

STAGE 3 POST – OP MENU PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 egg or 2 whites ½ slice whole wheat toast w/ ½ tsp light margarine	¼ cup oatmeal w/ 1 tbsp whey powder	¼ cup of low fat cottage cheese w/ ¼ cup mandarine oranges	½ slice whole wheat toast with 1 tsp peanut butter and ½ small apple	4 oz. of light yogurt w/ 1-2 tbsp of whey powder	1 egg or 2 egg white omelet w/ steamed veggies and ½ slice of low fat cheese	¼ cup of cream of wheat or rice w/ 1 tbsp whey powder
Lunch	4 whole grain crackers w/ 1 oz low fat cheese	½ cup salad w/ 1 tbsp light dressing and 2 oz. grilled chicken	2 oz tuna salad w/ light mayo on ½ slice whole wheat bread w/ 2 orange slices	2 slices of turkey deli meat on ½ slice of whole wheat bread w/ 4 sweet pickle slices	2 oz egg salad in mini whole wheat pita bread w/4 olives (optional)	2 oz baked ham w/ ¼ cup mashed potatoes and 2 tbsp cooked spinach	2 oz meatloaf (95% lean beef or turkey) w/ ¼ cup veggie medley
Dinner	2 oz tuna mixed with ¼ cup whole wheat pasta, tossed with light Italian dressing (1 tbsp green pepper or peas optional)	2 turkey meatballs (1 oz each) with ¼ cups cooked spinach (1 tsp light margarine or olive oil optional)	2 large shrimp w/ 1 tbsp of cocktail sauce and ¼ cup sweet potatoes	2 oz baked chicken w/ ¼ cup green beans topped w/ bread crumbs and 1 tsp of light margarine	3 oz lemon pepper haddock (or any white fish) w/ ¼ cup squash	½ whole wheat tortilla w/ 2 oz chicken strips topped w/ 2 tbsp fajita makings	2 oz baked salmon w/ ¼ cup cooked carrots

Please note: The portions contained in this menu are recommended for patients new to Stage 3. Patients who are 6 months post-op or more may need to eat slightly larger portions if goal weight has been reached and/or daily exercise is vigorous. This menu in the portions shown, along with 2, 8 ounce glasses of skim milk per day**, contain at least 50 grams of protein. Any meal can be exchanged for a meal of its kind (i.e., lunch for a lunch)

**For people that do not wish to drink 2 glasses of skim milk per day, 1 scoop of whey protein powder (containing at least 16 grams of protein per scoop) can be substituted and mixed into soft foods, sauces or beverages, throughout the day.

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Breakfast	1 egg or 2 whites ½ slice whole wheat English muffin w/ ½ tsp light margarine	¼ cup oatmeal w/ 1 tbsp whey powder – 1 tbsp raisins (optional)	¼ cup of low fat cottage cheese w/ ¼ cup canned pineapple	½ slice whole wheat toast with 1 tsp peanut butter and ¼ banana	4 oz. of light yogurt w/ 1-2 tbsp of whey powder – few berries (optional)	1 egg or 2 egg white omelet w/ 2 tbsp salsa and ½ slice of low fat cheese	¼ cup of cream of wheat or grits w/ 1 tbsp whey powder
Lunch	4 whole grain crackers w/ 1 oz low fat cheese, 4 grapes	½ cup salad w/ 1 tbsp light dressing and 2 oz. grilled chicken	2 oz tuna salad w/ light mayo, sweet pickle relish on ½ slice whole wheat bread w/ 1 slice tomato	2 slices of ham deli meat on ½ slice of whole wheat bread w/ ½ slice low fat cheese	2 oz egg salad in mini whole wheat pita bread w/4 olives (optional)	¼ cup low fat cottage cheese w/ ¼ cup unsweetened applesauce (cinnamon optional)	¼ to 1/3 cup chili made w/ 95% lean beef or turkey
Dinner	1oz ricotta cheese with ¼ cup whole wheat pasta, tossed w/ light Italian dressing (1 tbsp green pepper or peas optional)	2 oz pan fried x-tra firm tofu with ¼ cup French style green beans (1 tsp light margarine or olive oil optional)	2 large shrimp or 2 oz imitation crab meat w/ 1 tbsp of cocktail sauce and ¼ cup sweet potatoes	2 oz baked chicken w/ ¼ cup steamed broccoli and 1 tsp light margarine or parmesan cheese	3 oz lemon pepper haddock (or any white fish) w/ bread crumbs and 1 tsp light margarine, ¼ cup lentils or beans	1 cup Julian salad w/ 1 slice each of deli ham and low fat cheese, 1 tbsp light dressing	2 oz baked salmon (dill sprinkled optional), w ¼ cup cooked spinach of asparagus

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Breakfast	1 boiled or poached egg, 1/3 whole wheat bagel w/ 1/2 tsp light margarine	1/4 cup Kashi cereal (wet with milk or dry)	1/2 protein bar (preferably Balance, Zone or Cliff) should have <30 gram of carbohydrate in whole bar	1/2 slice whole wheat toast with 1 tsp peanut butter and 1/4 cup canned peaches	Mocha smoothie – 1 scoop chocolate whey powder, 8 oz skim milk and 1 tbsp instant coffee	1 egg or 2 egg white omelet w/ 1 oz ham and 1/2 slice low fat cheese	1/2 whole wheat waffle w/ sugar free syrup, 1 low fat turkey or soy sausage link
Lunch	4 whole grain crackers w/ 2 tbsp hummus, 1 low fat string cheese	1/2 cup salad w/ 1 tbsp light dressing and 2 oz. chicken, tuna, ham or turkey	1/4 cup refried beans, 1 oz low fat cheddar cheese on 1/2 whole wheat tortilla (heated)	2 slices of turkey or ham deli meat on 1/2 slice of whole wheat bread w 1/2 slice low fat cheese	2 oz seafood salad in mini whole wheat pita bread w/ few baby carrots	1/4 cup low fat cottage cheese w/ fruit of choice	2 oz pork chop with 1/4 cup mashed potatoes (low fat gravy optional)
Dinner	1/4 - 1/3 cup baked ziti made with whole wheat rigatoni and low fat mozzarella cheese	1/4 - 1/3 cup chicken stir fry (mixed oriental) w/ 1 tsp olive oil and soy sauce (optional)	2 large shrimp w/ 1 tbsp of cocktail sauce and small salt potato w/ 1 tsp light margarine	2 oz baked chicken w/ 1/4 cup lentils or beans	3 oz Tilapia (or any white fish) w/ 1/4 cup mashed cauliflower	2 oz BBQ chicken w/ 1/4 cup grilled zucchini slices (1 tsp olive oil brushed on slices for grilling)	2 oz turkey or 95% lean beef patty w/ 1/2 slice of low fat cheese, 1/2 dill pickle, ketchup (optional)

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