodles in your recipes to increase your daily dose of vegetables.

White Bean Chicken Chili

Step 3 Diet

Items needed: Chef's knife, cutting board, frying pan, turner, measuring cups and spoons, blender or food processor, can opener, soup spoon, slow cooker

Ingredients:

- 2 Tbsp olive oil
- 1 ½ cups yellow onion, ¼-inch dice
- 1 green bell pepper, diced
- 1 Tbsp cumin
- 4 cloves garlic, minced
- 1 ¼ pound boneless, skinless chicken breasts
- 1 cup roasted mild green chiles, divided, canned, rinsed
- 2 ½ cups white beans, (2, 15-ounce, low sodium, canned), drained, divided
- 1 cup unsalted chicken stock, divided
- 1 tsp kosher salt
- ¼ tsp black pepper
- Optional toppings: fat free sour cream, low fat cheese

Directions:

1. Heat olive oil in frying pain on low-medium heat.
2. Add diced onions, diced pepper and cumin and cook until onions are translucent (about 4-5 minutes).
3. Add garlic and cook for an additional 1-2 minutes or until garlic is fragrant.
4. Add cooked onions, pepper, cumin and garlic mixture, chicken breasts, ½ cup of the roasted chilies, 1 ½ cups of the white beans and ½ cup chicken stock to the slow cooker.
5. For creaminess, in a blender, puree the other ½ cup roasted green chilies, 1 cup beans, and ½ cup chicken stock until smooth, about 45 seconds. Add to the slower cooker.
6. Add salt and pepper to the slow cooker.
7. Cover and cook on high for 3 hours, or low for 6 hours.
8. Remove chicken and shred or cut into cubes.
9. Add back to slow cooker and stir to combine. Taste chili and season as needed. Serve chili with toppings as desired.



Tip: Cooking for one? Leftovers are only good for about 4 days. Take ¼-½ of the recipe for your meals and leftovers, and then freeze the rest for a later date.

Serving size: 1 cup

Yield: 12 servings

Per serving: 172 calories, 4 g fat, 16 g carbs, 2 g sugar, 19 g protein, 380 mg sodium

Cost per serving: \$0.74

Adapted from: Gavin, J. (2020, May 11). White Bean Chicken Chili. Retrieved June 9, 2020, from <https://www.jessicagavin.com/wholesome-white-bean-chicken-chili/#wprm-recipe-container-35943>

Step 4 Diet Review

Welcome to Step 4! You are about 6-8 weeks out from your surgery and are ready to resume a regular diet. You will continue to use some the same practices to introduce new foods. Add one new food at one meal each day. If you have any problems, wait 1 to 2 weeks before trying it again. Although all foods are allowed at this stage, due to your changed stomach after surgery, you may still have problems tolerating:

- Tough meats
- Untoasted breads
- Rice
- Pasta

Calories and protein:

It will continue to be challenging to get enough calories and protein each day. Continue to eat small meals often. Include a protein from the milk or meat/meat substitute group with all meals and snacks. Also include whole grains, fruits and vegetables in your meals each day to add more nutrients to your diet and promote good health.

Meal size:

At this stage, you may only be able to eat about ½-1 cup total at meals. The typical long term meal size after bariatric surgery is about 1-1 ¼ cups.

Continue to eat slowly and listen to your fullness cues to determine how much is right for you at each meal.

Lifelong goals of bariatric surgery:

- Eat 5 to 6 small meals or snacks per day.
- Eat slowly.
- Limit sugars to no more than 10 grams per meal.
- Drink at least eight, 8-ounce cups (64 ounces total) of water a day.
- Sip liquids and practice eating meals without beverages. Stop 10 minutes before eating and wait at least 30 minutes after eating before you resume drinking.
- Avoid alcohol, caffeine and carbonation.
- Take your multivitamin/mineral supplements as directed.
- Include a protein at every meal and snack.
- Eat less fried foods, added fats and processed food items.
- Limit dining out to 1 or 2 times a week.

Each of these goals are important for long term health and continued progress with weight loss after bariatric surgery. If you ever feel that you need assistance reaching these goals, please call 614-366-6675 to speak with a dietitian.

Simple Berry Smoothie

Step 4 Diet

Items needed: Blender or food processor, spoon, measuring spoons and cups, drinking glass

Ingredients:

- 5.3-ounce cup of low sugar vanilla Greek yogurt, such as Oikos Triple Zero Yogurt
- 1/3 cup frozen mixed berries
- 2 Tbsp fat free, skim milk

Directions:

1. Add 1/2 cup yogurt, frozen berries and milk to blender.
2. Blend until smooth.
3. Pour into a glass and sip slowly. Enjoy!

Serving size: 1 smoothie

Yield: 1 smoothie

Per serving: 138 calories, 0 g fat, 17 g carbs, 9 g sugar, 16 g protein, 79 mg sodium

Cost per serving: \$1.29



Tip: It can be hard to find a yogurt that's low in sugar. Read food labels and look for 5 or less grams of sugar to keep your total grams of sugar under 10 grams for this meal or snack.

Bacon, Egg and Cheese Breakfast Sandwich

Step 4 Diet

Items needed: Frying pan, turner, measuring cups and spoons

Ingredients:

- 2 tsp olive oil (divided)
- 12 slices reduced sodium turkey bacon
- 6 eggs
- 6 slices reduced fat cheese slices, OR thin sliced cheese, variety of choice
- 6 whole grain flat bread sandwich thins
- 2 cups raw spinach
- Siracha or other condiments to taste

Directions:

1. Cook turkey bacon as directed on package.
2. Heat about ½ teaspoon of oil in frying pan on low to medium heat
3. Crack 3 eggs into frying pan and cook for 4-5 minutes or until egg is firm on all sides
4. Flip eggs and cook until yolk is firm. Repeat steps 3 and 4 with remaining olive oil and 3 more eggs.
5. Split sandwich thin and toast, if desired.
6. Place 1 cooked egg, 1 slice cheese, 2 slices turkey bacon, and 3-4 leaves of baby spinach on one half of the sandwich thin
7. Top with siracha or other condiments to taste.
8. Finish assembling sandwich by placing other half of sandwich thin on top and enjoy!

Serving size: 1 sandwich

Yield: 6 servings

Per serving: 280 calories, 13.5 g fat, 21 g carbs, 2 g sugar, 19 g protein, 460 mg sodium

Cost per serving: \$0.97



Tip: Cook the eggs and bacon at the beginning of the week and keep them in the refrigerator. Reheat and make your sandwich each morning for a quick and easy breakfast to go.

Sweet Potato Blueberry Protein Muffins

Step 4 Diet

Items needed: Muffin tin, cooking spray, paper liners (optional), blender, measuring cups and spoons

Ingredients:

- 1 ½ cups old fashioned rolled oats
- 1 small sweet potato, peeled, cooked and mashed (see directions below)
- 1 cup plain low-fat yogurt
- 2 large eggs
- 2 scoops vanilla protein powder
- 1 Tbsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- Pinch of salt
- 1 ½ cups blueberries (fresh or frozen)

Directions to cook sweet potato:

1. Peel and cube sweet potato, and then place in glass bowl.
2. Microwave for 5 minutes.
3. Stir, and then microwave an additional 2:30 or until soft.
4. Mash with a fork in the glass bowl.

Directions to cook muffins:

1. Heat oven to 350 degrees. Spray 12 cups of muffin tin with cooking spray or fill with paper cups.
2. Add oats to blender and process until a flour forms, about 30 seconds.
3. Add sweet potato, yogurt, eggs, protein powder, cinnamon, baking powder, baking soda, salt. Blend until well combined (or whisk in a bowl). Batter will be very thick.
4. Transfer to a bowl and fold in blueberries.
5. Scoop batter into muffin tin.
6. Bake for 25-30 minutes.
7. Remove and cool for 5 minutes. Enjoy!



Tip: Pair with another high protein food to make a filling and complete breakfast.

Serving size: 1 muffin

Yield: 12 muffins

Per serving: 130 calories, 3 g fat, 18 g carbs, 5 g sugar, 7 g protein, 75 mg sodium

Cost per serving: \$0.57

Adapted from: Kelly. (2019, June 25). Sweet Potato Blueberry Protein Muffins. Retrieved June 11, 2020, from <https://eatthegains.com/sweet-potato-blueberry-protein-muffins/>

Make Your Own Bento Box

Step 4 Diet

Items needed: Reusable snack box storage containers (optional), measuring spoons and cups, chef's knife, cutting board

Possible ingredients:

Proteins:

- 1 hard boiled egg
- 1 Tbsp peanut butter
- 1 ounce low fat cheese stick, cubes or slices
- ¼ cup yogurt dip
- 2 Tbsp hummus
- ¼ cup cottage cheese

Carbohydrates:

- ½ Flatout Flatbread
- 8-12 whole grain crackers
- ½ small apple or pear, sliced
- 1 clementine
- 5-7 grapes
- ¼- ½ cup berries
- 4-5 tortilla chips

Vegetables:

- 5-6 cherry tomatoes
- 5 baby carrots
- 4-5 pieces of celery
- ¼ cup guacamole
- 5-6 bell pepper strips
- 4-5 slices of cucumber
- 4-5 pieces of broccoli

Directions:

1. Choose 2 proteins, 2 carbs, and 2 vegetables from above, or similar foods in similar serving sizes.
2. Prepare fruit (if included) by rinsing and slicing as needed. Coat sliced fruit in lemon or lime juice to prevent browning.
3. Prepare vegetables by rinsing and slicing as needed.
4. Measure or count servings of each item.
5. Place items in a snack box container.



Serving size:

Varies

Yield:

2 servings

Per serving:

Nutrition information varies based on contents.

Cost per serving:

\$1.75

Tip: Need to plan your snacks for the day? This is a good way to plan 2 snacks that contain protein and that are also easy to pack and take on the go!

Greek Yogurt Almond Chicken Salad

Step 4 Diet

Items needed: Measuring spoons and cups, foil, baking sheet, oven, mixing bowl, cutting board, chef's knife

Ingredients:

- 8 ounces boneless, skinless chicken breast or 1 cup canned chicken
- 1 stalk celery, diced
- 2 green onions, chopped or ¼ cup red onion
- ¼ cup sliced almonds
- ½ cup nonfat plain Greek yogurt
- ½ cup red grapes, sliced in half (optional)
- 1 tsp mustard
- Fresh black pepper

Directions:

1. If using chicken breast: heat oven to 350 degrees. Season breast with salt and pepper, place on foil-lined baking sheet. Cover with foil and bake for 25-30 minutes until chicken reaches an internal temperature of 165 degrees F.
2. Prepare celery, onions, grapes (if using) and add to a large bowl with almonds. Add yogurt, mustard and pepper to taste. Stir to combine.
3. Chop chicken into small pieces. Add to bowl with yogurt mixture.
4. Store in airtight container in the refrigerator.

Serving size: 1 cup

Yield: 4 servings

Per serving: 170 calories, 8 g fat, 6 g carbs, 4 g sugar, 18 g protein, 280 mg sodium

Cost per serving: \$1.23

Adapted from: McMordie, K. (2020, April 1). Healthy Greek Yogurt Almond Chicken Salad. Retrieved June 12, 2020, from <https://www.verywellfit.com/greek-yogurt-almond-chicken-salad-4154116>



Tip: Use canned chicken for a cheaper and more convenient option, making this meal simple enough to make in minutes!

Chicken Stuffed Potatoes

Step 4 Diet

Items needed: Measuring spoons and cups, cutting board, chef's knife, small bowl, spoon

Ingredients:

- 4, 6-ounce red potatoes
- ¼ cup water
- 2, 5-ounce cans no-salt added chicken breast, drained
- ½ tsp chili powder
- 1/8 tsp salt
- ⅓ cup store-bought salsa
- 2 ounces reduced-fat Monterey Jack cheese, shredded (½ cup)
- 1 Tbsp cilantro

Directions:

1. Cut thin slice off one side of each potato. Prick with a fork and place in a microwave-safe container. Add ¼ cup water. Microwave uncovered for 10-12 minutes.
2. In another bowl, combine chicken, chili powder, salt. Microwave for 1 minute or until heated through.
3. Scoop out a few spoonfuls from inside potato. Spoon chicken mixture into potato shell.
4. Top with salsa and cheese.
5. Option to heat for 30 seconds until cheese is softened. Top with cilantro.

Serving size: 1 stuffed potato

Yield: 4 servings

Per serving: 312 calories, 8 g fat, 35 g carbs, 3 g sugar, 22 g protein, 600 mg sodium

Cost per serving: \$1.21

Adapted from: EatingWell Test Kitchen. (n.d.). Caviar-Stuffed New Potatoes. Retrieved June 23, 2020, from <http://www.eatingwell.com/recipe/249069/caviar-stuffed-new-potatoes/>



Tip: While grocery shopping, look for red potatoes less than or equal to the size of a tennis ball.

Lemon Dijon Salmon

Step 4 Diet

Items needed: Measuring spoons and cups, cutting board, knife, baking sheet, foil

Ingredients:

- 1 ½ pounds wild salmon fillets
- 1 Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- 1 Tbsp fresh lemon juice, plus lemon slices for topping
- 1 tsp chopped fresh thyme or ½ tsp dried
- Salt and freshly ground black pepper, to taste

Directions:

1. Preheat the oven to 400 degrees.
2. Place the salmon fillets on a foil-lined baking sheet and blot dry with a paper towel. Season lightly with salt and freshly ground black pepper.
3. Place the olive oil, garlic, Dijon, lemon juice and thyme in a small bowl and stir to combine.
4. Spoon half of the lemon Dijon mixture over the salmon fillets and top with the lemon slices and bake for 8-10 minutes.
5. Remove from the oven and top with the remaining sauce and cook for another 3-5 minutes or until the fat has rendered and the fish flakes easily with a fork.

Serving size: 4-ounce fillet

Yield: 6 servings

Per serving: 230 calories, 11 g fat, less than 1 g carbs, 0 g sugar, 29 g protein, 120 mg sodium

Cost per serving: \$2.19

Adapted from: Marcie. (2019, June 19). Easy Baked Lemon Dijon Salmon. Retrieved June 12, 2020, from <https://flavorthemoments.com/easy-baked-lemon-dijon-salmon/>



Tip: Pair with your favorite whole grain and veggies for a delicious, balanced meal.

Chicken Street Tacos

Step 4 Diet

Items needed: Small bowl, measuring spoons and cups, cutting board, knife foil, baking sheet, mixing bowl

- Ingredients:**
- 1 ½ pound chicken breast
 - ¼ cup olive oil
 - ¼ cup lime juice
 - 2 tsp minced garlic
 - 2 tsp ground cumin
 - ½ tsp paprika
 - 1 ¼ tsp chili powder
 - Salt and pepper to taste
 - 1 ½ cups frozen corn, thawed
 - 1 large avocado, chopped
 - ½ bunch of cilantro, chopped
 - 12 small street-sized tortillas
 - Optional toppings: more lime or cilantro, low-fat cheese, siracha or hot sauce, finely chopped jalapeno, black beans



Tip: Make leftovers more appetizing by adding a little lime juice to keep the avocado and corn topping from browning.

- Directions:**
1. In a small bowl, mix olive oil, lime juice, minced garlic, cumin, paprika, chili powder, and salt and pepper. Remove 3-4 Tbsp of the mixture and set aside.
 2. Trim the chicken breasts and slice them evenly in half width-wise to ensure even cooking and place in plastic bag. Place unreserved spice and oil mixture in bag, seal bag, and then knead into chicken until evenly coated. Let marinate in refrigerator for at least 45 minutes.
 3. While waiting for chicken to marinate, pre-heat oven to about 425 degrees and begin to prepare corn.
 4. Measure corn and add to mixing bowl.
 5. Chop avocado and cilantro. Add to mixing bowl.
 6. Finish corn topping by adding the reserved oil and spice mixture and stirring until all ingredients are evenly distributed.
 7. When finished marinating, place chicken on foil-lined baking sheet and cook chicken for 12-15 minutes or to an internal temperature of 165 degrees. Let cool, and then shred or chop into bite-sized pieces.
 8. Assemble the taco with chicken, corn topping and other optional topping as desired.

Serving size: 1 street taco

Yield: 12 servings

Per serving: 205 calories, 10 g fat, 19 g carbs, 1 g sugar, 11 g protein, 292 mg sodium

Cost per serving: \$0.75

Adapted from: Chelsea. (2019, May 9). Chicken Tacos {Mexican Street Corn}. Retrieved June 15, 2020, from <https://www.chelseasmessyapron.com/chicken-tacos/>

Quinoa Stuffed Pepper Skillet

Step 4 Diet

Items needed: Large skillet measuring spoons and cups, chef's knife, cutting board

- Ingredients:**
- 1 Tbsp olive oil, or similar cooking oil
 - 1 cup diced yellow onion
 - 3 garlic cloves
 - 1 pound 90% lean ground beef
 - 1 red pepper, diced
 - 1 green pepper, diced
 - 1 Tbsp tomato paste
 - 14 ounces diced fire roasted tomatoes
 - 1 cup dry quinoa (rinsed)
 - 1 cup beef broth, reduced sodium
 - 1 cup water
 - 1 ½ tsp dry basil
 - 1 tsp dry oregano
 - ½ tsp fennel seeds
 - ¼ tsp salt
 - 1/8 tsp pepper
 - 1 cup low fat shredded cheese

- Directions:**
1. Heat a large skillet to medium high heat
 2. Add oil to the pan along with diced onions. Sauté until translucent about 2-3 minutes.
 3. Add garlic and sauté for additional 30 seconds
 4. Next, add ground beef to the pan, breaking it up as you stir. Cook until no longer pink, about 3-4 minutes.
 5. Then add in diced green and red peppers, tomato paste, quinoa, fire roasted tomato, beef broth, water, dry basil, dry oregano fennel seeds, salt and pepper. Stir until all ingredients are evenly combined.
 6. Cover and bring to a boil. Reduce heat and simmer for 15 minutes.
 7. After the quinoa is cooked through, top with 1 cup of shredded cheese and cover.
 8. Cook additional 2 minutes until cheese is melted and serve.



Tip: Don't skip the rinse! Rinsing your fruits and vegetables is important for food safety, but why rinse quinoa? Quinoa's natural coating can give it a bitter taste, which can be removed with rinsing. Rinse to get the best tasting dish!

Serving size: ¾ cup

Yield: 12 servings

Per serving: 167 calories, 7 g fat, 14 g carbs, 3 g sugar, 13 g protein, 300 mg sodium

Cost per serving: \$1.09

Adapted from: Krista. (2019, October 22). Easy One Pot Quinoa Stuffed Pepper Recipe: Stuffed Pepper Casserole. Retrieved June 15, 2020, from <https://www.joyfulhealthyeats.com/easy-one-pot-quinoa-stuffed-pepper-recipe/>

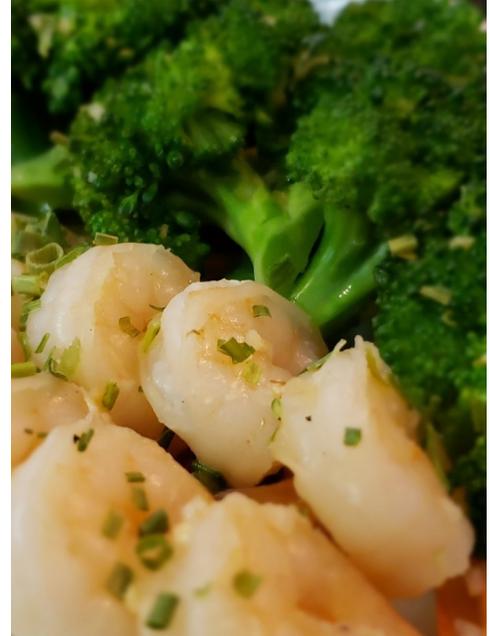
One Pan Shrimp and Broccoli

Step 4 Diet

Items needed: Chef's knife, cutting board, measuring spoons and cups, baking sheet, foil

- Ingredients:**
- 1 pound raw shrimp, peeled and deveined
 - 2 Tbsp cooking oil
 - 2 Tbsp garlic, minced
 - 1 tsp Italian seasoning
 - ¼ tsp onion powder
 - ¼ tsp paprika
 - ¼ tsp salt
 - 2 Tbsp low sodium chicken stock
 - Juice of ½ lemon
 - 1 head of broccoli, cut into florets

- Directions:**
1. Preheat oven to 425 degrees.
 2. Cut 2 large pieces of aluminum foil and place each flat on countertop.
 3. Chop broccoli and set aside.
 4. In small bowl, combine Italian seasoning, onion powder and paprika.
 5. Place shrimp on a plate and sprinkle with the spice mix, coating all sides.
 6. Divide shrimp onto foil near center, and then place broccoli to one side of shrimp.
 7. Add garlic over broccoli and shrimp.
 8. Sprinkle with lemon juice and a pinch of salt and pepper.
 9. Add a tablespoon of stock.
 10. Wrap foil into packets and crimp edges.
 11. Place on baking sheet sealed side up and cook for 15-20 minutes.
 12. Carefully unwrap, divide into 4-6 servings, and enjoy!



Tip: Getting tired of meat? Try using soft seafood alternatives, like fish or shrimp, to mix up your proteins!

Serving size: 3 ounces shrimp and ½ cup broccoli

Yield: 4-6 servings

Per serving: 110 calories, 6 g fat, 3 g carbs, 0 g sugar, 13 g protein, 185 mg sodium

Cost per serving: \$1.70

Adapted from: Cherrier, C. (2020, May 27). Baked Shrimp and Broccoli Foil Packs with Garlic Lemon Butter Sauce. Retrieved June 15, 2020, from <https://www.eatwell101.com/shrimp-and-broccoli-foil-packs-recipe>



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