

# Gastric Bypass Meal Plan



## DAY 1

- B: Breakfast smoothie
- S: Vanilla cappuccino
- L: Mini protein pizzas with veggie toppings
  - One pear, medium
- S: Protein potato chips
- D: Vegetable chili with beans
- D: Half cup non-fat cottage cheese with cinnamon

## DAY 3

- B: Strawberry meal replacement shake
- S: Meat snack stick
- L: Salad with balsamic vinaigrette
- S: Chocolate caramel protein granola snacks
- D: Eggplant bake
- D: Dark chocolate

## DAY 5

- B: Bacon and cheese omelet
- One English muffin, high-fiber
- S: Half medium apple, sliced
- Two tablespoons peanut butter
- L: Chicken salad with lettuce wraps
- S: Protein zippers
- D: Broiled cod quinoa pilaf
- D: Apple cinnamon oatmeal cookies



## DAY 2

- B: Peaches and cream protein oatmeal
- S: Proticino instant protein drink
- L: Half cup refried beans (fat-free) with roasted green pepper halves and melted cheddar cheese
- S: Quarter cup roasted edamame
- D: Grilled chicken breast with VLC pasta sauce
- Baked sweet potato fries
- D: Baked apple with cinnamon
- Half cup vanilla frozen yogurt, low-fat-sugar-free

## DAY 4

- B: Vegetable omelet
- S: Cinnamon protein bar
- L: Chopped salad with shrimp, chicken, and Honey-Dijon dressing
- One cup strawberries, sliced
- S: One cup plain Greek yogurt
- One cup cucumber sticks
- D: Chicken enchilada Verde
- D: Dulce de Leche protein pudding

## DAY 6

- B: Oatmeal protein bar
- S: Aloha mango protein smoothie
- L: Cream of tomato protein soup
- S: Bell pepper slices (one cup)
- Hummus (quarter cup)
- D: Low-carb tuna melt
- D: Cocomint protein pudding

## DAY 7

- B: Honey nut protein cereal, Greek yogurt,  $\frac{3}{4}$  cup blueberries
- S: Melon, one cup, Almonds, one ounce
- L: Steamed broccoli (one cup) with cheese sauce
- S: One hard-boiled egg
- D: Lean turkey burger
- D: Peanut butter cup protein bar