

Weight Management PREOPERATIVE Sample Meal Plan

Breakfast	1 cup cooked oatmeal (steel cut or traditional rolled oats) with 1 cup berries and 4 walnuts	2 boiled eggs 1 pear	1 cup cooked oatmeal (steel cut or traditional rolled oats) with 1 Tbs ground flaxseed, 1 Tbs almond butter and 1 small banana	1 cup cooked oatmeal (steel cut or traditional rolled oats) with ¼ cup canned pumpkin (sprinkle with nutmeg and cinnamon)	1 cup berries 2 egg omelet with spinach, mushrooms, and onions (or cook ahead crust less breakfast casserole for a quick fix)	1 small baked sweet potato with 1/3 cup crushed pineapple (drained)	1 sliced peach with 1 serving high fiber, low sugar cereal (Uncle Sam, Bran Flakes, etc) with 1 Tbs ground flaxseed in 6 oz skim milk
Lunch	2-3 oz grilled chicken breast (no skin) Large Greek salad (leafy greens, onions, 2 oz feta) with 1 Tbs olive oil and 8 kalamata olives ¼ cup hummus	1 cup lentils with a sliver of avocado Side salad with 1 Tbs olive oil and 2 Tbs sunflower seeds 1 nectarine	Pulled chicken wrap (crockpot chicken with lemon, onions, and peppers) Use large lettuce to make wraps with sliver avocado, ¼ cup corn, and ½ cup black beans with cilantro	Grilled Portobello mushroom and bell peppers on salad with leafy greens and 2 Tbs olive oil 1 cup berries	Stuffed quinoa bell pepper (try online recipe, use only 1 Tbs olive oil) 1 orange	Tuna (1 can in water) melt on 1 slice whole wheat with a sliver of avocado and 1 slice low fat cheese with 1 cup raw broccoli and carrots 1 grapefruit	Black bean quinoa salad (quinoa, black beans, corn, onions, cilantro, find a recipe online) on top of a bed of leafy greens
Snack	2 Tbs pumpkin seeds 2 plums	1 cup baby carrots and snap peas with 4 oz plain Greek yogurt (add powdered Ranch)	¼ cup fat free refried beans with sliced bell pepper or cucumber	4 walnuts, chopped 1 cup berries 6 oz plain, low fat Greek yogurt	¼ cup hummus 1 whole wheat pita	Celery with 1 Tbs nut butter (no sugar added)	½ cup low fat cottage cheese with a pear
Dinner	¼ cup green peas ¼ cup corn ½ cup cauliflower mash 3 oz grilled sirloin Whole wheat roll	Grilled turkey burger (ground turkey breast patty) with onions, lettuce, cucumbers, and sliced pepper on whole wheat bun with a 1-2 cups of grilled broccoli and cauliflower	Shrimp sautéed with water chestnuts, snow peas, carrots, broccoli, and onions in soy sauce and broth with ½ cup brown rice (eat 1/2 cup shrimp and unlimited veggies)	Fish tacos - 2 corn tortillas and cabbage with 1 cup of black bean soup	3 oz baked salmon with ½ cup baked asparagus and ½ cup baked summer squash with 1 Tbs olive oil	1 cup bean chili (vegetarian) with large salad (2 Tbs olive oil and vinegar)	2-3 oz grilled chicken breast with 1 Tbs low sugar BBQ sauce 1 cup lightly sautéed summer squash and zucchini 1 cup sliced strawberries
Snack	1 cup berries 6 oz plain, low fat Greek yogurt	½ cup grilled pineapple with cinnamon	1 snack sized container no sugar added apple sauce	2 clementine cuties 2 Tbs sunflower seeds	15 frozen grapes 4 pecans	15 fresh cherries 1 low fat mozzarella cheese stick	4 walnuts Sliced jicama

Volumetrics with Veggies – PREOPERATIVE Plate Method

½ of your plate	¼ of your plate	¼ of your plate
Non-Starchy Vegetables	Starchy Vegetables	Lean proteins
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> Artichoke Artichoke hearts Asparagus Baby corn Bamboo shoots Beans (green, wax, Italian) Bean sprouts Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Chayote Coleslaw (packaged, no dressing) Cucumber Daikon Eggplant Greens (collard, kale, mustard, turnip) Hearts of palm Jicama </div> <div style="width: 45%;"> <ul style="list-style-type: none"> Kohlrabi Leeks Mushrooms Okra Onions Pea pods Peppers Radishes Rutabaga Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress) Sprouts Squash (cushaw, summer, crookneck, spaghetti, zucchini) Sugar snap peas Swiss chard Tomato Turnips Water chestnuts Yard-long beans </div> </div>	<ul style="list-style-type: none"> Beets Carrots Corn Green Peas Parsnips Plantain Pumpkin Sweet Potatoes Taro White Potatoes Winter Squash (acorn or butternut) Yams 	<ul style="list-style-type: none"> Beef (bottom round, eye of round, or top round roast/steak, sirloin tip side steak, top sirloin) Buffalo Chicken breast (no skin) Eggs (2 whole or 2/3 cup egg substitute) Fish Shellfish Seitan (1/3 cup) Tempeh (1/2 cup) Tofu (1 cup) Turkey Venison
	Whole Grains	
	<ul style="list-style-type: none"> Amaranth Barley Buckwheat Corn Millet Oats Quinoa Rice (brown, colored, wild) Rye Sorghum Teff Triticale Wheat (spelt, emmer, farro, einkorn, Kamut®, durum, bulgur, cracked wheat, & wheatberries) 	



Picture - Diabeticlivingonline.com

If you are still hungry after portioning your plate like so, then eat more non starchy vegetables without added fats/oils. Same goes for the meal plan on the other side of this handout – non-starchy vegetables are considered a freebie.

Beans should not be excluded from the diet. If you choose to eat beans at a meal, have them on a little less than half of the plate with non-starchy vegetables filling the rest of it. Fruit can be added in as a snack, dessert, or starch.