

Protein Tips

Post Bariatric Surgery

Be sure to talk with your doctor and dietitian to ensure you are getting the nutrients your body needs.

Set Yourself Up for Success!

Tips to include more protein:

- Roast a chicken at the beginning of the week to add to meals
- Use Greek yogurt instead of mayonnaise in chicken or tuna salad
- Add protein powder to a smoothie to satisfy sweet cravings
- Hard boil eggs to have a quick and easy breakfast or snack throughout the week
- Snack on hummus and low-fat cheeses
- Buy frozen edamame (soybeans) to steam in the microwave

Bariatric surgery can help you lose weight by making your stomach smaller. This makes you feel full more quickly and eat fewer calories leading to weight loss. You may also have a hard time absorbing nutrients from foods that help your body function after surgery. With less space in your stomach, you have to take advantage of what you eat: it is more important than ever to eat healthy.

The Importance of Protein

Getting enough protein after surgery is essential to help your body heal and maintain muscle mass. Eat high protein foods first at mealtime in order to meet your protein needs.

Food	Serving Size	Protein (g)
Whey Isolate Protein Powder	1 scoop	20-26
Greek yogurt	3/4 cup	18
Cottage cheese, 1%	1/2 cup	12
Lentils	1/2 cup cooked	9-12
Nuts (peanuts, almonds, etc)	1/4 cup	8-9
Milk, skim or 1%	1 cup	8
Tofu	1/2 cup	8
Beans (black, white, kidney, garbanzo, etc)	1/2 cup cooked	6-8
Meat, lean cuts (chicken, turkey, beef, pork)	1 oz	6-8
Fish and Seafood	1 oz	7
Seeds (sunflower, pumpkin, etc)	1/4 cup	6-7
Egg	1 large	6
Soy Milk, unsweetened	1 cup	6
Cheese, low fat (cheddar, string cheese, feta)	1 oz	4-7

High Protein Recipes

Peach Creamsicle Protein Shake:

Servings: 4 Serving Size: 1 cup Calories per serving: 80 Protein per serving: 11 g

Ingredients

1/4 Cup orange juice
1 tsp vanilla extract
1 scoop whey protein, vanilla
3/4 Cup Greek yogurt, plain, fat free
1 1/4 Cup peaches, frozen

Method of Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in large blender. Blend until smooth.

Zucchini Grilled Cheese

Servings: 3 Serving Size: 1 sandwich Calories per serving: 280 Protein per serving: 14 g

Ingredients

2 Cups zucchini, grated, packed
1/4 tsp salt
1 large egg
1/2 Cup parmesan, grated
1/4 Cup whole wheat bread crumbs
1 green onion, thinly sliced
1/4 Cup cornstarch
to taste black pepper, ground
as needed olive oil pan spray
1/3 Cup low fat cheddar cheese, shredded

Method of Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220 °C).
3. Grate zucchini and place in a medium bowl. Sprinkle salt over the shredded zucchini and mix. Let sit for 5 to 10 minutes. Remove excess liquid using a cheesecloth or clean kitchen towel.
4. Remove zucchini from the bowl and put onto cheesecloth or a clean kitchen towel. Squeeze out as much excess moisture as possible.
5. Turn off heat and place cheese in an even layer on top of the eggs. Cover pan and allow to sit for 1 minute to melt the cheese. Serve immediately!
6. In a medium bowl combine zucchini, egg, parmesan cheese, breadcrumbs, green onion, cornstarch, and pepper. Mix well using a rubber spatula.
7. Line a baking sheet with parchment paper and spray with pan spray oil.
8. Using a 1/4 cup measuring cup, lay out measured piles onto the parchment and then pat them down into 4” squares about a quarter of an inch in thickness.
9. Bake the patties for 15 minutes or until golden brown: flip to other side and bake for another 5 minutes.
10. Add about a tablespoon and a half of shredded cheddar to one patty. Top with another patty to form a sandwich. Enjoy!