



NICHOLSON CLINIC

For Weight Loss Surgery

BARIATRIC COOKBOOK



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BARIATRIC COOKBOOK

Congratulations on taking the next steps to begin, continue, and/or restart your weight-loss journey!

Here at the Nicholson Clinic, we hope this Bariatric Cookbook is a helpful way to discover new, healthy, and delicious recipes to aid you on your weight-loss journey.

Whether you are new with us or have been with us a while, we hope you find this book helpful!

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BARIATRIC COOKBOOK

The first part of this book goes into detail for our patients who are newly post-op on what foods you can eat at each stage.

Please flip through to the section that applies to you.

The three stages are:

- Stage One: Liquids only
- Stage Two: Soft Solids
- Stage Three: Solids

STAGE 1: LIQUIDS ONLY

Day 0-Day 21 Post-Op

In the first three weeks after surgery, it is imperative to **only drink liquids** in order to protect your stomach while it's healing.

In Stage 1, it is important to focus on:

- Liquids should: pass through a fine-mesh strainer and be low in sugar and carbohydrates.
- This includes protein shakes, protein waters, protein powder into water, and broth $\leq 100^{\circ}\text{F}$.
- No Jello, smoothies, or mashed potatoes.

Remember:

- Your hormones change during this time, so you may not feel hungry or thirsty.
- However, **YOU NEED** to make sure you drink plenty of water and hit your protein goals.
- Set alarms on your watch/phone to drink 8 oz of water every hour= at least 64 fl oz of water a day.

Daily Minimums Include:

- 60 grams of Protein Daily (Liquids only)
- 64 fl oz of water daily
 - Limit artificial sweeteners if possible.

Ideally, get more than the minimums daily!

STAGE 2: SOFT SOLIDS

Day 22-Day 41 Post-Op

This stage is important as we transition from liquids only to more soft foods as the stomach is still healing.

In Stage 2, it is important to focus on:

- The foods on the sheet provided at your visit (and on the next page of this cookbook)
 - Soft textures:
 - specifically softer than a hard-boiled egg
-

Remember:

- Your hormones change during this time, so you may not feel hungry or thirsty.
 - However, YOU NEED to make sure you drink plenty of water and hit your protein goals.
 - Set alarms on your watch/phone to drink 8 oz of water every hour = at least 64 fl oz of water a day.
-

Daily Minimums Include:

- 60 grams of Protein Daily (mainly from soft solid foods)
- 64 fl oz of water daily
 - Limit artificial sweeteners if possible.

Ideally, get more than the minimums daily!

Post-operative Dietary Foods

Day 22 - 42 Stage II - Soft Solid Foods

Sleeve Gastrectomy/Gastric Bypass

2-4 oz per Meal

Start this diet at **Day 22** post-op and continue for 3 weeks. This is still the time where you are learning about your new intake. Let your pouch be your guide on portion sizes and amounts. Stop eating BEFORE you feel full. Remember to use a **food scale** to weigh your food. Overeating and not chewing thoroughly can lead to nausea, vomiting, and stretching of the stomach.

Start with softer foods like yogurt then transition into soft solids like ground turkey by the 3rd week. It is recommended to introduce new foods 1 at a time.

Stage 2 Menu: Includes foods listed in the liquids phase **plus:**

- Eggs: softly scrambled, baked, or poached
- Fish or salmon: grilled, baked, or poached (includes tuna in water)
- Chicken: ground, boiled, baked, or canned (packed in water)
- Deli meats: thinly sliced, avoid higher salt meats e.g., pancetta
- Tofu (not fried)
- Nut butters - all natural (Limit 1 Tablespoon per day)
- Low fat or fat free cottage cheese, ricotta, laughing cow, light string cheese, and thin deli sliced cheese.
- Canned and/or fork tender non-starchy vegetables (no string green beans)
- Low fat plain Greek yogurt (check label for low sugar options, no fruit chunks)
- Sugar free apple sauce
- Hummus
- Avocado
- Soft bananas, no more than 2 per week (remove strings)
- Beans: lentils, black beans, brown beans, must use water to rehydrate beans and **not oil/s.**



Alimentos Post-operatorios

Día 22 - 42 Etapa II - Alimentos Sólidos Blandos

Manga Gástrico/ Bypass Gástrico

2-4 oz por comida

Comience esta dieta el **día 22** después de la operación y continúe durante 3 semanas. Este sigue siendo el momento en el que está aprendiendo sobre su nueva ingesta. Deje de comer ANTES de sentirse lleno. Recuerde usar una báscula para alimentos para pesar sus alimentos. Comer en exceso y no masticar bien puede provocar náuseas, vómitos y estiramiento del estómago.

Comience con alimentos más blandos como el yogur y luego haga la transición a sólidos blandos como el pavo molido a la tercera semana. Se recomienda introducir nuevos alimentos de 1 en 1.

Menú de la Etapa 2: Incluye los alimentos enumerados en la fase de líquidos **más:**

- Huevos: revueltos, horneados o escalfados
- Pescado o salmón: a la parrilla, al horno o escalfado (incluye atún en agua)
- Pollo: molido, hervido, horneado o enlatado (empacado en agua)
- Carnes frías: en rodajas finas, evite las carnes con mayor sal, por ejemplo, panceta
- Tofu (no frito)
- Mantequillas de nueces - todo natural (Límite de 1 cucharada por día)
- Requesón bajo en grasa o sin grasa, ricotta, queso en tiras ligeras y queso en rodajas finas.
- Verduras enlatadas y/o tiernas sin almidón
- Yogur griego natural bajo en grasa (consulte la etiqueta para conocer las opciones bajas en azúcar, sin trozos de fruta)
- Puré de manzana sin azúcar
- Hummus
- Aguacate
- Plátanos blandos, no más de 2 por semana (quita los hilos)
- Frijoles: lentejas, frijoles negros, frijoles marrones, deben usar agua para cocinar frijoles y no aceite/s.



STAGE 3: SOLID FOODS

After Day 42 Post-Op

This Stage is exciting because it allows you to have a more realistic view on what food looks like for maintaining a healthy lifestyle!

In Stage 3, it is important to focus on well-balanced meals that are:

- High in protein and include variety of:
 - Whole non-starchy vegetables
 - Healthy fats from raw nuts and seeds (pg. 10)
 - Varied fruits and whole grains in moderation
- Elimination of high-caloric and nutrient-poor foods such as excess and “simple” carbohydrates, starchy food groups, and liquid calories.
- **Avoid** hygroscopic foods that swell with moisture (ex: bread, crackers, pasta, rice, etc.) in order to prevent stretching the stomach over time.

Daily Minimums Include:

- 60 grams of Protein Daily (mainly from solid foods)
 - Recommended 80 grams if patient is strength-training (lifting weights/building muscle).
- 64 fl oz of water daily
 - Limit artificial sweeteners if possible.

STAGE 3: SOLID FOODS

After Day 42 Post-Op

Protein Sources

- Chicken (breast, tenders, wings, ground, canned, deli)
- Turkey (ground, sausage, bacon, deli, jerky)
- Seafood (fish, shrimp, crab, oysters, clams, mussels, scallops, lobster)
- Lean Beef (ground, steak, liver, stew, roast, corned, jerky)
- Lean Pork (Loin chop, deli)
- Wild Game (deer/venison, elk, buffalo, duck, wild boar, goose, lamb, rabbit, ostrich)
- Eggs
- Greek Yogurt
- Cottage Cheese
- Pumpkin Seeds
- Sunflower Seeds
- Protein Powder/Shake
- Tofu
- *Beans
- *Edamame (shelled)
- *Lentils



***These sources are higher in carbohydrates than the other protein sources**

STAGE 3: SOLID FOODS

After Day 42 Post-Op

Non-Starchy Vegetables

- Artichoke
- Asparagus
- Green Beans
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Onion
- Kale
- Leeks
- Leafy Greens/Lettuce
- Mushrooms
- Okra
- Onions
- Pea Pods
- Peppers (all varieties)
- Radishes
- Spinach
- Tomato
- Turnips
- Watercress
- Yellow Squash
- Zucchini



STAGE 3: SOLID FOODS

After Day 42 Post-Op

Healthy Fat Sources

- Avocado
- Avocado Oil
- Chia Seeds
- Coconut
- *Coconut Oil
- Cacao 75% or Greater Dark Chocolate
- Eggs (pasture-raised)
- Flaxseed
- Ghee
- Nuts
- Nut Butters (peanut, almond, etc.)
- *Nut Oils
- *Olive Oil
- Omega 3 (fish oils)

*Look for cold pressed/extra virgin



STAGE 3: SOLID FOODS

After Day 42 Post-Op

Moderate Nutrient Rich

Carbs/Starch



- Beans
- Beets
- Carrots
- Fruit
- Green Peas
- Lentils
- Parsnips
- Plantain (chips)
- Pumpkin
- Purple Potatoes
- Quinoa
- Sweet Potatoes
- Taro
- Winter-squash (such as acorn or butternut squash)
- Yams

Portions on Plate

Protein 1st > Vegetable 2nd > Starch 3rd

STAGE 3: SOLID FOODS

After Day 42 Post-Op

AVOID Nutrient Poor Food

- Baked Goods
- Battered Foods
- Bread
- Cereal
- Chips
- Crackers
- Fried Foods
- Fruit Juices
- Granola
- High Calorie/Sugary Beverages
- Refined Salt (use Himalyan or Celtic)



- Refined Pasta
- Pastries
- Processed Cheese
- Processed Meats
- Pretzels
- White Rice
- Sweets/Sugar
- Tortillas
- Vegetables Oils (canola, corn, soy)
- Veggies juices (V8)
- White Potatoes



STAGE 3: SOLID FOODS

After Day 42 Post-Op

Ideally, you should be getting more than these minimums daily (60g of protein and 64 fl oz of water) to help with weight loss and keeping your hunger satiated with enough protein!

A good rule of thumb to start with is:

- Eat protein foods first. Hunger is normal, and protein will help you feel more satisfied.
- 3-2-1 Method: 3 bites protein - 2 bites vegetables - 1 bite of fat or **complex** carbohydrate
- Don't drink beverages with meals, hold fluids for 20-30 minutes before and immediately after meals, only sips if necessary.
- Take small (pencil eraser size) bites and chew very well.
- Eat slowly. Take 20-30 minutes to complete a meal.
- Introduce one new food at a time, and don't try more than one new food every couple of days.
- Use small plates and utensils to help control portions

Protein Sources	Non-Starchy Veggies	Healthy Fat Sources	Nutrient Rich Carb/Starch *Limit	Nutrient Poor Foods *Avoid
<ul style="list-style-type: none"> • *Beans • Lean Beef (ground, steak, liver, stew, roast, corned, jerky) • Chicken (breast, tenders, wings, ground, canned, deli) • Cottage cheese • *Edamame (shelled) • Eggs • Greek Yogurt (plain) • *Lentils • Pumpkin Seeds • Lean Pork (loin chop, deli) • Protein Bars • Protein Powder/shakes • Seafood (fish, shrimp, crab, oysters, clams, mussels, scallops, lobster) • Sunflower Seeds • Tofu • Turkey (ground, sausage, bacon, jerky, deli) • Wild Game (deer/venison, elk, buffalo, duck, wild boar, goose, lamb, rabbit, ostrich) 	<ul style="list-style-type: none"> • Artichoke • Asparagus • Green Beans • Broccoli • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumber • Eggplant • Green Onion • Kale • Leeks • Leafy Greens/Lettuce • Mushrooms • Okra • Onions • Pea Pods • Peppers (all varieties) • Radishes • Spinach • Tomato • Turnips • Watercress • Yellow Squash • Zucchini 	<ul style="list-style-type: none"> • Avocado • Avocado Oil • Chia Seeds • Coconut • *Coconut Oil • Cacao 75% or Greater Dark Chocolate • Eggs (pasture raised) • Flaxseed • Ghee • Nuts • Nut Butters (peanut, almond, etc.) • *Nut Oils • *Olive Oil • Omega 3 (fish oils) <p>*look for first cold pressed/extra virgin</p>	<ul style="list-style-type: none"> • Beans • Beets • Carrots • Fruit • Green Peas • Lentils • Parsnips • Plantain (chips) • Pumpkin • Purple Potatoes • Quinoa • Sweet Potatoes • Taro • Winter Squash • (such as acorn or butternut squash) • Yams 	<ul style="list-style-type: none"> • Baked Goods • Battered Foods • Bread • Cereal • Chips • Crackers • Fried Foods • Fruit Juices • Granola • High Calorie/Sugary Beverages • Refined Salt (use Himalayan or Celtic) • Oatmeal • Pasta • Pastries • Processed Cheese • Processed Meats • Pretzels • Rice • Sweets/Sugar • Tortillas • Vegetable Oils (canola, corn, soy) • Veggie juices (V8) • White Potatoes

* These sources are higher in carbohydrates than the other protein sources.

Proteína	Vegetales	Grasas Saludables	Moderación	Evitar
<ul style="list-style-type: none"> • Frijoles • Carne de res magra, (molido, bistec, hígado, guisado, asado, en conserva, cecina) • Pollo (pechuga, tiernos, alitas, molido, enlatado, delij) • Queso cottage • Edamame (sin cáscara) • Huevos • Yogur griego (natural) • Lentejas • Semillas de calabaza • Carne magra de cerdo (chuleta de lomo, charcutería) • Barritas de proteínas • Proteína en polvo/batidos • Mariscos (pescado, camarones, cangrejo, ostras, almejas, mejillones, vieiras, langosta) • Semillas de girasol • Tofu • Pavo (molido, salchicha, tocino, cecina, charcutería) • Caza salvaje (ciervo/venado, alce, búfalo, pato, jabalí, ganso, cordero, conejo, avestruz) 	<ul style="list-style-type: none"> • Alcachofa • Espárragos • Judías verdes • Brócoli • Coles de Bruselas • Repollo • Coliflor • Apio • Pepino • Berenjena • Cebolla verde • Col rizada • Puerros • Verduras de hoja verde/lechuga • Hongos • Okra • Cebollas • Vainas de guisantes • Pimientos (todas las variedades) • Rábanos • Espinacas • Tomate • Nabos • berros • Calabaza amarilla • Calabacín 	<ul style="list-style-type: none"> • Aguacate • Aceite de aguacate • Semillas de chia • Coco • * Aceite de coco • Cacao 75% o mayor • Chocolate amargo • Huevos (criados en pastos) • Semilla de lino • Manteca • Nueces • Mantequillas de frutos secos (maní, almendras, etc.) • * Aceites de frutos secos • * Aceite de oliva • Omega 3 (aceites de pescado) <p>* busca el primer aceite virgín extra prensado en frío</p>	<ul style="list-style-type: none"> • Frijoles • Remolachas • Zanahorias • Frutas • Guisantes verdes • Lentejas • Chirivías • Plátano (chips) • Calabaza • Papas moradas • Quinoa • batatas • Taro • Calabaza de invierno (como la calabaza bellota o moscada) • Ñames 	<ul style="list-style-type: none"> • Productos horneados • Alimentos rebozados • Pan • cereales • Papas fritas • Galletas saladas • Comida frita • Jugos de fruta • Granola • Bebidas azucaradas/altas en calorías • Sal refinada (use Himalaya o celta) • Avena • Pasta • Pasteles • Queso fundido • Carnes procesadas • Pretzels • Arroz • Dulces/Azúcar • Tortillas • Aceites vegetales (canola, maíz, soya) • Jugos (V8) • papas blancas

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BREAKFAST IDEAS

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Greek Yogurt & Berry Parfait

 Per serving: 1 jar  10 minutes

180-345 Calories

Protein = 15-20g

Fat = 10-15g

Carbohydrates = 14-26g

INGREDIENTS

- 1/2 - 3/4 Greek yogurt
- 1/2- 1 cup mixed berries (blueberries, strawberries, or raspberries)
- 1/2 - 1 oz Raw almonds, walnuts, pistachio, or your choice of mix
- Honey (optional)

INSTRUCTIONS

1) Prepare the Ingredients:

- If using strawberries, wash them and slice into halves or quarters, depending on their size. Make sure all berries are clean and dry.
- Roughly chop the nuts if they are not already in small pieces. This will add a nice crunch and make them easier to eat in the parfait.

2) Assemble the Parfait:

- Start by placing a layer of Greek yogurt at the bottom of a glass or jar. Use about 1/4 to 1/3 of your total yogurt.
- Add a layer of mixed berries over the yogurt.
- Sprinkle a layer of chopped nuts on top of the berries.
- Repeat the layering process, starting with yogurt again, followed by berries, and then nuts, until all ingredients are used up. Depending on the size of your container, you may have 2-3 layers.

3) Drizzle with Honey (optional):

- If you like a bit of extra sweetness, drizzle honey over the top layer. This is especially nice if you are using plain Greek yogurt.

4) Serve:

- You can serve the parfait immediately or cover it and refrigerate for up to an hour before serving. This allows the flavors to meld together slightly, though it's best enjoyed fresh to maintain the crispness of the nuts.

Cottage Cheese & Fruit Bowl



Per serving: 1 jar

⌚ 5 minutes

(makes 1 serving)

330 Calories

Protein = 17g

Fat = 19g

Carbohydrates = 19g

INGREDIENTS

- 1/2 cup low-fat cottage cheese
- 1/2 cup fresh pineapple chunks
 - (or your choice of fruit)
- 1/4 cup raw chopped nuts
 - (e.g., almonds or walnuts)
- Honey (optional)



INSTRUCTIONS

1) Prepare the Fruit:

- If using pineapple, ensure it's peeled, cored, and cut into bite-sized chunks. You can also substitute with any other fresh fruit of your choice like berries, mango, or apple for different flavors and textures.

2) Assemble the Bowl:

- Place the 1/2 cup of low-fat cottage cheese at the bottom of a serving bowl.
- Arrange the 1/2 cup of fresh pineapple chunks or other chosen fruit over the cottage cheese evenly.

3) Add Nuts:

- Sprinkle 1/4 cup of chopped raw nuts over the fruit. Almonds or walnuts provide a nice crunch and a boost of healthy fats, but you can use any nuts you prefer.

4) Add Optional Sweetener:

- If desired, drizzle a small amount of honey over the top for added sweetness. This step is optional and can be adjusted according to your taste preferences and dietary needs.

5) Serve:

- Your Cottage Cheese and Fruit Bowl is ready to be enjoyed immediately. This bowl combines the creaminess of the cottage cheese with the sweetness of the fruit and the crunch of the nuts, creating a balanced and nutritious dish.



Chia Seed Protein Pudding with Berries

 Per serving: 1 bowl  15 minutes

(makes 1 serving)

150-200 Calories

Protein= 15-20g

Fat= 9-12g

Carbohydrates= 10-15g

INGREDIENTS

- 2-3 tablespoons Chia seeds
- 1/2 to 3/4 cup unsweetened almond milk (or your preferred milk alternative)
- Mixed berries (e.g. blueberries, strawberries, raspberries)
- A touch of honey (optional)
- Protein Powder (vanilla or flavor of choice)

INSTRUCTIONS

1) Mix Chia Seeds, Almond Milk, and Protein Powder:

- In a bowl or a jar, combine 2-3 tablespoons of chia seeds with 1/2 to 3/4 cup of unsweetened almond milk.
- Add one serving of your preferred protein powder (follow the recommended serving size on the protein powder label). Stir well to ensure the chia seeds, almond milk, and protein powder are evenly mixed.

2) Stir and Refrigerate:

- Stir the mixture again after a few minutes to prevent clumping and then cover it.
- Place the chia seed mixture in the refrigerator.
- Let it sit for at least 2-3 hours or overnight. The chia seeds will absorb the liquid and create a pudding-like consistency.

3) Prepare the Berries:

- Wash and rinse the mixed berries (blueberries, strawberries, raspberries).
- You can use fresh or frozen berries.

4) Layer with Berries:

- Once the chia pudding has reached your desired consistency, take it out of the refrigerator.
- Layer the pudding with the mixed berries on top.

5) Optional Sweetening:

- If desired, drizzle a touch of honey over the berries for added sweetness. Keep in mind that this is optional.

6) Serve and Enjoy:

- Your Chia Seed Pudding with Berries and Protein is ready to be served.
- Enjoy it as a high-protein, nutritious breakfast, snack, or dessert.

Protein-Packed Scrambled Eggs



Per serving



15 minutes

(3 servings)

134 Calories

Protein= 9 g

Fat= 10 g

Carbohydrates= 3g

INGREDIENTS

- 3 large eggs
- Fresh Spinach: 1 cup, chopped
- Low-fat Cottage Cheese: 1/4 cup
- Cherry Tomatoes: 1/2 cup, halved
- Olive Oil: 1 tablespoon
- Seasonings: Salt, pepper, and herbs (such as parsley or chives) to taste



INSTRUCTIONS

1) Prepare Ingredients:

- Wash and chop the fresh spinach.
- Slice the cherry tomatoes.
- Crack the eggs into a bowl and beat them well.
- Measure out the desired amount of low-fat cottage cheese.
- Have olive oil and seasonings (salt, pepper, and herbs) ready.

2) Heat the Skillet:

- Place a non-stick skillet over medium heat and add a small amount of olive oil to prevent sticking.

3) Sauté Spinach and Tomatoes:

- Add the chopped fresh spinach and sliced cherry tomatoes to the skillet.
- Sauté them for a few minutes until the spinach wilts and the tomatoes become slightly softened. You can season with a pinch of salt and pepper if desired.

4) Add Cottage Cheese:

- Once the spinach and tomatoes are ready, lower the heat to medium-low.
- Pour the beaten eggs into the skillet and stir in the low-fat cottage cheese.
- Continue stirring gently as the eggs cook.

5) Scramble Eggs:

- As the eggs begin to set, use a spatula to gently scramble them.
- Continue cooking and stirring until the eggs are fully cooked and no longer runny.

6) Season and Serve:

- Season the scrambled eggs with additional salt, pepper, and herbs to taste.
- Remove the skillet from heat.

7) Plate and Enjoy:

- Serve the Protein-Packed Scrambled Eggs on a plate or in a bowl.
- Garnish with fresh herbs or additional cottage cheese if desired.



Veggie Omelette

 Per serving

(2 servings)

81 Calories

Protein= 7g

Fat= 5g

Carbohydrates= 3g

 15 minutes

INGREDIENTS

- 2 large eggs
- 1/4 cup, diced, bell peppers (any color)
- 2 tablespoons, diced, red onion
- 1/2 cup of fresh spinach leaves
- Olive oil or cooking spray
- Salt and pepper to taste
- Herbs or spices of your choice (optional)

INSTRUCTIONS

1) Prep the Vegetables:

- Wash and chop the bell peppers, red onion, and fresh spinach leaves. You can use any combination of vegetables you prefer.

2) Heat the Skillet:

- Place a non-stick skillet over medium heat and add a small amount of olive oil or use cooking spray to prevent sticking.

3) Sauté Vegetables:

- Add the diced bell peppers and red onion to the skillet.
- Sauté them for a few minutes until they become tender and slightly caramelized. Season with a pinch of salt and pepper to taste.
- If desired, add herbs or spices of your choice for extra flavor.

4) Whisk the Eggs:

- In a bowl, whisk the two large eggs until they are well beaten. Season with a pinch of salt and pepper.

5) Pour Eggs and Add Spinach:

- Pour the beaten eggs evenly over the sautéed bell peppers and red onion in the skillet.
- Add the fresh spinach leaves on top of the eggs.

6) Cook the Omelet:

- Allow the eggs to cook without stirring for a few minutes until the edges begin to set.

7) Fold and Finish:

- Once the edges of the omelet are set, carefully fold the omelet in half using a spatula.
- Continue cooking for another minute or two until the omelet is fully cooked and the spinach has wilted.

8) Serve and Enjoy:

- Slide the Veggie Omelet onto a plate.
- Garnish with additional herbs or spices if desired.
- Enjoy your delicious and nutritious omelette for breakfast or brunch.

Avocado, Tomato, & Egg Breakfast Salad



Per serving



20 minutes

(makes 1 serving)

260 Calories

Protein= 8g

Fat= 20g

Carbohydrates= 13g

INGREDIENTS

- 1/2 ripe avocado, diced
- 1/2 cup cherry tomatoes, halved
- 2-3 tablespoons diced red onion
- 1 large egg
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar (or lemon juice for a lighter option)
- Fresh herbs (such as basil or cilantro), chopped (optional)
- Salt and pepper to taste



INSTRUCTIONS

1) Prepare the Avocado:

- Cut a ripe avocado in half and remove the pit.
- Dice 1/2 of the avocado into small cubes.
- Use a spoon to scoop out the diced avocado into a mixing bowl.

2) Prep the Tomatoes:

- Wash and halve the cherry tomatoes.
- Add them to the mixing bowl with the diced avocado.

3) Add Red Onion:

- Dice 2-3 tablespoons of red onion and add it to the bowl with the avocado and tomatoes.

4) Cook the Egg:

- In a non-stick skillet, heat 1 teaspoon of olive oil over medium heat.
- Crack a large egg into the skillet and cook it to your desired level of doneness (sunny-side up, over-easy, etc.).

5) Dress the Salad:

- Drizzle 1 teaspoon of balsamic vinegar (or lemon juice) over the avocado, tomatoes, and red onion.
- Gently toss the salad ingredients together until they are evenly coated with the dressing.

6) Season and Garnish:

- Season the salad with a pinch of salt and pepper to taste.
- If desired, sprinkle freshly chopped herbs (such as basil or cilantro) on top for added flavor and freshness.

7) Serve and Enjoy:

- Transfer the Avocado, Tomato, and Egg Breakfast Salad to a serving plate or bowl.
- Place the cooked egg on top of the salad.
- Enjoy this nutritious and protein-packed breakfast or brunch option.



Turkey & Vegetable Breakfast Plate



Per serving
(makes 2-3 servings)



20 minutes

118-178 Calories

Protein= 12-18g

Fat= 6-10g

Carbohydrates= 4-6g

INGREDIENTS

- 4 oz lean ground turkey
- 2 eggs (your style)
- 1/2 cup, diced, bell peppers (any color)
- 1/2 cup, diced, Zucchini,
- 1/2 cup, halved, cherry tomatoes
- Olive oil or cooking spray
- Seasonings (salt, pepper, and herbs) to taste

INSTRUCTIONS

1) Prep the Vegetables:

- Wash and dice the bell peppers, zucchini, and cherry tomatoes. You can use any combination of vegetables you prefer.

2) Heat a Skillet:

- Place a large skillet over medium-high heat and add a small amount of olive oil or use cooking spray to prevent sticking.

3) Cook Ground Turkey

- Add the lean ground turkey to the skillet.
- Break up the turkey using a spatula and cook it until it's browned and fully cooked through. Season with a pinch of salt and pepper.

4) Add Bell Peppers and Zucchini:

- Once the turkey is cooked, add the diced bell peppers and zucchini to the skillet.
- Sauté the vegetables with the turkey for a few minutes until they become tender.

You can season them with additional salt, pepper, and herbs for flavor.

5) Add Cherry Tomatoes

- Add the halved cherry tomatoes to the skillet and sauté them briefly until they soften and release their juices.

6) Adjust Seasonings:

- Taste the skillet and adjust the seasonings as needed. You can add more salt, pepper, or herbs to your taste preference.

7) Cook Eggs

- Remove contents from skillet or get new pan and cook 2 eggs separately per your preference and set aside in bowl/plate.

8) Serve and Enjoy:

- Transfer the Turkey, Eggs, and Vegetable Breakfast Skillet to a plate or bowl.
- Enjoy this protein-packed and veggie-filled breakfast or brunch option.

Spinach & Feta

Egg Bites



Per serving: 2 egg bites

🕒 25 minutes

(makes 12 egg bites)

84 Calories

Protein= 5g

Fat= 7g

Carbohydrates= 1g



INGREDIENTS

- 4 large eggs
- 1 cup fresh spinach leaves, chopped
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

INSTRUCTIONS

1) Preheat Oven:

- Preheat your oven to 350°F (175°C). Grease a mini muffin tin with cooking spray or olive oil.

2) Cook Spinach:

- Heat olive oil in a skillet over medium heat.
- Add the chopped spinach to the skillet and cook for 1-2 minutes, stirring occasionally, until wilted. Remove the heat and set aside.

3) Prepare Egg Mixture:

- In a mixing bowl, beat the eggs lightly with a fork. Season with salt and pepper.
- Stir in the cooked spinach and crumbled feta cheese until evenly combined.

4) Fill Muffin Tin:

- Pour the egg mixture into the greased mini muffin tin, filling each cup almost to the top.

5) Bake:

- Place the muffin tin in the preheated oven and bake for 12-15 minutes, or until the egg bites are set and lightly golden on top.

6) Cool and Serve:

- Allow the egg bites to cool in the muffin tin for a few minutes before carefully removing them with a spoon or knife.
- Serve warm or at room temperature, or store in an airtight container in the refrigerator for later use.

Notes:

- These Spinach and Feta Egg Bites are perfect for meal prep and on-the-go breakfasts. You can make a batch ahead of time and reheat them as needed throughout the week.
- Feel free to customize the egg bites with your favorite vegetables or protein options, such as diced bell peppers, onions, mushrooms, or cooked bacon or ham.
- Adjust the portion sizes and ingredients according to your dietary preferences and nutritional needs.



Cheesy Egg Muffins with Spinach & Turkey



Per serving: 1 muffin



20 minutes

(makes 4 servings)

71 Calories

Protein= 7g

Fat= 4.5g

Carbohydrates= 1g

INGREDIENTS

- 3 large eggs
- 2 tbsp shredded mozzarella cheese (part-skim)
- 1/4 cup diced lean turkey breast (or deli-style turkey with low sodium)
- 1/4 cup fresh spinach, chopped
- Salt and pepper, to taste
- Cooking spray

INSTRUCTIONS

1) Preheat the Oven:

- Preheat your oven to 350°F (175°C). This moderate temperature ensures that the egg muffins cook evenly without burning.

2) Prepare the Muffin Tin:

- Lightly spray a muffin tin with cooking spray to prevent the egg muffins from sticking. If you prefer, you can also use silicone muffin cups placed on a baking sheet.

3) Mix Ingredients:

- In a large bowl, crack the 3 eggs and beat them until the yolks and whites are well combined.
- Add the shredded mozzarella cheese, diced turkey, and chopped spinach to the beaten eggs.
- Season with salt and pepper to taste.
- Stir the mixture until all ingredients are evenly distributed.

4) Fill the Muffin Cups:

- Spoon the egg mixture into the prepared muffin tin, dividing it evenly. Each cup should be filled about 3/4 of the way to allow space for the mixture to rise during baking.

5) Bake the Muffins:

- Place the muffin tin in the preheated oven and bake for 15-20 minutes, or until the egg muffins are set and the tops are slightly golden.
- You can check for doneness by inserting a toothpick into the center of a muffin. If it comes out clean, they are done.

6) Serve and Enjoy:

- Remove the muffin tin from the oven and allow the muffins to cool for a few minutes before removing them from the tin.
- Serve the cheesy egg muffins warm. They can also be stored in the refrigerator for up to 4 days or frozen for a longer shelf life.

NICHOLSON CLINIC

For Weight Loss Surgery

LUNCH/DINNER IDEAS

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Turkey & Avocado

Lettuce Wraps



Per serving

(makes one serving)

168 Calories

Protein= 13g

Fat= 11g

Carbohydrates= 6g



20 minutes

INGREDIENTS

- 2 oz lean ground turkey
- 1/4 of a medium, ripe avocado, sliced
- 1-2 large Iceberg lettuce leaves
- 2 tablespoons, diced, fresh tomato
- 1 tablespoon, thinly sliced. red onion
- 1 tablespoon low-fat Greek yogurt (as a creamy topping, optional)
- Olive oil or cooking spray
- Seasonings (salt, pepper, and herbs) to taste

INSTRUCTIONS

1) Cook Ground Turkey:

- In a non-stick skillet, heat a small amount of olive oil or use cooking spray over medium-high heat.
- Add the lean ground turkey to the skillet.
- Break up the turkey into smaller pieces with a spatula and cook until it's browned and fully cooked through.
- Season the turkey with salt, pepper, and herbs for flavor.

2) Prepare Avocado and Veggies:

- While the turkey is cooking, slice a ripe avocado, dice fresh tomato, and thinly slice red onion.
- These will be the toppings for your lettuce wraps.

3) Wash and Prep Lettuce Leaves:

- Wash and carefully separate large, sturdy lettuce leaves from the head of iceberg lettuce.
- Pat them dry with paper towels.

4) Assemble the Lettuce Wraps:

- Lay out a lettuce leaf on a clean surface.
- Add a scoop of the cooked ground turkey to the center of the lettuce leaf.
- Top the turkey with slices of ripe avocado, diced tomato, and thinly sliced red onion.

5) Optional Creamy Topping:

- If desired, add a small dollop of low-fat Greek yogurt on top of the fillings for creaminess.



6) Fold and Serve:

- Carefully fold the sides of the lettuce leaf over the fillings, creating a wrap.
- Secure with a toothpick if needed.

7) Serve and Enjoy:

- Your Turkey and Avocado Lettuce Wraps are ready to be enjoyed.
- These wraps are protein-rich and low in carbohydrates, making them a suitable option for bariatric patients.

Turkey and Cheese Roll-Ups

 Per serving (1 roll up)  15 minutes
142 Calories
Protein= 23g
Fat= 3.5g
Carbohydrates= 2g

INGREDIENTS

- 3 oz sliced, lean turkey breast
- 1 slice of low-fat cheese slices (swiss, mozzarella, or cheddar)
- 2-3 leaves of spinach
- 1 teaspoon mustard (optional)
- Toothpicks: to secure



INSTRUCTIONS

1) Lay Out Turkey Slices:

- Lay the slices of lean turkey breast on a clean, flat surface.

2) Add Cheese and Greens:

- Place a low-fat cheese slice on top of each turkey slice.
- If desired, add a few fresh spinach leaves or lettuce leaves on top of the cheese.

3) Optional Condiments:

- If you prefer, you can add a thin layer of mustard or your choice of low-calorie condiment on top of the cheese or greens for extra flavor.

4) Roll Up the Turkey:

- Carefully roll up each turkey slice with the cheese (and greens, if using) inside. Roll them tightly to secure the fillings.

5) Secure with Toothpicks (Optional):

- If needed, you can secure the roll-ups with toothpicks to prevent them from unraveling.

6) Slice and Serve:

- Use a sharp knife to slice the turkey and cheese roll-ups into bite-sized pieces.

7) Serve and Enjoy:

- Your Turkey and Low-Fat Cheese Roll-Ups are ready to be enjoyed.
- These make for a protein-rich, low-carb, and satisfying snack or appetizer.



Grilled Turkey & Vegetable Skewers



Per serving: 1 skewer
(makes 1 serving)



30-35 minutes

174 Calories

Protein= 27g

Fat= 2g

Carbohydrates= 9g

INGREDIENTS

- 4 oz Lean turkey breast, cut into small cubes
- 1/4 cup each of Assorted vegetables (e.g., bell peppers, zucchini, cherry tomatoes, onions), cut into bite-sized pieces
- Olive oil or cooking spray
- Salt and pepper to taste
- Skewers (wooden or metal, if using wooden skewers, soak them in water for about 30 minutes to prevent burning)
- Herbs or spices for seasoning (optional)

INSTRUCTIONS

1) Prep Turkey and Vegetables:

- Cut the lean turkey breast into small, even-sized cubes.
- Prepare the assorted vegetables by cutting them into bite-sized pieces.

2) Season Turkey and Vegetables:

- In a mixing bowl, toss the turkey cubes and assorted vegetables with a small amount of olive oil or use cooking spray to lightly coat them.
- Season with salt, pepper, and your choice of herbs or spices for added flavor.

3) Assemble Skewers:

- Thread the marinated turkey and vegetables alternately onto the skewers, creating colorful skewers with a mix of ingredients.

4) Preheat Grill:

- Preheat your grill to medium-high heat.

5) Grill Skewers:

- Place the assembled skewers on the preheated grill.
- Grill for about 5-7 minutes on each side or until the turkey is fully cooked and the vegetables are tender and slightly charred.
- Rotate the skewers to ensure even cooking.

6) Check Doneness:

- To ensure the turkey is cooked thoroughly, you can use a meat thermometer to check that the internal temperature reaches 165°F (74°C).

7) Serve Hot:

- Once the turkey and vegetable skewers are cooked through and have a nice grilled appearance, remove them from the grill.

8) Serve and Enjoy:

- Serve the Grilled Turkey and Vegetable Skewers hot.
- These skewers make a delicious and protein-packed meal option for bariatric patients.

Mediterranean Ground Beef Stir Fry



Per serving

(makes 4 servings)

246 Calories

Protein= 25g

Fat= 13g

Carbohydrates= 9g

25 minutes

INGREDIENTS

- 1 pound ground beef
- 8 oz of baby spinach
- 1 pint cherry tomatoes
- 1 Red bell pepper
- 2 green onion, thinly sliced, white and green parts separated
- 2 tablespoons crumbled feta cheese
- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1/2 teaspoon dried oregano
- salt and pepper to taste



INSTRUCTIONS

1) Sauté the tomatoes and bell pepper:

- Heat the oil in a large pan on medium-high heat, then sauté the bell pepper and cherry tomatoes for 4 to 5 minutes, until the tomatoes are blistered and saucy.
- Add the garlic and stir another minute

2) Cook the spinach and green onion:

- Add the spinach and white parts of the green onion together.
- Note: the spinach will take up most of the pan, but will wilt down.
- Stir for 2-3 minutes, until spinach has wilted.
- Remove these veggies to a plate.

3) Cook the ground beef:

- Add ground beef, oregano, salt, and pepper to the pan.
- Use a spatula to break up the meat. Cook ground beef until brown, then drain any excess grease.

4) Combine it all together:

- Transfer the veggies back to the pan, add the green parts of the green onion, and stir until warmed through.
- Garnish with crumbled feta before serving.

Note: You can substitute out the ground beef for ground chicken or turkey instead, per your preference.



Air Fryer Salmon with Cauliflower



Per serving



30-35 minutes

(makes 2-3 servings),

130-195 Calories

Protein= 14-20g

Fat= 7-11g

Carbohydrates= 2-3g

INGREDIENTS

- 1 (6 oz) salmon filet
- 2 teaspoons Dijon mustard
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- sprinkle of salt and pepper
- olive oil spray
- 1 cup cauliflower florets
- 1.5 teaspoons extra-virgin olive oil
- 1/8 teaspoon smoked paprika
- 1/8 teaspoon garlic powder

INSTRUCTIONS

1) Prep the salmon:

- Set the air fryer to 400 degrees Fahrenheit
- Pat your salmon filets dry with a paper towel

2) Add the mustard:

- On the filet, spread one teaspoon of mustard evenly in a thin layer.

3) Add the seasonings:

- Sprinkle each of the individual spices straight onto the salmon filet. It doesn't have to be an exact measurement.
- Start with salt and pepper, then coat generously with garlic powder and paprika.
- Finish with a quick spray of olive oil on to keep the salmon filet moist.

4) Air Fry:

- Add one salmon filet to the air fryer and cook for 8-10 minutes, or until flaky with a fork.



5) Toss Together cauliflower with seasonings:

- In a large mixing bowl, toss the cauliflower florets, oil, paprika, garlic, salt, and pepper.

6) Air fry the cauliflower:

- Transfer the cauliflower to the basket of an air fryer. Due to the smaller portion, you should be able to cook some with the salmon in the same bin. You can also separate it if need be.
- Set temp to 390-400 degrees and cook for 12-15 minutes, shaking the basket every few minutes for even browning.
- If you shake the basket, you may need to take the salmon out each time or individually flip over the florets with tongs.

Quinoa & Black Bean Salad

 Per serving  20-30 minutes

(makes 4 servings)

232 Calories

Protein= 8g

Fat= 8g

Carbohydrates= 32g

INGREDIENTS

- 1 cup quinoa, rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped
- Juice of 2 limes
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Optional: avocado slices for garnish



INSTRUCTIONS

1) Cook Quinoa:

- In a medium saucepan, bring 2 cups of water to a boil.
- Add the rinsed quinoa to the boiling water.
- Reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the water is absorbed.
- Once cooked, fluff the quinoa with a fork and let it cool to room temperature.

2) Prepare Black Beans:

- While the quinoa is cooking, rinse and drain the black beans.
- Set them aside in a bowl.

3) Chop Vegetables:

- Dice the red and yellow bell peppers, finely chop the red onion, halve the cherry tomatoes, and chop the fresh cilantro.

4) Assemble Salad:

- In a large mixing bowl, combine the cooked quinoa, black beans, diced bell peppers, chopped red onion, halved cherry tomatoes, chopped cilantro, and your chosen additional protein.

5) Make Dressing:

- Whisk together the lime juice, olive oil, ground cumin, salt, and pepper to make the dressing.

6) Toss Salad with Dressing:

- Pour the dressing over the salad mixture and toss until everything is well coated.

7) Chill and Serve:

- Cover the salad bowl and refrigerate for at least 30 minutes.
- Before serving, taste and adjust seasoning if necessary.
- Optionally, garnish with slices of avocado before serving.



Cauliflower & Shrimp Stir-Fry



Per serving
(makes 2 servings)

302 Calories

Protein= 25g

Fat= 15g

Carbohydrates= 20g



20-25 minutes

INGREDIENTS

- 1 small head of cauliflower, cut into florets
- 200g shrimp, peeled and deveined
- 1 bell pepper, thinly sliced
- 1 cup broccoli florets
- 1 carrot, julienned
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon sesame oil
- 1 tablespoon olive oil or cooking spray
- Salt and pepper to taste

INSTRUCTIONS

1) Prepare Cauliflower Rice:

- Place the cauliflower florets in a food processor and pulse until they resemble rice-like grains. Set aside.

2) Cook Shrimp:

- Heat olive oil or cooking spray in a large skillet or wok over medium-high heat.
- Add minced garlic and ginger to the skillet and sauté for about 1 minute until fragrant.
- Add shrimp to the skillet and cook for 2-3 minutes on each side until pink and cooked through. Remove the shrimp from the skillet and set aside.

3) Stir-Fry Vegetables:

- In the same skillet, add bell pepper, broccoli florets, and julienned carrot.
- Stir-fry the vegetables for 3-4 minutes until they are tender-crisp.

4) Add Cauliflower Rice:

- Add the cauliflower rice to the skillet with the vegetables.
- Stir-fry for an additional 2-3 minutes until the cauliflower is cooked through but still slightly crunchy.

5) Season and Finish:

- Return the cooked shrimp to the skillet.
- Drizzle low-sodium soy sauce or tamari and sesame oil over the stir-fry.
- Season with salt and pepper to taste.
- Stir well to combine all ingredients and ensure they are evenly coated with the sauce.

6) Garnish and Serve:

- Optional: Garnish with sliced green onions for added flavor and presentation.
- Serve the Cauliflower and Shrimp Stir-Fry hot as a delicious and bariatric-friendly meal option.

Lemon-Pepper Chicken

Breast with Veggies

 Per serving


(makes 2-3 servings)

227-340 Calories

Protein= 22-33g

Fat= 12-18g

Carbohydrates= 8-12g

 30-35 minutes

INGREDIENTS

- 2 boneless, skinless chicken breasts (4-6 ounces each)
- 2 tablespoons olive oil
- 1 lemon, juiced and zested
- 2 cloves garlic, minced
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- Salt to taste
- Assorted vegetables (such as broccoli, bell peppers, and zucchini), cut into bite-sized pieces
- Optional: Fresh herbs (such as parsley) for garnish



INSTRUCTIONS

1) Preheat Oven:

- Preheat your oven to 400°F (200°C).

2) Prepare Chicken:

- In a small bowl, mix together olive oil, lemon juice, lemon zest, minced garlic, black pepper, dried thyme, and a pinch of salt to create a marinade.
- Place the chicken breasts in a shallow dish or resealable plastic bag and pour the marinade over them.
- Ensure the chicken breasts are evenly coated with the marinade. Let them marinate for at least 15-20 minutes while you prepare the vegetables.

3) Prepare Vegetables:

- Cut assorted vegetables (such as broccoli, bell peppers, and zucchini) into bite-sized pieces.
- Toss the vegetables with a little olive oil, salt, and pepper to season.

4) Roast Chicken and Veggies:

- Place the marinated chicken breasts on one side of a baking sheet lined with parchment paper or foil.
- Arrange the seasoned vegetables on the other side of the baking sheet.
- Transfer the baking sheet to the preheated oven and roast for about 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.

5) Check Doneness:

- To ensure the chicken is fully cooked, use a meat thermometer to check that the internal temperature reaches 165°F (74°C).

6) Serve:

- Once the chicken and vegetables are cooked, remove them from the oven.
- Optionally, garnish with fresh herbs like parsley for added flavor and presentation.



Grilled Chicken Salad with Fruit



Per serving

🕒 30-35 minutes

(makes 2-3 servings)

297-445 Calories

Protein= 26-39g

Fat= 17-25g

Carbohydrates= 15-20g

INGREDIENTS

- 2 boneless, skinless chicken breasts (4-6 ounces each)
- Mixed salad greens
- 1 cup mixed fresh fruits
- 2 hard-boiled eggs, peeled and sliced
- Optional additional salad vegetables (such as cucumber, bell peppers, and cherry tomatoes)
- Optional garnishes (such as sliced almonds or walnuts, crumbled feta cheese, and fresh herbs)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

1) Prepare Grilled Chicken:

- Preheat your grill or grill pan over medium-high heat.
- Season the chicken breasts with salt and pepper.
- Grill the chicken breasts for about 5-7 minutes on each side, or until they are cooked through and no longer pink in the center.
- Once cooked, remove the chicken from the grill and let it rest for a few minutes before slicing.

2) Prepare Salad Greens and Fruit:

- Wash and dry the mixed salad greens thoroughly.
- Wash, slice, and prepare the mixed fresh fruits.

3) Prepare Dressing:

- In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper to make the dressing. Adjust seasoning to taste.

4) Assemble Salad:

- Arrange the mixed salad greens on serving plates.
- Top the greens with the sliced grilled chicken breasts.
- Add the mixed fresh fruits and sliced hard-boiled eggs on top of the salad.

5) Optional Additions:

- If desired, add additional salad vegetables such as cucumber, bell peppers, and cherry tomatoes.
- Sprinkle with optional garnishes such as sliced almonds or walnuts, crumbled feta cheese, and fresh herbs for added flavor and texture.

6) Drizzle Dressing:

- Drizzle the prepared dressing over the salad just before serving.

7) Serve:

- Serve the Grilled Chicken Salad with Fruit and Hard-Boiled Egg immediately as a delicious and nutritious bariatric-friendly meal option.

Egg Roll in a Bowl



Per serving

(makes 4 servings)

268 Calories

Protein= 24g

Fat= 15g

Carbohydrates= 12g



20 minutes

INGREDIENTS

- 1 lb (450g) ground turkey or pork
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 bag (14 oz) coleslaw mix (cabbage and carrots)
- 2 tablespoons soy sauce or tamari (gluten-free if needed)
- 1 tablespoon sesame oil
- 2 green onions, chopped
- 1 tablespoon sesame seeds (optional, for garnish)



INSTRUCTIONS

1) Prep Ingredients:

- Begin by gathering all your ingredients. Slice the onion thinly, mince the garlic, and finely chop the ginger. Have the coleslaw mix ready to use.

2) Cook Meat:

- Heat a large skillet or wok over medium-high heat. Add the ground turkey or pork, breaking it apart with a spoon.
- Cook until the meat is thoroughly browned and no longer pink. This should take about 5-7 minutes. Make sure to stir occasionally to ensure even cooking.

3) Add Aromatics:

- Once the meat is cooked, add the sliced onion to the skillet. Stir and cook for about 2 minutes until the onion starts to soften.
- Add the minced garlic and ginger to the skillet. Cook for another 1-2 minutes, stirring frequently to prevent the garlic from burning.

4) Combine with Coleslaw Mix:

- Add the entire bag of coleslaw mix (cabbage and carrots) to the skillet. Stir well to combine.
- Pour in the soy sauce or tamari and the sesame oil. Mix everything together, ensuring that the vegetables and meat are well coated with the sauce and oil.

5) Cook Until Vegetables are Tender:

- Continue cooking the mixture over medium heat for about 5 minutes, or until the cabbage is wilted and tender but still slightly crisp.

6) Garnish and Serve:

- Once everything is cooked, remove the skillet from the heat.
- Garnish the dish with chopped green onions and sprinkle sesame seeds over the top for extra flavor and texture.
- Serve hot, dividing the mixture among bowls.



Zucchini Noodles with Pesto & Grilled Chicken



Per serving

(makes 4 servings)

375 Calories

Protein= 24g

Fat= 28g

Carbohydrates= 9g



40 minutes

INGREDIENTS

For the Grilled Chicken:

- 2 large chicken breasts (about 1 lb or 450g)
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning

For the Pesto:

- 2 cups fresh basil leaves
- 1/3 cup pine nuts (or walnuts for a cheaper alternative)
- 2 cloves garlic
- 1/2 cup grated Parmesan cheese
- 1/2 cup olive oil
- Salt and pepper to taste
- Juice of 1/2 lemon (optional for added zest)

For the Zucchini Noodles:

- 4 medium zucchini

INSTRUCTIONS

1) Prepare the Chicken:

- Preheat the grill to medium-high heat.
- Drizzle olive oil over the chicken breasts and season with salt, pepper, garlic powder, and Italian seasoning.
- Place chicken on the grill and cook for 6-7 minutes on each side, or until the internal temperature reaches 165°F (74°C) and the juices run clear.
- Remove from the grill and let rest for a few minutes before slicing into strips.

2) Make the Pesto:

- In a food processor, add the basil leaves, pine nuts, garlic, and Parmesan cheese. Pulse until coarsely chopped.
- While the processor is running, gradually add the olive oil until the pesto is smooth and emulsified. Season with salt, pepper, and lemon juice to taste.

3) Prepare the Zucchini Noodles:

- Use a spiralizer to turn the zucchini into noodles.
- Heat a large skillet over medium heat. Add a little olive oil and sauté the zucchini noodles for 2-3 minutes until just tender. Avoid overcooking to keep them al dente.

4) Combine and Serve:

- Toss the warm zucchini noodles with the fresh pesto. Adjust seasoning if necessary.
- Divide the noodles among plates and top with sliced grilled chicken.
- Garnish with additional grated Parmesan and a few basil leaves if desired.

Stuffed Bell Peppers



Per serving

(makes 4 servings)

286 Calories

Protein= 27g

Fat= 13g

Carbohydrates= 19g



45 minutes

INGREDIENTS

- 4 large bell peppers (any color)
- 1 lb (450g) lean ground turkey or beef
- 1 cup cauliflower rice
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes, drained
- 1/2 cup shredded low-fat cheese (mozzarella or cheddar)
- 1 teaspoon olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)



INSTRUCTIONS

1) Prepare the Peppers:

- Preheat the oven to 375°F (190°C).
- Wash the bell peppers, cut off the tops, and remove the seeds and membranes. Set aside the tops for later use or chop them to add to the filling.

2) Cook the Filling:

- Heat olive oil in a skillet over medium heat. Add the chopped onion and garlic, cooking until they are soft and translucent, about 5 minutes.
- Add the ground turkey or beef to the skillet. Break it apart with a spoon and cook until browned and no longer pink.
- Stir in the cauliflower rice and diced tomatoes. Season with Italian seasoning, salt, and pepper. Cook for an additional 5-7 minutes until everything is well combined and slightly reduced.

3) Stuff the Peppers:

- Spoon the meat and cauliflower rice mixture into each hollowed-out bell pepper. Pack the filling tightly and mound it at the top.
- Place the stuffed peppers upright in a baking dish that snugly fits them.

4) Bake:

- Cover the baking dish with aluminum foil and bake in the preheated oven for about 25 minutes.
- After 25 minutes, remove the foil, top each pepper with shredded cheese, and bake uncovered for another 5 minutes or until the cheese is melted and bubbly.

5) Serve:

- Garnish the baked stuffed bell peppers with fresh parsley before serving.



Mini Chicken Ricotta Meatballs



Per serving: 3 meatballs
(makes 2 servings)

🕒 25 minutes

III Calories

Protein= 18g

Fat= 3g

Carbohydrates= 3g

INGREDIENTS

- 4 oz ground chicken breast
- 2 tbsp ricotta cheese (adds moisture and protein)
- 1 tbsp grated Parmesan cheese
- 1 egg white
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper, to taste
- 1/4 cup marinara sauce (optional for serving)

INSTRUCTIONS

1) Preheat Oven and Prepare Baking Sheet:

- Preheat your oven to 375°F (190°C).
- Line a baking sheet with parchment paper or lightly grease it with non-stick cooking spray.

2) Mix Ingredients:

- In a medium bowl, combine the ground chicken breast, ricotta cheese, grated Parmesan cheese, egg white, garlic powder, and onion powder.
- Season with salt and pepper to taste.
- Stir until all ingredients are well mixed and the mixture is homogeneous.

3) Form Meatballs:

- Using clean hands or a small scoop, form the mixture into small, bite-sized meatballs. This should yield about 8-10 mini meatballs, depending on the exact size.
- Arrange the meatballs on the prepared baking sheet, ensuring they are spaced evenly.

4) Bake:

- Bake in the preheated oven for 15-20 minutes, or until the meatballs are firm and fully cooked. The meatballs should reach an internal temperature of 165°F (74°C) when tested with a meat thermometer.

5) Serve:

- Serve the mini meatballs warm with a side of marinara sauce for dipping, if desired.
- If serving with marinara sauce, you can either spoon a little sauce over each meatball or serve it on the side for dipping.

Lemon-Herb Salmon Bites



Per serving

(makes 1 serving)

204 Calories

Protein= 23g

Fat= 12g

Carbohydrates= 1g

20 minutes

INGREDIENTS

- 4 oz fresh salmon filet, skin removed, cut into 1-inch cubes
- 1 tsp olive oil
- 1 tsp lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp dried dill
- Salt and pepper, to taste



INSTRUCTIONS

1) Preheat the Oven:

- Preheat your oven to 400°F (200°C). This high temperature is ideal for quickly cooking the salmon while keeping it moist and tender.

2) Prepare the Marinade:

- In a small bowl, combine the olive oil, lemon juice, garlic powder, dried dill, salt, and pepper. Stir well to mix all the ingredients together.

3) Marinate the Salmon:

- Place the salmon cubes in a shallow dish or a resealable plastic bag. Pour the marinade over the salmon, ensuring all pieces are evenly coated.
- Let the salmon marinate for about 5-10 minutes at room temperature to absorb the flavors. If you have more time, you can marinate it in the refrigerator for up to 30 minutes for deeper flavor.

4) Prepare Baking Sheet:

- Line a baking sheet with parchment paper or lightly grease it to prevent sticking. This will make cleanup easier and help ensure the salmon does not stick to the pan.

5) Arrange the Salmon:

- Place the marinated salmon cubes on the prepared baking sheet, spaced evenly apart. Make sure they are in a single layer to cook evenly.

6) Bake:

- Bake in the preheated oven for 8-10 minutes, or until the salmon is cooked through and flakes easily with a fork. The exact time may vary depending on the size of your salmon cubes and your oven.

7) Serve:

- Remove the salmon bites from the oven and allow them to cool slightly before serving.
- These salmon bites can be served on their own as a light main course or paired with a side salad or steamed vegetables for a more filling meal.



Spinach & Feta Stuffed Portobello Mushrooms



Per serving

🕒 25 minutes

(makes 2 servings)

66 Calories

Protein= 4g

Fat= 5g

Carbohydrates= 4g

INGREDIENTS

- 2 large Portobello mushrooms, stems removed
- 1/4 cup fresh spinach, chopped
- 2 tbsp feta cheese, crumbled
- 1 tsp olive oil
- Salt and pepper, to taste

INSTRUCTIONS

1) Preheat the Oven:

- Preheat your oven to 375°F (190°C). This temperature will allow the mushrooms to cook thoroughly without drying out.

2) Prepare the Mushrooms:

- Gently clean the Portobello mushrooms with a damp cloth to remove any dirt. Remove the stems (if not already done) and scrape out the gills with a spoon to make room for the stuffing.
- Brush the outside of each mushroom cap with olive oil, then season the inside lightly with salt and pepper.

3) Prepare the Stuffing:

- In a mixing bowl, combine the chopped spinach and crumbled feta cheese. You can add a little more olive oil if the mixture seems too dry.
- Mix well until the ingredients are evenly distributed.

4) Stuff the Mushrooms:

- Spoon the spinach and feta mixture into each mushroom cap, pressing down lightly to pack the stuffing into the caps.

5) Bake the Mushrooms:

- Place the stuffed mushrooms on a baking sheet lined with parchment paper or lightly greased to prevent sticking.
- Bake in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the cheese has melted and is slightly golden.

6) Serve:

- Remove the mushrooms from the oven and let them cool for a few minutes before serving. The mushrooms can be quite hot.
- These stuffed mushrooms can be served as a delicious appetizer, side dish, or even as a main course with a side salad for a light meal.

Turkey Zucchini Boats

 Per serving: halved  20 minutes

217 Calories

Protein= 26g

Fat= 10g

Carbohydrates= 10g

INGREDIENTS

- 1 small zucchini, halved lengthwise and scooped out slightly
- 3 oz lean ground turkey
- 1 tbsp diced onion
- 1 tbsp low-sugar marinara sauce
- 1 tbsp shredded mozzarella cheese
- Salt and pepper, to taste



INSTRUCTIONS

1) Preheat the Oven:

- Preheat your oven to 375°F (190°C).

2) Prepare the Zucchini:

- Wash the zucchini and cut it in half lengthwise.
- Using a spoon, scoop out some of the flesh to create a hollow space in each half, making sure not to pierce through the skin. Set the scooped-out flesh aside, which can be chopped and added to the turkey mixture if desired to reduce waste.

3) Cook the Turkey and Onion:

- Heat a skillet over medium heat. Add the ground turkey and diced onion, cooking until the turkey is fully browned and the onions are translucent. Season with salt and pepper.

4) Combine Ingredients:

- Add the low-sugar marinara sauce to the cooked turkey and onions, mixing well. If you saved the zucchini flesh, chop it finely and mix it into the filling now.

5) Stuff the Zucchini:

- Spoon the turkey mixture into the hollowed-out zucchini boats, distributing it evenly between them.

6) Bake the Zucchini Boats:

- Place the stuffed boats in a baking dish.
- Cover with foil and bake in the preheated oven for about 15 minutes.

7) Add Cheese and Finish Baking:

- After 15 minutes, remove the foil and sprinkle the shredded mozzarella cheese over the top of each zucchini boat.
- Return to the oven and bake, uncovered, for an additional 5-10 minutes, or until the cheese is melted and bubbly and the zucchini is tender.

8) Serve:

- Remove the zucchini boats from the oven and let them cool slightly before serving.



Pesto Chicken and Zucchini Roll-Ups

 Per serving  15 minutes
(makes 4 rolls/servings)

63 Calories

Protein= 7g

Fat= 3g

Carbohydrates= 2g

INGREDIENTS

- 3 oz cooked chicken breast, shredded
- 1 tbsp basil pesto (store-bought or homemade)
- 1 small zucchini, thinly sliced lengthwise
- Toothpicks

INSTRUCTIONS

1) Prepare the Chicken:

- Shred the cooked chicken breast into small pieces. If your chicken isn't already cooked, you can quickly boil or sauté it until fully cooked and then shred it.

2) Mix Chicken with Pesto:

- In a small bowl, mix the shredded chicken with 1 tablespoon of basil pesto until the chicken is evenly coated.

3) Prepare the Zucchini:

- Wash the zucchini and cut off the ends. Using a vegetable peeler or a mandoline slicer, carefully slice the zucchini lengthwise into thin, flat strips.

4) Optional: Grill Zucchini Slices:

- For added flavor and easier rolling, you can quickly grill the zucchini slices. Heat a grill pan over medium heat and lightly grill each zucchini slice for about 1 minute on each side, just until they are pliable and have grill marks. Allow them to cool slightly before assembling.



5) Assemble the Roll-Ups:

- Lay out the zucchini slices on a flat surface.
- Place a small amount of the pesto chicken mixture at one end of each zucchini slice.
- Carefully roll up the zucchini around the chicken mixture, securing each roll with a toothpick to keep it closed.

6) Serve:

- Arrange the Pesto Chicken and Zucchini Roll-Ups on a platter. They can be served cold or at room temperature as a snack, appetizer, or part of a light meal.

Cottage Cheese & Chive Deviled Eggs

 Per serving: 4 egg halves  20 minutes
(makes 1 serving)

151 Calories

Protein= 14g

Fat= 10g

Carbohydrates= 2g

INGREDIENTS

- 2 large eggs, hard-boiled
- 1 tbsp cottage cheese (low-fat)
- 1/4 tsp mustard
- Salt and pepper, to taste
- Fresh chives, chopped, for garnish



INSTRUCTIONS

1) Prepare the Eggs:

- Start by peeling your hard-boiled eggs. Once peeled, carefully slice each egg in half lengthwise.
- Gently remove the yolks and place them in a small mixing bowl.

2) Make the Filling:

- Mash the egg yolks with a fork until they are crumbled finely.
- Add 1 tablespoon of low-fat cottage cheese and 1/4 teaspoon of mustard to the yolks. Mix well until the mixture is smooth and creamy.
- Season the filling with salt and pepper to taste. Adjust the seasoning according to your preference.

3) Fill the Egg Whites:

- Spoon the yolk mixture back into the hollows of the egg whites evenly. Alternatively, you can use a small piping bag or a zip-lock bag with a corner snipped off for a neater presentation.

4) Garnish:

- Sprinkle chopped fresh chives over the filled eggs for added flavor and a touch of color.

5) Serve:

- Arrange the deviled eggs on a serving platter. They can be served immediately or refrigerated until ready to serve.

NICHOLSON CLINIC

For Weight Loss Surgery

DESSERT IDEAS

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Frozen Yogurt Bark



Per serving,
(makes approximately 8 pieces)

⌚ 10 minutes +
freezing time

43 Calories

Protein= 2g

Fat= 2g

Carbohydrates= 5g

INGREDIENTS

- 1 cup low-fat Greek yogurt
- 1/2 cup mixed berries
- 2 tablespoons chopped nuts or granola
- 1 tablespoon honey or maple syrup (optional)

INSTRUCTIONS

1) Prepare the Tray:

- Line a baking sheet or a large flat plate with parchment paper or a silicone baking mat approximately 14x14. This will prevent the yogurt from sticking and make it easier to break the bark into pieces once frozen.

2) Mix the Yogurt:

- In a mixing bowl, combine the Greek yogurt with honey or maple syrup if using. Stir well until the mixture is smooth and evenly sweetened.

3) Spread the Yogurt:

- Pour the yogurt mixture onto the prepared tray. Use a spatula or the back of a spoon to spread it into an even layer, about 1/4 inch thick. The shape doesn't have to be perfect, but aim for a roughly rectangular or square shape to make it easier to break into pieces later.

4) Add Toppings:

- Evenly sprinkle the mixed berries and chopped nuts or granola over the spread yogurt. Lightly press the toppings into the yogurt with your hand or the back of a spoon to make sure they stick.

5) Freeze:

- Place the tray in the freezer and freeze for at least 3-4 hours, or until the yogurt is completely firm.


6) Break or cut into Pieces:


- Once frozen, remove the tray from the freezer. Lift the edges of the parchment paper to remove the frozen yogurt bark. Portion into pieces.

7) Serve or Store:

- Serve the frozen yogurt bark immediately as a cool treat or store it in an airtight container in the freezer for up to a month.

Protein-Packed Chocolate Mousse

 Per serving,
(makes approximately 3 servings)

 10 minutes

92 Calories

Protein= 5g

Fat= 4g

Carbohydrates= 14g

INGREDIENTS

- 1 package silken tofu (12-14 ounces)
- 1/4 cup cocoa powder
- 2 tablespoons honey or maple syrup
- splash of almond milk or coconut milk (if needed)



INSTRUCTIONS

1) Prepare the Tofu:

- Drain the silken tofu to remove any excess liquid. Pat it dry with a paper towel.

2) Blend the Ingredients:

- In a blender or food processor, combine the silken tofu, cocoa powder, and 2 tablespoons of honey or maple syrup. Blend until the mixture is completely smooth and creamy.
- Taste the mixture and add more honey or maple syrup if you prefer a sweeter taste. If the mousse is too thick, add a splash of almond milk or coconut milk to achieve the desired consistency.

3) Adjust for Consistency and Taste:

- Check the consistency of the mousse. It should be smooth and creamy. If it's too thick, add a small amount of almond or coconut milk and blend again.
- Adjust the sweetness if needed by adding a bit more honey or maple syrup and blend until well mixed.

4) Chill (Optional but Recommended):

- For the best texture and flavor, transfer the mousse to a container and refrigerate for at least 1 hour. This step helps the flavors to meld together and improves the texture, making it more mousse-like.

5) Serve:

- Spoon the chocolate mousse into serving cups. You can serve it as is or garnish it with your favorite toppings such as fresh berries, a sprinkle of cocoa powder, shaved chocolate, or a dollop of whipped coconut cream for an extra special touch.

6) Store:

- Any leftover chocolate mousse can be covered and stored in the refrigerator for up to 3 days.



Baked Cinnamon Apples



Per serving,

🕒 10 minutes

129 Calories

Protein= 1g

Fat= 2g

Carbohydrates= 29g

INGREDIENTS

- 2 apples, cored
- 1 tablespoon chopped nuts (such as walnuts or almonds)
- 1 teaspoon honey or maple syrup
- 1/2 teaspoon cinnamon

INSTRUCTIONS

1) Preheat the Oven:

- Preheat your oven to 375°F (190°C). This temperature will cook the apples thoroughly and allow them to become tender while caramelizing the outside.

2) Prepare the Apples:

- Wash the apples and remove the cores. You can either slice the apples into halves or if you prefer, you can leave them whole with just the cores removed. If halving, place the apples cut-side up in a baking dish.

3) Mix Filling:

- In a small bowl, combine the chopped nuts, honey (or maple syrup), and cinnamon. Mix these ingredients together until well combined.

4) Stuff the Apples:

- Spoon the nut mixture into the center of each cored apple. If the apples are halved, simply spread the mixture over the top of each half.

5) Bake the Apples:


- Arrange the apples in the baking dish, ensuring they are not overcrowded.
- Cover the dish with aluminum foil to prevent the tops from burning and to help steam the apples, making them tender.
- Bake in the preheated oven for about 20-25 minutes. If you prefer softer apples, check them at 20 minutes and continue baking until they reach your desired tenderness.

6) Serve:

- Remove the apples from the oven and let them cool slightly before serving. They can be quite hot right out of the oven.
- These baked cinnamon apples are delicious on their own, or you can serve them with a scoop of vanilla ice cream or a dollop of whipped cream for an extra indulgent treat.

Protein-Ice Cream

 Per serving
(makes 4 servings)

 5-10 minutes,
plus freezing time

113 Calories

Protein= 9g

Fat= 1g

Carbohydrates= 19g

INGREDIENTS

- 2 ripe bananas, sliced and frozen
- 1/2 cup low-fat Greek yogurt
- 1 scoop protein powder (vanilla or chocolate flavor)
- 1-2 tablespoons unsweetened cocoa powder (if making chocolate flavor)
- 1-2 tablespoons honey or maple syrup
- Splash of almond milk or coconut milk (if needed)



INSTRUCTIONS

1) Prepare Bananas:

- Peel ripe bananas, slice them into coins, and place them in a single layer on a parchment-lined baking sheet.
- Freeze the banana slices until firm, preferably overnight.

2) Blend Ingredients:

- In a blender or food processor, combine the frozen banana slices, low-fat Greek yogurt, protein powder, and optional cocoa powder and sweetener.
- Blend on high until smooth and creamy, adding a splash of almond milk or coconut milk if needed to help with blending.

3) Adjust Consistency:

- Depending on the texture you prefer, you can serve the ice cream immediately for a softer texture or transfer it to a container and freeze for 1-2 hours for a firmer texture.

4) Serve:

- Scoop the protein-packed ice cream into small bowls or cones (4).
- Optionally, garnish with fresh fruit, nuts, or a drizzle of honey or maple syrup.

5) Enjoy:

- Serve and enjoy your homemade bariatric-friendly protein-packed ice cream as a nutritious and satisfying dessert option.



Protein-packed Fruit Sorbet



Per serving
(makes 2 servings)



10 minutes

160 Calories

Protein= 14g

Fat= 1g

Carbohydrates= 25g

INGREDIENTS

- 2 cups frozen mixed berries (such as strawberries, blueberries, and raspberries)
- 1/2 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 Tbsp honey or maple syrup to taste

INSTRUCTIONS

ITEMS NEEDED: NINJA CREAMI/BLENDER

1) Prepare Your Ingredients:

- Ensure the mixed berries are fully frozen. If using fresh berries, freeze them for at least 4-6 hours or overnight.
- Measure out the almond milk and have your protein powder ready. If you decide to use honey or maple syrup, have it on hand as well.

2) Blending:

- Place the 2 cups of frozen mixed berries into the Ninja Creami blender pitcher.
- Add 1/2 cup of unsweetened almond milk to the pitcher.
- Add 1 scoop of vanilla protein powder on top of the berries and almond milk.

3) Mixing:

- Secure the lid on the Ninja Creami pitcher.
- Select the "Sorbet" function (or a similar high-speed blend if your model has different settings) to blend the mixture until it reaches a smooth and creamy consistency. This usually takes about 1-2 minutes.

4) Taste Testing:

- Once blended, taste the sorbet. If it's not sweet enough for your preference, add honey or maple syrup to taste. Keep in mind that adding sweeteners will alter the macros slightly.
- If you've added sweeteners, blend for an additional 30 seconds to incorporate them fully.

5) Serving:

- Serve the sorbet immediately in bowls or glasses for a refreshing and protein-packed dessert.

Fruit Skewer Kabobs with Greek Yogurt Dip



Per serving

(makes 5 servings)

106 Calories

Protein= 4g

Fat= 0.8g

Carbohydrates= 22g



25 minutes

INGREDIENTS

- 1 cup strawberries, hulled and halved
- 1 cup cantaloupe, cut into bite-sized cubes
- 1 cup honeydew melon, cut into bite-sized cubes
- 1 cup pineapple, cut into bite-sized cubes
- 1 cup grapes
- Wooden skewers
- 1 cup plain Greek yogurt
- 1 tablespoon honey or to taste
- 1/2 teaspoon vanilla extract
- A pinch of cinnamon (optional)



INSTRUCTIONS

1) Prepare the Fruit:

- Wash all the fruits thoroughly under cold running water.
- Peel and cut the cantaloupe, honeydew, and pineapple into uniform bite-sized pieces.
- Hull and halve the strawberries if they are large; leave them whole if they are small.
- Ensure grapes are seedless and halve them if they are particularly large.

2) Assemble the Skewers:

- Thread the prepared fruits onto the wooden skewers, alternating between the strawberries, cantaloupe, honeydew, pineapple, and grapes to create a colorful pattern.
- Repeat the process until all the fruit is used up.

3) Prepare the Greek Yogurt Dip:

- In a small bowl, combine the plain Greek yogurt, honey, vanilla extract, and a pinch of cinnamon.
- Mix thoroughly until all ingredients are well blended.

4) Chill and Serve:

- Place the fruit skewers and the bowl of Greek yogurt dip on a tray and refrigerate for about 10-15 minutes to chill.
- Serve the chilled fruit skewers with the Greek yogurt dip on the side as a refreshing and healthy snack or dessert.



Black-Bean Brownies



Per serving
(makes 9 servings)



25-30 minutes

73 Calories

Protein= 4g

Fat= 3g

Carbohydrates= 9g

INGREDIENTS

- 1 cup canned black beans, rinsed and drained
- 2 large eggs
- 1/4 cup cocoa powder
- 2 tablespoons unsweetened applesauce
- 1/4 cup granulated erythritol (or another sugar substitute like stevia or monk fruit sweetener)
- 1 teaspoon instant coffee or espresso powder (optional, to enhance chocolate flavor)
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips (at least 70% cocoa, sugar-free if possible)

INSTRUCTIONS

1) Preheat Oven and Prepare Pan:

- Preheat your oven to 350°F (175°C).
- Lightly grease an 8x8-inch baking pan or line it with parchment paper.

2) Blend Black Beans:

- Place the rinsed and drained black beans in a food processor or blender.
- Blend until smooth and creamy, ensuring there are no chunks.

3) Mix Ingredients:

- To the pureed black beans, add eggs, cocoa powder, unsweetened applesauce, erythritol, instant coffee (if using), vanilla extract, baking powder, and salt.
- Blend until all ingredients are well incorporated.

4) Add Chocolate Chips:

- Stir in the dark chocolate chips manually using a spoon or spatula.

5) Bake:

- Pour the brownie batter into the prepared baking pan and smooth the top with a spatula.
- Bake in the preheated oven for 15-20 minutes, or until a toothpick inserted into the center comes out mostly clean with a few moist crumbs attached.



6) Cool and Serve:

- Allow the brownies to cool in the pan on a wire rack before cutting into squares.
- Serve at room temperature or slightly warmed.

Notes:

- These brownies are designed to be low in sugar and gentle on the stomach, making them suitable for a post-bariatric diet.
- Ensure to check individual tolerance to ingredients like erythritol, as some sugar substitutes can cause gastrointestinal discomfort in sensitive individuals.
- The brownies can be stored in an airtight container at room temperature for up to 3 days or refrigerated for longer shelf life.

Mini Greek Yogurt Cheesecakes

 Per serving: 1 mini cheesecake  2 hours
(makes 2 servings)

71 Calories

Protein= 6g

Fat= 2g

Carbohydrates= 7g

INGREDIENTS

- 1/2 cup Greek yogurt (plain, non-fat)
- 2 tbsp low-fat cream cheese, softened
- 1 tsp honey or stevia (optional)
- 1/4 tsp vanilla extract
- Fresh berries for topping



INSTRUCTIONS

1) Mix Base Ingredients:

- In a medium bowl, combine the Greek yogurt and softened low-fat cream cheese. Mix well until the mixture is smooth and creamy.
- Add the vanilla extract and honey or stevia (if using) to the yogurt mixture. Stir thoroughly to incorporate the sweetener and enhance the flavor.

2) Prepare the Molds:

- If you have mini cheesecake pans or small silicone molds, use them for this recipe. Alternatively, you can use a mini muffin tin with paper liners for easy removal.
- Spoon the cheesecake mixture into your chosen molds, filling them nearly to the top.

3) Chill:

- Place the filled molds in the refrigerator and chill for at least 2 hours, or until the cheesecakes are set. The chilling process is crucial as it helps the cheesecakes firm up and develop the typical cheesecake texture.

4) Prepare the Topping:

- Before serving, wash and prepare your choice of fresh berries. You can slice strawberries or keep smaller berries like blueberries and raspberries whole.

5) Serve:

- Once the cheesecakes are set, remove them from the molds.
- Top each mini cheesecake with a generous amount of fresh berries.
- Serve immediately or keep them refrigerated until ready to serve.



Chocolate Protein Mug Cake



Per serving,

84 Calories

Protein= 8g

Fat= 4g

Carbohydrates= 3g

🕒 5 minutes

INGREDIENTS

- 1 tbsp chocolate protein powder
- 1 tbsp almond flour
- 1 tbsp Greek yogurt (plain, non-fat)
- 1/4 tsp baking powder
- 1 tsp cocoa powder (unsweetened)
- 1 tsp almond milk or water

INSTRUCTIONS

1) Mix the Ingredients:

- In a microwave-safe mug, combine the chocolate protein powder, almond flour, unsweetened cocoa powder, and baking powder. Mix these dry ingredients well to ensure there are no lumps.
- Add the Greek yogurt and almond milk (or water) to the dry mixture. Stir until all the ingredients are fully combined into a smooth batter. Make sure to mix well to avoid pockets of dry ingredients.

2) Microwave the Cake:

- Place the mug in the microwave and cook on high for about 60 to 90 seconds. The exact time might vary depending on your microwave's power. Start with 60 seconds, check the cake, and then continue in 10-second bursts if it's not fully set.
- The cake should rise slightly and the top should be firm to the touch.

3) Check and Serve:

- Carefully touch the top of the cake to ensure it's firm and cooked through. Be careful as the mug will be hot.
- Let the cake cool for a minute or two before eating, as it will continue to cook slightly from residual heat.
- Optional: Top with a dollop of extra Greek yogurt, a sprinkle of almond slivers, or a few berries for added flavor and texture.

NICHOLSON CLINIC



For Weight Loss Surgery

BEVERAGE IDEAS

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Cucumber Mint Infused Water

 Per serving,	 5 minutes to make
45 Calories*	1 hour to infuse
Protein = 2g	(or overnight for
Fats = 0g	stronger flavor)
Carbohydrates = 11g	

*calories, protein, & carbs derived only from cucumbers

INGREDIENTS

- 1 large cucumber, thinly sliced
- 10 fresh mint leaves
- 2 quarts (64 fl oz) of water



INSTRUCTIONS

1) Prepare Ingredients:

- Wash the cucumber and mint leaves thoroughly.
- Slice the cucumber thinly.
- Tear the mint leaves gently to release their flavor.

2) Infusing the Water:

- In a large pitcher, add the sliced cucumber and torn mint leaves.
- Pour 2 quarts (64 ounces) of water into the pitcher.

3) Mixing:

- Stir gently to distribute the cucumber slices and mint leaves throughout the water.

4) Infusing Time:

- Cover the pitcher and place it in the refrigerator.
- Allow the water to infuse for at least 1 hour. For a stronger flavor, you can let it infuse overnight.

5) Serving:

- Once infused to your desired strength, remove the pitcher from the refrigerator.
- Serve the cucumber mint infused water chilled over ice.
- Optionally, you can strain the water to remove the cucumber slices and mint leaves before serving.

Notes:

- This refreshing infused water is perfect for staying hydrated, especially in warmer weather.
- Customize the flavor by adjusting the amount of cucumber and mint to suit your taste preferences.
- You can reuse the cucumber and mint for a second batch of infused water if desired, though the flavor may be slightly weaker.



Herbal Tea

(Iced or Hot)



Per serving,
Calorie free drink
unless additional
sweeteners are
added



Prep: 1 minute
Steeping Time:
5-10 minutes

INGREDIENTS

- 1 herbal tea bag (such as chamomile, peppermint, and rooibos)
- 8 ounces of boiling water

INSTRUCTIONS

1) Prepare Ingredients:

- Boil 8 ounces of water in a kettle or on the stovetop.

2) Steeping the Tea:

- Place the herbal tea bag in a mug or teapot.
- Pour the boiling water over the tea bag.

3) Steeping Time:

- Allow the tea bag to steep in the hot water for 5-10 minutes, depending on your preference for tea strength. The longer the steeping time, the stronger the flavor.

4) Removing the Tea Bag:

- After the desired steeping time has elapsed, carefully remove the tea bag from the mug or teapot. You can use a spoon or tea bag squeezer to extract any excess liquid from the tea bag.

5) Serving Options:

- If serving iced tea:
 - Allow the steeped tea to cool to room temperature.
 - Once cooled, transfer the tea to a pitcher and refrigerate until cold.
 - Serve the iced tea over ice cubes in glasses.
- If serving hot tea:
 - Simply enjoy the freshly steeped hot tea as is, in the mug or teapot.

Notes:

- Customize your herbal tea by choosing your favorite herbal tea variety, such as chamomile for relaxation, peppermint for digestion, or rooibos for its earthy flavor.
- Adjust the steeping time to suit your taste preferences. Steeping for a shorter time will result in a milder flavor, while a longer steeping time will yield a stronger brew.
- Add sweeteners like honey or stevia if desired, but be mindful of your sugar intake if following a bariatric-friendly diet.

Fruit-Infused Water



Per serving,

Calorie free drink
unless additional
sweeteners are
added



Prep: 5 minutes

Infusing Time:

2-4 hours (or
longer for
stronger flavor)

INGREDIENTS

- Fresh fruit slices
 - (e.g., lemon, lime, orange, berries)
- Water (enough to fill a pitcher)



INSTRUCTIONS

1) Prepare Ingredients:

- Wash the fresh fruit thoroughly under cold running water.
- Slice the fruit into thin rounds or wedges. You can also halve berries like strawberries or raspberries.

2) Infusing the Water:

- In a large pitcher, add the sliced fruit to the bottom.
- Fill the pitcher with cold water, covering the fruit completely.

3) Mixing:

- Use a long spoon to gently stir the fruit and water mixture, ensuring the fruit slices are evenly distributed.

4) Infusing Time:

- Cover the pitcher with a lid or plastic wrap.
- Place the pitcher in the refrigerator to infuse for at least 2-4 hours. For a stronger flavor, you can leave it to infuse overnight.

5) Serving:

- Once infused to your desired strength, remove the pitcher from the refrigerator.
- Serve the fruit-infused water over ice in glasses or pour it into water bottles for on-the-go hydration.
- Optionally, you can add a sprig of fresh mint or a few cucumber slices for extra freshness.

Notes:

- Experiment with different fruit combinations to create your favorite flavor profiles.
 - Some popular options include lemon and lime, orange and berry, or cucumber and mint.
- You can reuse the fruit slices once or twice, but the flavor will be less intense with each subsequent use.
- Enjoy the refreshing and hydrating fruit-infused water without worrying about added sugars or artificial flavors. It's a perfect alternative to sugary beverages for those following a bariatric-friendly diet.



Ginger Turmeric Tonic



Per serving,
8-9 Calories
Protein,
Carbohydrates,
Fats are negligible.



Prep: 5 minutes
Brewing Time:
10-15 minutes
Cooling Time:
1 hour (or longer if
desired)

INGREDIENTS

- 1-inch piece of fresh ginger, sliced
- 1-inch piece of fresh turmeric, sliced (or 1 teaspoon of ground turmeric)
- 2 cups of water
- Juice of 1/2 lemon
- Optional: honey or sweetener of choice, to taste

INSTRUCTIONS

1) Prepare Ingredients:

- Peel and slice the fresh ginger and turmeric into thin rounds or small pieces.

2) Brewing the Tonic:

- In a small saucepan, bring 2 cups of water to a boil over medium-high heat.
- Add the sliced ginger and turmeric to the boiling water.
- Reduce the heat to low and simmer the mixture for 10-15 minutes, allowing the flavors of the ginger and turmeric to infuse into the water.

3) Cooling the Tonic:

- Once brewed, remove the saucepan from the heat and let the tonic cool to room temperature.

4) Adding Lemon Juice:

- Once cooled, strain the tonic to remove the ginger and turmeric slices.
- Stir in the fresh lemon juice, adjusting the amount to your taste preferences.



5) Serving:

- Transfer the tonic to a glass pitcher or bottle and refrigerate for at least 1 hour to chill.
- Serve the chilled ginger turmeric tonic over ice cubes in glasses.
- Optionally, sweeten with honey or your preferred sweetener if desired.

Notes:

- Ginger and turmeric are known for their anti-inflammatory properties and are often used in traditional medicine for their health benefits.
- Adjust the amount of ginger and turmeric according to your taste preferences and tolerance for spice.
- Enjoy this soothing and refreshing tonic as a hydrating beverage or as a natural remedy for inflammation and digestive discomfort.

Protein-Iced Coffee

 Per serving,  10 minutes
Macros depend on what protein powder you choose.

INGREDIENTS

- 1 protein shake (ideally low sugar)
 - ex. 200 calories, 20-30g protein, 15 grams of carbohydrates or less
- 1 cup of brewed coffee, chilled
- ice cubes
- optional: Splenda or Stevia



INSTRUCTIONS

1) Brew Coffee:

- Brew a cup of coffee using your preferred method and let it cool. You can also use leftover coffee from a previous brew, but make sure it's chilled before using.

2) Prepare Ingredients:

- Gather all the ingredients needed for the protein shake coffee.

3) Combine Ingredients:

- Mix the chilled coffee and ice cubes together in desired cup of choice.
- Combine protein shake, coffee, and ice cubes in one cup.

4) Serve

- Optionally, garnish with a sprinkle of cinnamon or cocoa powder on top.
- Enjoy your protein shake coffee immediately as a delicious and satisfying beverage.

Notes:

- You can customize this protein shake coffee by using different flavors of protein shakes (or powder), such as chocolate, vanilla, or even mocha.
- Adjust the sweetness level by adding more or less sweetener according to your taste preferences.
- Feel free to experiment with additional ingredients like nut butter, cocoa powder, or flavored extracts to enhance the flavor and texture of your protein shake coffee.



High-Protein

Iced Chai



Per serving,
75 Calories

Protein= 13g

Fat= 12g

Carbohydrates= 2g



10 minutes

INGREDIENTS

- 1 chai tea bag
- 1/2 cup boiling water
- 1/2 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- Ice cubes

INSTRUCTIONS

1) Mix Base Ingredients:

- In a medium bowl, combine the Greek yogurt and softened low-fat cream cheese. Mix well until the mixture is smooth and creamy.
- Add the vanilla extract and honey or stevia (if using) to the yogurt mixture. Stir thoroughly to incorporate the sweetener and enhance the flavor.

2) Prepare the Molds:

- If you have mini cheesecake pans or small silicone molds, use them for this recipe. Alternatively, you can use a mini muffin tin with paper liners for easy removal.
- Spoon the cheesecake mixture into your chosen molds, filling them nearly to the top.

3) Chill:

- Place the filled molds in the refrigerator and chill for at least 2 hours, or until the cheesecakes are set. The chilling process is crucial as it helps the cheesecakes firm up and develop the typical cheesecake texture.

4) Prepare the Topping:

- Before serving, wash and prepare your choice of fresh berries. You can slice strawberries or keep smaller berries like blueberries and raspberries whole.

5) Serve:

- Once the cheesecakes are set, remove them from the molds.
- Top each mini cheesecake with a generous amount of fresh berries.
- Serve immediately or keep them refrigerated until ready to serve.

Spiced Apple Protein Iced Tea

 Per serving,  10 minutes

40 Calories

Protein= 10g

Fat= 0g

Carbohydrates= 1g

INGREDIENTS

- 1 chai tea bag
- 1/2 cup boiling water
- 1/2 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- Ice cubes
- Optional Garnish: a cinnamon stick or apple slice



INSTRUCTIONS

1) Steep the Tea:

- Place the chai tea bag in a sturdy mug or cup.
- Pour 1/2 cup of boiling water over the tea bag and let it steep for about 5-7 minutes. This will create a strong chai concentrate, capturing all the spicy flavors.

2) Prepare the Protein Mixture:

- While the tea is steeping, in a separate bowl or shaker, mix 1/2 scoop of vanilla protein powder with the unsweetened almond milk. Whisk or shake until the protein powder is completely dissolved and the mixture is smooth. This step ensures that your iced tea is creamy and well-blended without any clumps.

3) Combine and Chill:

- Once the chai tea has steeped, remove the tea bag and allow the tea to cool to room temperature. You can place it in the refrigerator to chill faster if desired.
- After the tea is cool, combine the chai concentrate with the almond milk and protein mixture. Stir well to ensure everything is fully integrated.

4) Serve:

- Fill a tall glass with ice cubes.
- Pour the spiced apple protein iced tea over the ice.
- If you like, garnish with a cinnamon stick or a fresh apple slice on the rim of the glass for an extra touch of autumn flair.

5) Enjoy:

- Stir the iced tea with the cinnamon stick before drinking if used as a garnish; this will infuse a little more cinnamon flavor into the tea.
- Enjoy the refreshing taste of chai spiced with the added protein and creamy texture from the almond milk.

Iced Caramel Matcha Latte



Per serving,
78 Calories

🕒 5 minutes

Protein= 13g

Fat= 12g

Carbohydrates= 3g

INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup cold water
- 1/2 scoop caramel or vanilla protein powder
- 1/2 tsp matcha powder
- Ice cubes

INSTRUCTIONS

1) Prepare the Matcha Mixture:

- In a small bowl, whisk together the matcha powder and a small amount of the cold water (about 2 tablespoons) to form a smooth paste. This step helps to prevent clumps and ensures the matcha is evenly distributed.

2) Mix Protein Powder:

- In a shaker bottle or blender, combine the remaining cold water, unsweetened almond milk, and caramel or vanilla protein powder. Shake or blend until the protein powder is fully dissolved and the mixture is smooth.

3) Combine Matcha and Protein Mixture:

- Add the matcha paste to the shaker or blender with the protein mixture. Shake or blend again to ensure all ingredients are well combined.

4) Assemble the Drink:

- Fill a large glass with ice cubes.
- Pour the matcha protein mixture over the ice, filling the glass.

5) Serve:

- Give the latte a quick stir to make sure everything is mixed thoroughly right before drinking.
- Optionally, you can drizzle a bit of sugar-free caramel syrup over the top for an extra touch of decadence, or sprinkle a little matcha powder for garnish.

Cinnamon Vanilla Cold Brew Protein Latte



Per serving



5 minutes

79 Calories

Protein= 13g

Fat= 2g

Carbohydrates= 3g

INGREDIENTS

- 1/2 cup cold brew coffee
- 1/2 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- 1/4 tsp cinnamon
- Ice cubes



INSTRUCTIONS

1) Prepare the Protein Mixture:

- In a shaker bottle or a blender, combine the vanilla protein powder and unsweetened almond milk. Shake or blend until the protein powder is completely dissolved and the mixture is smooth. This ensures that your latte won't have any clumps of protein powder.

2) Mix the Coffee:

- Add the cold brew coffee to the protein mixture. Cold brew coffee is less acidic and smoother than regular brewed coffee, which makes it perfect for a refreshing iced drink.

3) Add Cinnamon:

- Stir in the cinnamon. Cinnamon not only adds a lovely warmth and spice but can also help regulate blood sugar levels, making it a healthy addition.

4) Assemble the Drink:

- Fill a large glass with ice cubes to chill the beverage.
- Pour the coffee, protein, and cinnamon mixture over the ice. Stir well to ensure everything is combined and the cinnamon is evenly distributed.

5) Serve:

- Serve immediately to enjoy a chilled, protein-packed start to your day or as a rejuvenating beverage after a workout.
- Optionally, you can sprinkle a little extra cinnamon on top for garnish or add a cinnamon stick for a stylish touch.

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