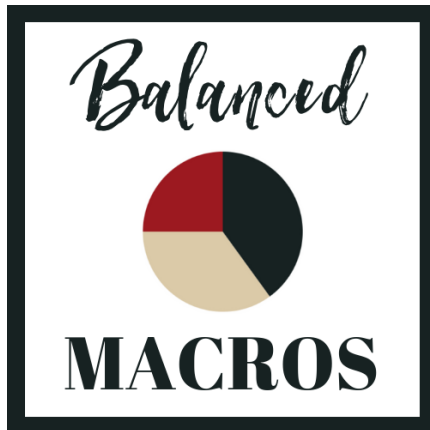


# MBK Monthly

## Plans with Family-Sized Dinner Portions\*

\*All other meals are for the bariatric patient only



## Plans for the Single Person



# Meal Plan Sample Packet

# Which Plan Should I Follow?

**Balanced Macros** (family dinners) and **Simply Balanced** (for singles) for weight loss are based on 1000 calories (with minimal exercise), 40% protein, 35% high fiber carbs (fruits, veggies, whole grains), and 25% fats. This plan is more closely based on the Dietary Reference Intakes put forth by the Food and Nutrition Board and the Institute of Medicine. It's a very healthy balance of macros that allows for higher (high fiber) carbs and low fats while still hitting protein goals. This is the plan I followed for my own weight loss journey.

**Balanced Keto** (family dinners) and **Simply Keto** (for singles) for weight loss are based on 1200 calories, 60% fats, 25% protein, and 15% high fiber carbs and work well for those with PCOS, Hashimotos, Type 2 Diabetes, or insulin resistance. This can also be healthy but is more difficult to maintain for life due to the carb restriction. This plan is essentially a "lite" version of traditional keto. It ensures that we (bariatric patients) still get the required level of proteins according to ASMBS guidelines and enough carbs for proper body and brain function.

**Simply Healthy** is a hybrid plan designed for a single person based on the generic weight loss recommendations of multiple surgeons I work with for those patients who don't want to be as regimented as Balanced Macros or Balanced Keto. It's based on 1000 calories, 40% protein, 30% high-fiber carbohydrates, and 30% healthy fats. This plan specifically requires less prepping and incorporates more ready-to-cook grocery items and/or very simple recipes with 8 or fewer main ingredients. Yes, this plan will still require some cooking, but overall the prep time has been greatly decreased. This plan will also come with some suggested alterations/substitutions and notes on navigating the week successfully.





**Balanced Macros**  
**July 7, 2023**

**40% Protein, 35% Carbohydrate, 25% Fat**

**My Bariatric Kitchen and Living Healthy Nutrition**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Strawberry Cheesecake Overnight Oats*	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats
SNACK 1	1 Coconut Peanut Butter Chip Protein Ball*❄️	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball
LUNCH	1 serving Turkey Bacon Club Wrap*	1 serving Lemon Pepper Tuna Salad*, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap	1 serving Lemon Pepper Tuna Salad, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap	1 serving Lemon Pepper Tuna Salad, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap
SNACK 2	1 serving turkey pepperoni, ½ small Gala apple	1 cheddar cheese stick, ½ cup unsweetened applesauce	2 oz low sodium deli turkey or ham, ¼ cup blackberries, 1 Baby Bel light cheese round	½ serving turkey jerky, ½ cup unsweetened applesauce, 1 cheddar cheese stick	1 serving turkey pepperoni, ½ small Gala apple	½ serving turkey jerky, ½ cup unsweetened applesauce, 1 cheddar cheese stick	1 Oikos Triple Zero Greek yogurt, any flavor
DINNER	1 serving Turkey Enchilada Skillet*	1 serving Caprese Chicken Casserole	1 serving Baked Garlic Lemon Cod, ¼ cup broccoli, ¼ cup quinoa	1 serving Incredible Pork Tenderloin*, ½ cup mashed sweet potato	1 serving Turkey Enchilada Skillet	1 serving Incredible Pork Tenderloin, ½ cup mashed sweet potato	1 serving Feta Stuffed Chicken Breast, ½ cup green beans
SNACK 3	1 Oikos Triple Zero Greek yogurt, any flavor, 2 tsp Tollhouse mini chocolate chips	1 Dannon Light & Fit Greek yogurt, any flavor, ½ cup All-Bran Buds	1 serving PB Fruit Dip*, 1 small Gala apple	1 serving PB Fruit Dip, 1 small Gala apple	1 Oikos Triple Zero Greek yogurt, any flavor, 2 tsp Tollhouse mini chocolate chips	1 serving PB Fruit Dip, 1 small Gala apple	1 serving PB Fruit Dip, 1 small Gala apple
	1005 Calories, 40g Protein 34% Carbohydrates, 26% Fat, 20g Fiber	973 Calories, 42% Protein 35% Carbohydrates, 23% Fat, 23g Fiber	997 Calories, 41g Protein 32% Carbohydrates, 27% Fat, 20g Fiber	973 Calories, 40% Protein 35% Carbohydrates, 25% Fat, 17g Fiber	1005 Calories, 40g Protein 34% Carbohydrates, 26% Fat, 20g Fiber	973 Calories, 40% Protein 35% Carbohydrates, 25% Fat, 17g Fiber	982 Calories, 39g Protein 35% Carbohydrates, 26% Fat, 20g Fiber

\*Save remainder for later

❄️Count what you need and freeze remainder  
July 7, 2023

**DISCLAIMER:** As with any recipe / meal plan, you must input your own ingredients and enter your own data into your tracker. This is merely a guide and data may not match exactly due to the specific brands you use.



# 7.7.2023 Balanced Macros Shopping List

## Produce

- Baby carrots
- Basil paste
- ¼ cup blackberries
- ¾ cup blueberries
- Broccoli (or frozen)
- Celery
- 5 Gala apples
- Garlic
- Grape tomatoes (for ½ cup halves)
- Green beans (or frozen)
- Lemons (for juice)
- 4 leaves Bibb (or other) lettuce
- Orange (for 2 Tbsp fresh juice)
- Rosemary (for 1 Tbsp minced)
- Strawberries (for 1 cup diced)
- Roma tomato (for 8 slices)
- Sweet potato
- Vegetables, 9 Tbsp diced (any combo – see recipe)
- Yellow onion

## Dairy

- Grass fed butter
- 9 large eggs
- 0% plain Greek yogurt
- 1 Dannon Light & Fit Greek yogurt, any flavor
- 1 Dannon Light & Fit Vanilla Greek yogurt
- 3 Oikos Triple Zero Greek yogurts, any flavor
- Baby Bel Light Cheese rounds
- Cheddar cheese sticks
- 4 thin slices 2% cheddar cheese
- 2% shredded cheddar cheese
- Part-skim shredded mozzarella cheese
- Reduced fat tomato and basil feta cheese crumbles
- Grated parmesan cheese
- Unsweetened almond milk
- Fat-free Half & Half

## Baking Goods/Spices

- Salt/pepper
- Dried dillweed
- Dried Italian herbs
- Freeze dried chives
- Garlic powder
- Lemon pepper seasoning
- Paprika
- Smoked paprika
- Non-stick cooking spray
- Balsamic vinegar

- Olive oil
- Chia seeds (optional)
- Unsweetened coconut flakes
- Flaxseed meal/ground flaxseed
- Mini dark chocolate chips
- Tollhouse mini chocolate chips

## Meat/ Frozen Food

- Turkey bacon
- Turkey jerky
- Turkey pepperoni
- 5 oz low-sodium lean deli turkey or ham
- 8 oz low sodium deli turkey
- 2 lb boneless skinless chicken breast
- 1 lb cod fillets
- 2 lb pork tenderloin
- 1 lb lean ground turkey
- ½ cup frozen corn

## Grocery Items

- Ziploc bags, medium and gallon or large size
- All Bran Buds
- Applesauce, unsweetened
- 1 can black beans
- 1 cup chicken stock
- Cornflake crumbs, plain
- Dijon mustard
- 1 can Old El Paso Enchilada Sauce (mild or medium)
- FlatOut Light Original Flatbreads
- Honey
- Mayonnaise, light
- PB2 (powdered peanut butter)
- Peanut butter, natural
- Quick oats
- Quinoa
- Soy sauce, low sodium
- 1 cup canned tomato puree
- 1 can Rotel tomatoes
- WASA Multi-Grain Crispbreads
- 12 oz can white albacore tuna
- Worcestershire sauce

## Health Food

- Vanilla whey isolate protein powder\*

\*To purchase **BariSuccess Vanilla Whey Isolate Protein Powder**, visit Amazon:  
<https://amzn.to/3zrV9go>

# Baked Garlic Lemon Cod

4 servings

## INGREDIENTS

1/3 cup lemon juice	1/2 tsp salt
1 Tbsp olive oil	1/4 tsp black pepper
1 Tbsp minced garlic	1/2 tsp dried dillweed
1/2 tsp paprika	
1/4 tsp smoked paprika	1 lb cod fillets*

\*can sub most any WHITE fish or even shrimp (adjust cooking time)

## DIRECTIONS

1. Preheat oven to 350°. Spray baking dish with non-stick cooking spray.
2. Combine lemon juice THROUGH dried dillweed in large Ziploc baggie.
3. Add fish and seal. Refrigerate for 30 minutes, carefully turning bag over after 15 minutes.
4. Place fish on baking sheet and pour marinade over all pieces.
5. Bake 20 minutes or until fish is cooked through and flakes easily with a fork.

# Caprese Chicken Casserole

6 servings

## INGREDIENTS

1 lb boneless skinless chicken breast, cooked and shredded*	½ tsp salt
1 cup chicken stock	¼ tsp black pepper
½ cup quinoa, rinsed and drained	2 Tbsp fat-free half & half
1 tsp minced garlic	2 Tbsp grated parmesan cheese
2 tsp basil paste	½ cup halved grape tomatoes
1 cup canned tomato puree	½ tsp salt
1 Tbsp balsamic vinegar	¼ tsp black pepper
	½ cup part skim shredded mozzarella cheese

\*Use Rotisserie Chicken for an elevated flavor

## DIRECTIONS

1. Preheat oven to 375°. Spray square baking dish with non-stick cooking spray.
2. Place chicken stock, quinoa, garlic, and basil in medium sauce pan. Cook according to package directions or until liquid has absorbed and quinoa is cooked through. Fluff with fork.
3. In medium saucepan, combine tomatoes and balsamic vinegar. Bring to a simmer. Add half & half, salt, and pepper. Cook, stirring occasionally, for 5 minutes.
4. Mix together chicken, quinoa, parmesan cheese, and ¼ cup mozzarella cheese in large bowl.
5. Add sauce and stir well.
6. Pour mixture into baking dish. Top with remaining cheese and tomatoes.
7. Bake for 15 minutes or until heated through.



# Coconut Peanut Butter Chip

## Protein Balls

10 servings

### INGREDIENTS

1 cup quick oats	¼ cup natural peanut butter
3 Tbsp flaxseed meal	4 Tbsp unsweetened almond milk
1 ½ scoops <b>BariSuccess</b> Vanilla Whey Isolate Protein Powder	2 Tbsp mini dark chocolate chips
¼ cup unsweetened coconut flakes	

### DIRECTIONS

1. Combine oats through coconut flakes in bowl of food processor.
2. Melt peanut butter (if necessary) in small dish in microwave for 30-45 seconds on HIGH.
3. Add peanut butter and almond milk to oat mixture. Pulse until combined and beginning to clump slightly. *If too dry, add almond milk one teaspoon at a time.*
4. Add chocolate chips and pulse just until combined.
5. Form mixture into 10 balls.
6. Refrigerate.

Recipe by Patricia Hill

Calories 126, Fat 7g, Carbs 10g, Fiber 2g, Protein 8g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Feta Stuffed Chicken Breasts

4 servings

## INGREDIENTS

1 lb boneless skinless chicken breast (4 breasts)  
1½ Tbsp butter, melted  
⅓ tsp garlic powder  
¼ tsp salt

⅓ tsp black pepper  
½ cup plain cornflake crumbs  
1 tsp dried Italian herbs  
¼ cup reduced fat Tomato & Basil Feta cheese crumbles\*

\*can sub any crumbled feta cheese variety

## DIRECTIONS

1. Preheat oven to 400°. Spray baking sheet with non-stick cooking spray.
2. Flatten chicken breasts to ½" thickness.
3. Add garlic powder, salt, and pepper to melted butter and brush one side of each chicken breast with the mixture.
4. Combine cornflake crumbs and Italian herbs in a shallow dish.
5. Coat buttered side of each breast in crumb mixture and place on baking sheet.
6. Place 1 Tbsp feta on top of each breast and fold in half to cover cheese.
7. Bake for 20 minutes or until chicken is cooked through.

Recipe by Patricia Hill

Calories 198, Fat 8g, Carbs 9g, Fiber 0g, Protein 24g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Incredible Pork Tenderloin

8 servings

## INGREDIENTS

¼ cup low sodium soy sauce  
1 Tbsp Worcestershire sauce  
4 Tbsp honey  
2 Tbsp fresh orange juice  
1 Tbsp fresh rosemary, minced  
½ tsp black pepper

3 Tbsp olive oil  
4 cloves garlic, minced  
2 Tbsp Dijon mustard  
1 – 2lb package pork tenderloin (contains 2 tenderloins)

## DIRECTIONS

1. Combine soy sauce through Dijon mustard in gallon size zip lock bag or container large enough to hold both tenderloins.
2. Place tenderloins in bag and coat well. Place in refrigerator for 4 hours to overnight (we marinate overnight).
3. Preheat oven to 350°
4. Spray 11x17 baking dish with cooking spray.
5. Remove tenderloins from bag, gently removing a small amount of the excess marinade. Place meat in baking dish.
6. Bake uncovered for 40-45 minutes or until thickest part of the meat reaches 160°.
7. Remove from oven and let rest for 5 minutes.
8. Slice in ½ to ¾ inch slices and serve immediately.

Recipe by Patricia Hill

Calories 165, Fat 6g, Carbs 6g, Fiber 0g, Protein 24g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Lemon Pepper Tuna Salad

3 servings

## INGREDIENTS

12 oz can white albacore tuna, drained  
2 Tbsp 0% plain Greek yogurt  
1 Tbsp light mayonnaise  
1 tsp lemon juice

1 stalk celery, finely diced  
¼ tsp lemon pepper (+/- to taste)  
1 Tbsp freeze dried chives

## DIRECTIONS

1. Combine all ingredients in medium sized mixing bowl.
2. Refrigerate 30 minutes or longer to allow flavors to blend.

Recipe by Patricia Hill

Calories 127, Fat 2g, Carbs 1g, Fiber 1g, Protein 27g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Meat n' Veggie

## On-the Go Omelet

1 serving

### INGREDIENTS

1 medium sized plastic Ziploc bag  
3 large egg whites  
1 oz lean deli meat, chopped (approx. 2 Tbsp)  
2 Tbsp shredded 2% cheddar cheese

3 Tbsp diced vegetables (any combination,  
fresh or frozen/thawed))  
salt and pepper to taste

### DIRECTIONS

1. Bring a large saucepan of water to a full boil.
2. Meanwhile, combine egg whites through salt and pepper and stir well to combine.
3. Pour mixture into the Ziploc bag and seal, pressing out excess air.
4. Carefully slide baggie into the water and boil for 13 minutes.
5. Remove bag from the water and serve egg omelet.

**Veggie Suggestions:** onions, bell peppers, zucchini, mushrooms, broccoli, asparagus, yellow squash, etc.

**Meat Suggestions:** chicken, ham, turkey – experiment with flavored varieties too!

---

# PB Fruit Dip

6 servings

---

## INGREDIENTS

1 Dannon Light & Fit Vanilla Greek yogurt  
2 Tbsp natural peanut butter

1 Tbsp PB2

## DIRECTIONS

1. Place all ingredients in mixing bowl.
2. Whisk well until smooth.
3. Refrigerate.

Recipe by Patricia Hill

Calories 50, Fat 3g, Carbs 3g, Fiber 1g, Protein 4g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Strawberry Cheesecake

## Overnight Oats

4 servings

### INGREDIENTS

1 cup quick oats  
2 scoops **BariSuccess** Vanilla Whey Isolate Protein Powder  
2 Tbsp chia seeds (optional)

$\frac{3}{8}$  cup unsweetened almond milk  
 $\frac{1}{2}$  cup plain 0% Greek yogurt  
1 cup diced strawberries

### DIRECTIONS

1. Combine oats, protein powder and chia seeds in mason jar.
2. Place almond milk, yogurt, and strawberries in blender and pulse until liquefied.
3. Pour over oat mixture. Seal jar and shake well until thoroughly blended.
4. Store in refrigerator overnight.
5. Serve cold or warmed in microwave. (May need to add an additional Tbsp of almond milk if too thick)

Recipe by Patricia Hill

Calories 209, Fat 4g, Carbs 21g, Fiber 5g, Protein 22g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Turkey Bacon Club Wrap

4 servings

## INGREDIENTS

2 FlatOut Light Original Flatbread  
2 Tbsp light mayonnaise  
4 slices thin 2% cheddar  
8 oz low sodium deli turkey

4 leaves Bibb lettuce (or other lettuce)  
4 slices cooked turkey bacon  
8 slices Roma tomato

## DIRECTIONS

1. Spread 1 Tbsp mayonnaise on each flatbread.
2. Divide cheese, turkey, lettuce, bacon, and tomato evenly between each flatbread.
3. Roll each up lengthwise and cut in half, into two servings.
4. Wrap each half in plastic wrap and refrigerate.



# Turkey Enchilada Skillet

8 servings

## INGREDIENTS

1 lb lean ground turkey  
½ cup yellow onion, chopped  
2 cloves garlic, minced  
1 can Rotel tomatoes (mild or medium)  
1 can Old El Paso Enchilada Sauce (mild or medium)

1 can black beans, drained and rinsed  
½ cup frozen corn  
½ cup water  
½ cup uncooked quinoa, rinsed and drained  
1 cup 2% shredded cheddar cheese  
½ cup plain 0% Greek yogurt

## DIRECTIONS

1. Spray large skillet with non-stick cooking spray and heat over medium-high heat.
2. Add ground turkey, onions, and garlic and cook until no longer pink.
3. Add Rotel tomatoes, enchilada sauce, beans, corn, and water. Bring to a boil
4. Stir in quinoa, cover and reduce heat to medium.
5. Cook 15-20 minutes or until excess moisture is absorbed and quinoa is cooked.
6. Stir in cheddar cheese (or sprinkle on top).
7. Top each serving with 1 Tbsp plain Greek yogurt.



**Balanced Keto**  
**July 7, 2023**

**60% Fat, 25% Protein, 15% Carbohydrate**

**My Bariatric Kitchen and Living Healthy Nutrition**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Blueberry Crumble Noatmeal*</b>	1 serving <b>Meat n' Veggie On the Go Omelet</b> , ¼ cup blueberries	1 serving <b>Blueberry Crumble Noatmeal</b>	1 serving <b>Meat n' Veggie On the Go Omelet</b> , ¼ cup blueberries	1 serving <b>Blueberry Crumble Noatmeal</b>	1 serving <b>Meat n' Veggie On the Go Omelet</b> , ¼ cup blueberries	1 serving <b>Blueberry Crumble Noatmeal</b>
SNACK 1	1 <b>Coconut Peanut Butter Chip Protein Ball*✳</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>	1 <b>Coconut Peanut Butter Chip Protein Ball</b>
LUNCH	1 serving <b>Turkey Club Roll-Up w/ Garlic Parmesan Sauce*</b>	1 serving <b>Lemon Pepper Tuna Salad*</b> , 6 Whisps cheese crisps	1 serving <b>Turkey Club Roll-Up w/ Garlic Parmesan Sauce</b>	1 serving <b>Lemon Pepper Tuna Salad</b>	1 serving <b>Turkey Club Roll-Up w/ Garlic Parmesan Sauce</b>	1 serving <b>Lemon Pepper Tuna Salad</b>	1 serving <b>Turkey Club Roll-Up w/ Garlic Parmesan Sauce</b>
SNACK 2	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	2 Tbsp macadamia nuts, ½ small Gala apple	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	1 small Gala apple, 1 Tbsp natural peanut butter	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	1 small Gala apple, 1 Tbsp natural peanut butter	1 Tbsp macadamia nuts, 1 serving turkey pepperoni
DINNER	1 serving <b>Cheesy Enchilada Casserole*</b>	1 serving <b>Caprese Chicken Casserole</b>	1 serving <b>Baked Honey Ginger Salmon</b> , ½ cup broccoli, 2 tsp grass-fed butter	1 serving <b>Incredible Grilled Pork Chops*</b> , ½ cup green beans	1 serving <b>Cheesy Enchilada Casserole</b>	1 serving <b>Incredible Grilled Pork Chops</b> , ½ cup green beans	1 serving <b>Feta Stuffed Chicken Breast</b> , 1 serving <b>Sauteed Spinach</b>
SNACK 3	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	2 Tbsp macadamia nuts, ½ small Gala apple	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	¼ cup macadamia nuts	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	¼ cup macadamia nuts	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds
	1197 Calories, 25% Protein, 16% Carbohydrates, 59% Fat, 17g Fiber	1200 Calories, 28% Protein, 14% Carbohydrates, 58% Fat, 11g Fiber	1195 Calories, 26% Protein, 16% Carbohydrates, 58% Fat, 17g Fiber	1211 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 10g Fiber	1197 Calories, 25% Protein, 16% Carbohydrates, 59% Fat, 17g Fiber	1211 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 10g Fiber	1206 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 17g Fiber

\*Save remainder for later

✳Count what you need and freeze remainder  
July 7, 2023

**DISCLAIMER:** As with any recipe / meal plan, you must input your own ingredients and enter your own data into your tracker. This is merely a guide and data may not match exactly due to the specific brands you use.



## 7.7.2023 Balanced Keto Shopping List

### Produce

- Avocado, medium
- Basil paste
- ¾ cup blueberries plus 4 oz blueberries
- Broccoli (or frozen)
- Celery
- 3 Gala apples, small
- Garlic
- Garlic paste
- Ginger paste
- Green beans (or frozen)
- Lemons (for juice)
- Onion
- Orange (for 2 Tbsp juice)
- 8 Romaine lettuce leaves
- Rosemary (for 1 Tbsp minced)
- Roma tomato, large
- 1 lb baby spinach (fresh)
- 9 Tbsp diced vegetables (see recipe)
- Yellow onion
- 2 zucchini, medium

### Dairy

- Grass-fed butter
- 6 large eggs
- 4/5% plain Greek yogurt
- 4 Dannon Light & Fit Greek yogurts, any flavor
- Shredded 2% cheddar cheese
- Shredded sharp cheddar cheese
- Shredded Italian blend cheese
- Tomato & basil feta cheese crumbles
- Grated parmesan cheese
- Unsweetened almond milk
- Half & Half

### Baking Goods/Spices

- Almond flour
- Ghee
- Salt/pepper
- Chili powder
- Cinnamon
- Dried Italian herbs
- Freeze dried chives
- Garlic powder
- Ground cumin
- Lemon pepper seasoning
- Pink Himalayan sea salt
- Chia seeds
- Unsweetened coconut flakes
- Flaxseed meal/ground flaxseed
- Hemp seeds

- Chopped almonds
- Macadamia nuts
- Chopped pecans
- Balsamic vinegar
- Rice vinegar
- Non-stick cooking spray
- Olive oil
- Sesame oil
- Swerve granular
- Sugar-free chocolate chips
- Vanilla extract

### Meat/Frozen Food

- 3 oz lean deli meat
- Turkey bacon
- 16 slices smoked turkey breast
- Turkey pepperoni
- 1½ lb 93% ground beef
- 1 lb boneless skinless chicken breast (4 breasts)
- 12 oz shredded rotisserie chicken
- 2 lb boneless pork loin chops
- 1 lb salmon fillets
- 3 cups frozen cauliflower rice

### Grocery Items

- Aluminum foil
- Parchment paper
- Ziploc baggies, medium and large/gallon size
- Dijon mustard
- 2 cups red enchilada sauce
- Honey
- Maple syrup, sugar free
- Mayonnaise
- Peanut butter, natural
- Pork rinds
- Ranch dressing mix
- Soy sauce, low sodium
- 15 oz can crushed fire roasted tomatoes
- 1 Tbsp tomato paste
- 12 oz can Albacore tuna
- Whisps Cheese Crisps
- Worcestershire sauce

### Health Food

- Vanilla whey isolate protein powder\*

\*To purchase **BariSuccess Vanilla Whey Isolate Protein Powder**, visit Amazon:  
<https://amzn.to/3zrV9go>



# Baked Honey Ginger Salmon

4 servings

## INGREDIENTS

1 lb salmon fillets  
¼ cup low sodium soy sauce  
2 Tbsp honey  
2 Tbsp rice vinegar

1 tsp sesame oil  
1 tsp ginger paste  
½ tsp garlic paste  
¼ tsp black pepper

## DIRECTIONS

1. Place salmon in large Ziploc baggie.
2. Combine all remaining ingredients in mixing bowl and whisk well. Pour mixture over cod, Seal baggie and massage gently to coat. Refrigerate for a minimum of 30 minutes up to 4 hours.
3. Preheat oven to Preheat oven to 450°. Line a baking sheet with parchment paper. Remove salmon from marinade and bake on the center rack for 7-9 minutes, until salmon is cooked thoroughly.

# Blueberry Crumble

Noatmeal

4 servings

## INGREDIENTS

4 oz fresh blueberries

### Crumble Topping

2 Tbsp chopped pecans

2 Tbsp unsweetened coconut flakes

1 Tbsp chia seeds

1 Tbsp almond flour

2 tsp grass fed butter, melted

2 tsp sugar free maple syrup

1 tsp Swerve granular

Dash cinnamon

### Noatmeal

1 cup unsweetened almond milk

4 Tbsp hemp seeds

4 Tbsp almond flour

2 Tbsp chia seeds

2 Tbsp unsweetened coconut flakes

2 Tbsp ground flaxseed

2 Tbsp Swerve granular

½ tsp pink Himalayan sea salt

1 tsp vanilla extract

## DIRECTIONS

1. Place berries in microwave safe dish and cover. Cook on high heat for 1 ½ to 2 minutes, stirring every 30 seconds, until berries burst and form a sauce. Set aside to cool.
2. Preheat oven to 300°. Line small baking sheet with parchment paper.
3. Prepare Crumble Topping. Combine pecans, coconut, chia seeds and almond flour in small mixing bowl.
4. Add butter, syrup, Swerve, and cinnamon. Mix well to coat.
5. Spread in an even layer on baking sheet. Bake for 10-15 minutes or until just beginning to crisp and turn golden brown. Watch carefully in final minutes to avoid burning. Remove from oven and allow to cool completely, breaking up larger chunks. Store in Ziploc baggie until needed.
6. Combine all Noatmeal ingredients EXCEPT vanilla extract in medium saucepan.
7. Heat over medium heat, stirring constantly, until thickened and warmed, approximately 4-5 minutes.
8. Remove from heat and mix in vanilla extract.
9. Divide into 4 storage containers. Top evenly with blueberries. Cover and refrigerate.
10. To rewarm, add additional almond milk to thin a bit and heat in the microwave on 50% power for 1-2 minutes, stirring halfway through cooking time. Top each serving with 2 Tbsp crumble.

Recipe by Patricia Hill

Calories 252, Fat 18g, Carbs 16g, Fiber 8g, Protein 9g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Caprese Chicken Casserole

6 servings

## INGREDIENTS

3 cups frozen cauliflower rice	1 Tbsp basil paste
2 Tbsp olive oil	½ tsp salt
12 oz shredded rotisserie chicken*, no skin	¼ tsp black pepper
15 oz can crushed fire roasted tomatoes	2 Tbsp 5% plain Greek yogurt
1 Tbsp tomato paste	¼ cup grated parmesan cheese
2 tsp balsamic vinegar	1 cup shredded Italian blend cheese

\*substitute any cooked chicken

## DIRECTIONS

1. Preheat oven to 375°. Coat square baking dish with non-stick spray.
2. Heat olive oil in large non-stick skillet over medium-high. Add cauliflower rice and cook, stirring frequently, until just beginning to brown and is softened.
3. Meanwhile, combine tomatoes, tomato paste, and vinegar in saucepan. Bring to a simmer over medium heat. Add basil, salt, pepper, and Greek yogurt, mixing well. Continue cooking until reheated through.
4. In mixing bowl, combine chicken, cauliflower rice, parmesan, and ½ cup shredded cheese. Add sauce mixture and stir well.
5. Pour mixture into baking dish and top with remaining cheese.
6. Bake 15-20 minutes or until heated through.

Calories 245, Fat 14g, Carbs 10g, Fiber 3g, Protein 23g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Cheesy Enchilada Casserole

9 servings

## INGREDIENTS

1 ½ lbs 93% ground beef  
1 ½ Tbsp olive oil  
1 cup yellow onion, diced  
1 ½ Tbsp minced garlic  
1 tsp ground cumin  
2 tsp chili powder

2 medium zucchini  
1 tsp pink Himalayan sea salt  
1 tsp black pepper  
2 ¼ cups sharp cheddar cheese, shredded  
2 cups red enchilada sauce

## DIRECTIONS

1. Preheat oven to 350°. Spray 13x9" baking dish with non-stick cooking spray.
2. Heat olive oil in large skillet over medium-high heat. Cook ground beef and onion until meat is no longer pink.
3. Add garlic, cumin, and chili powder. Sauté for 2 minutes.
4. Add 1 cup enchilada sauce to mixture and remove from heat.
5. With a vegetable peeler or knife cut long strips of zucchini, approximately ¼" in thickness.
6. Place ground beef mixture in baking dish and spread out into an even layer. Top mixture with 1 cup cheese.
7. Lay the zucchini slices down over the meat, covering as much of the meat as possible. Season with salt and pepper.
8. Pour remaining enchilada sauce over the top of the zucchini.
9. Spread remaining cheese evenly over the zucchini layer.
10. Bake covered for 30 minutes. Uncover and continue baking 20-25 minutes or until zucchini is softened and cheese is golden.

Recipe by Patricia Hill

Calories 278, Fat 17g, Carbs 9g, Fiber 1g, Protein 23g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.

# Coconut Peanut Butter Chip

Protein Balls

10 servings

## INGREDIENTS

½ cup almond flour  
 3 Tbsp flaxseed meal  
 1 ½ scoops **BariSuccess** Vanilla Whey Isolate Protein Powder  
 ¼ cup unsweetened coconut flakes

¼ cup natural peanut butter  
 4 Tbsp unsweetened almond milk  
 2 Tbsp sugar-free chocolate chips

## DIRECTIONS

1. Combine almond flour, flaxseed, protein, and coconut flakes in bowl of food processor.
2. Melt peanut butter (if necessary) in small dish in microwave for 30-45 seconds on HIGH.
3. Add peanut butter and almond milk to oat mixture. Pulse until combined and beginning to clump slightly. *If too dry, add almond milk one teaspoon at a time.*
4. Add chocolate chips and pulse just until combined.
5. Form mixture into 10 balls.
6. Refrigerate.

Recipe by Patricia Hill

Calories 137, Fat 9g, Carbs 5g, Fiber 2g, Protein 8g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Feta Stuffed Chicken Breast

4 servings

## INGREDIENTS

1 lb boneless skinless chicken breast (4 breasts)  
2 Tbsp Ghee, melted  
½ tsp garlic powder  
¼ tsp salt

⅛ tsp black pepper  
½ cup plain crushed pork rinds  
1 tsp dried Italian herbs  
¼ cup Tomato & Basil Feta cheese crumbles\*

\*can substitute any feta or goat cheese crumbles

## DIRECTIONS

1. Preheat oven to 400°. Spray baking sheet with non-stick cooking spray.
2. Flatten chicken breasts to ½" thickness.
3. Add garlic powder, salt, and pepper to melted Ghee and brush one side of each chicken breast with the mixture.
4. Combine crushed pork rinds and Italian herbs in a shallow dish.
5. Coat buttered side of each breast in crumb mixture and place on baking sheet.
6. Place 1 Tbsp feta on top of each breast and fold in half to cover cheese.
7. Bake for 20 minutes or until chicken is cooked through.

Recipe by Patricia Hill

Calories 245, Fat 15g, Carbs 1g, Fiber 0g, Protein 28g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.





# Incredible Grilled Pork Chops

8 servings

## INGREDIENTS

¼ cup low sodium soy sauce	2 Tbsp olive oil
1 Tbsp Worcestershire sauce	4 cloves garlic, minced
1 Tbsp honey	2 Tbsp Dijon mustard
2 Tbsp fresh orange juice	2 lb boneless pork loin chops
1 Tbsp fresh rosemary, minced	
½ tsp black pepper	

*Note: Marinade makes 12 servings.*

## DIRECTIONS

1. Combine soy sauce through Dijon mustard in gallon size zip lock bag or container large enough to hold both tenderloins.
2. Place pork chops in bag and coat well. Place in refrigerator for 4 hours to overnight (we marinate overnight).
3. Preheat grill to medium high. Spray grill racks with non-stick cooking spray.
4. Remove chops from marinade and grill, 5-6 minutes per side or until cooked through.

Recipe by Patricia Hill

Calories 192, Fat 11g, Carbs 2g, Fiber 0g, Protein 23g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Lemon Pepper Tuna Salad

3 servings

## INGREDIENTS

12 oz can Albacore Tuna, drained  
3 Tbsp mayonnaise  
1 tsp lemon juice

1 stalk celery, finely diced  
¼ tsp lemon pepper (+/- to taste)  
1 Tbsp freeze dried chives

## DIRECTIONS

1. Combine all ingredients in medium sized mixing bowl.
2. Refrigerate 30 minutes or longer to allow flavors to blend.

# Meat n' Veggie

On-the-Go Omelet

1 serving

## INGREDIENTS

1 medium sized plastic Ziploc bag  
2 large eggs  
1 oz lean deli meat, chopped (approx. 2 Tbsp)  
2 Tbsp shredded 2% cheddar cheese

3 Tbsp diced vegetables (any combination,  
fresh or frozen/thawed))  
salt and pepper to taste

## DIRECTIONS

1. Bring a large saucepan of water to a full boil.
2. Meanwhile, combine eggs through salt and pepper and stir well to combine.
3. Pour mixture into the Ziploc bag and seal, pressing out excess air.
4. Carefully slide baggie into the water and boil for 13 minutes.
5. Remove bag from the water. Carefully open and slide omelet onto serving dish.

**Veggie Suggestions:** onions, bell peppers, zucchini, mushrooms, broccoli, asparagus, yellow squash, etc.

**Meat Suggestions:** chicken, ham, turkey – experiment with flavored varieties too!

# Sautéed Spinach

6 servings

## INGREDIENTS

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1 Tbsp olive oil        | ¼ tsp salt (to taste)             |
| ¼ cup minced onion      | ¼ tsp black pepper                |
| 2 tsp minced garlic     | 2 tsp lemon juice (more to taste) |
| 1 lb fresh baby spinach |                                   |

## DIRECTIONS

1. Heat olive oil in large non-stick skillet over medium-high heat.
2. Add onion and sauté 4-5 minutes or until translucent.
3. Add garlic and cook 1 minute.
4. Reduce heat to medium.
5. Add spinach, salt, pepper, and optional spice in Note below. Continue stirring occasionally until spinach is coated in oil mixture and has wilted. Remove from heat as soon as spinach has wilted.
6. Sprinkle with lemon juice and taste for additional salt if needed.

Note: To compliment flavors in your meal, add ¼ tsp dried basil (for Italian), ¼ tsp dried oregano (for Mediterranean) when you add salt and pepper.

Recipe by Patricia Hill

Calories 42, Fat 2g, Carbs 3g, Fiber 1g, Protein 2g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Turkey Club Roll-Up

with Garlic Parmesan Sauce

4 servings

## INGREDIENTS

8 leaves Romaine lettuce	¼ cup mayonnaise
16 slices smoked turkey breast*	2 Tbsp half & half
4 slices turkey bacon, each cut in half	1¼ tsp Ranch dressing mix
1 medium avocado, peeled, cut into 8 slices	½ tsp minced garlic
1 large Roma tomato, cut into 8 slices	Dash black pepper
	2 Tbsp grated parmesan cheese

\*I used Oscar Mayer Deli Select sliced Turkey

## DIRECTIONS

1. Lay 2 lettuce leaves flat, overlapping ½ of each lengthwise.
2. Top with 4 slices of turkey breast, 2 halves turkey bacon, 2 slices avocado, and 2 slices of tomato.
3. Roll along the long edge into a burrito like shape and secure with a toothpick or two. Wrap in plastic wrap and store in refrigerator.
4. Whisk together mayo, almond milk, dressing mix, garlic, pepper and parmesan in small dish.
5. Serve rolls with sauce for dipping or add sauce to wrap before rolling.

Note: To keep avocado from browning, brush slices with a small amount of lime juice before storing.



**Simply Balanced**  
**July 7, 2023**

**40% Protein, 35% Carbohydrate, 25% Fat**

**My Bariatric Kitchen and Living Healthy Nutrition**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Strawberry Cheesecake Overnight Oats*	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Strawberry Cheesecake Overnight Oats
SNACK 1	1 Coconut Peanut Butter Chip Protein Ball**	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball
LUNCH	1 serving Turkey Bacon Club Wrap*	1 serving Lemon Pepper Tuna Salad*, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap	1 serving Lemon Pepper Tuna Salad, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap	1 serving Lemon Pepper Tuna Salad, 1 WASA Multi-Grain Crispbread, 4 baby carrots	1 serving Turkey Bacon Club Wrap
SNACK 2	2 oz low sodium deli turkey or ham, ¼ cup blackberries, 1 Baby Bel light cheese round	1 cheddar cheese stick, ½ cup unsweetened applesauce	2 oz low sodium deli turkey or ham, ¼ cup blackberries, 1 Baby Bel light cheese round	1 cheddar cheese stick, ½ cup unsweetened applesauce	2 oz low sodium deli turkey or ham, ¼ cup blackberries, 1 Baby Bel light cheese round	1 cheddar cheese stick, ½ cup unsweetened applesauce	2 oz low sodium deli turkey or ham, ¼ cup blackberries, 1 Baby Bel light cheese round
DINNER	1 serving Baked Garlic Lemon Cod*, ¼ cup broccoli, ¼ cup quinoa	1 serving Caprese Chicken Casserole*	1 serving Baked Garlic Lemon Cod, ¼ cup broccoli, ¼ cup quinoa	1 serving Caprese Chicken Casserole	1 serving Baked Garlic Lemon Cod, ¼ cup broccoli, ¼ cup quinoa	1 serving Caprese Chicken Casserole	1 serving Baked Garlic Lemon Cod, ¼ cup broccoli, ¼ cup quinoa
SNACK 3	1 serving PB Fruit Dip*, 1 small Gala apple	1 Dannon Light & Fit Greek yogurt, any flavor, ½ cup All-Bran Buds	1 serving PB Fruit Dip, 1 small Gala apple	1 Dannon Light & Fit Greek yogurt, any flavor, ½ cup All-Bran Buds	1 serving PB Fruit Dip, 1 small Gala apple	1 Dannon Light & Fit Greek yogurt, any flavor, ½ cup All-Bran Buds	1 serving PB Fruit Dip, 1 small Gala apple
	997 Calories, 41g Protein 32% Carbohydrates, 27% Fat, 20g Fiber	973 Calories, 42% Protein 35% Carbohydrates, 23% Fat, 23g Fiber	997 Calories, 41g Protein 32% Carbohydrates, 27% Fat, 20g Fiber	973 Calories, 42% Protein 35% Carbohydrates, 23% Fat, 23g Fiber	997 Calories, 41g Protein 32% Carbohydrates, 27% Fat, 20g Fiber	973 Calories, 42% Protein 35% Carbohydrates, 23% Fat, 23g Fiber	997 Calories, 41g Protein 32% Carbohydrates, 27% Fat, 20g Fiber

\*Save remainder for later

\*\*Count what you need and freeze remainder  
July 7, 2023

DISCLAIMER: As with any recipe / meal plan, you must input your own ingredients and enter your own data into your tracker. This is merely a guide and data may not match exactly due to the specific brands you use.



## 7.7.2023 Simply Balanced Shopping List

### Produce

- Baby carrots
- Basil paste
- 1 cup blackberries
- ¾ cup blueberries
- Broccoli (or frozen)
- Celery
- 4 Gala apples
- Garlic
- Grape tomatoes (for ¼ cup halves)
- Lemons (for juice)
- 4 leaves Bibb (or other) lettuce
- Strawberries (for 1 cup diced)
- Roma tomato (for 8 slices)
- Vegetables, 9 Tbsp diced (any combo – see recipe)

### Dairy

- 9 large eggs
- 0% plain Greek yogurt
- 3 Dannon Light & Fit Greek yogurts, any flavor
- 1 Dannon Light & Fit Vanilla Greek yogurt
- Baby Bel Light Cheese rounds
- Cheddar cheese sticks
- 4 thin slices 2% cheddar cheese
- 2% shredded cheddar cheese
- Part-skim shredded mozzarella cheese
- Grated parmesan cheese
- Unsweetened almond milk
- Fat-free Half & Half

### Baking Goods/Spices

- Salt/pepper
- Dried dillweed
- Freeze dried chives
- Lemon pepper seasoning
- Paprika
- Smoked paprika
- Non-stick cooking spray
- Balsamic vinegar
- Olive oil
- Chia seeds (optional)
- Unsweetened coconut flakes
- Flaxseed meal/ground flaxseed
- Mini dark chocolate chips

### Meat/ Frozen Food

- Turkey bacon
- 11 oz low-sodium lean deli turkey or ham
- 8 oz low sodium deli turkey
- ½ lb boneless skinless chicken breast
- 1 lb cod fillets

### Grocery Items

- Ziploc bags, medium and gallon or large size
- All Bran Buds
- Applesauce, unsweetened
- ½ cup chicken stock
- FlatOut Light Original Flatbreads
- Mayonnaise, light
- PB2 (powdered peanut butter)
- Peanut butter, natural
- Quick oats
- Quinoa
- ½ cup canned tomato puree
- WASA Multi-Grain Crispbreads
- 12 oz can white albacore tuna

### Health Food

- Vanilla whey isolate protein powder\*

\*To purchase **BariSuccess Vanilla Whey Isolate Protein Powder**, visit Amazon:

<https://amzn.to/3zrV9go>



# Baked Garlic Lemon Cod

4 servings

## INGREDIENTS

1/3 cup lemon juice	1/2 tsp salt
1 Tbsp olive oil	1/4 tsp black pepper
1 Tbsp minced garlic	1/2 tsp dried dillweed
1/2 tsp paprika	
1/4 tsp smoked paprika	1 lb cod fillets*

\*can sub most any WHITE fish or even shrimp (adjust cooking time)

## DIRECTIONS

1. Preheat oven to 350°. Spray baking dish with non-stick cooking spray.
2. Combine lemon juice THROUGH dried dillweed in large Ziploc baggie.
3. Add fish and seal. Refrigerate for 30 minutes, carefully turning bag over after 15 minutes.
4. Place fish on baking sheet and pour marinade over all pieces.
5. Bake 20 minutes or until fish is cooked through and flakes easily with a fork.

Recipe by Patricia Hill

Calories 140, Fat 3g, Carbs 1g, Fiber 0g, Protein 25g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Caprese Chicken Casserole

3 servings

## INGREDIENTS

½ lb boneless skinless chicken breast, cooked and shredded*	¼ tsp salt
½ cup chicken stock	⅛ tsp black pepper
¼ cup quinoa, rinsed and drained	1 Tbsp fat-free half & half
½ tsp minced garlic	1 Tbsp grated parmesan cheese
1 tsp basil paste	¼ cup halved grape tomatoes
½ cup canned tomato puree	¼ tsp salt
1 ½ tsp balsamic vinegar	⅛ tsp black pepper
	¼ cup part skim shredded mozzarella cheese

\*Use Rotisserie Chicken for an elevated flavor

## DIRECTIONS

1. Preheat oven to 375°. Spray loaf pan or small baking dish with non-stick cooking spray.
2. Place chicken stock quinoa, garlic, and basil in medium sauce pan. Cook according to package directions or until liquid has absorbed and quinoa is cooked through. Fluff with fork.
3. In medium saucepan, combine tomatoes and balsamic vinegar. Bring to a simmer. Add half & half, salt, and pepper. Cook, stirring occasionally, for 5 minutes.
4. Mix together chicken, quinoa, parmesan cheese, and ¼ cup mozzarella cheese in large bowl.
5. Add sauce and stir well.
6. Pour mixture into baking dish. Top with remaining cheese and tomatoes.
7. Bake for 15 minutes or until heated through.

# Coconut Peanut Butter Chip

## Protein Balls

10 servings

### INGREDIENTS

1 cup quick oats	¼ cup natural peanut butter
3 Tbsp flaxseed meal	4 Tbsp unsweetened almond milk
1 ½ scoops <b>BariSuccess</b> Vanilla Whey Isolate Protein Powder	2 Tbsp mini dark chocolate chips
¼ cup unsweetened coconut flakes	

### DIRECTIONS

1. Combine oats through coconut flakes in bowl of food processor.
2. Melt peanut butter (if necessary) in small dish in microwave for 30-45 seconds on HIGH.
3. Add peanut butter and almond milk to oat mixture. Pulse until combined and beginning to clump slightly. *If too dry, add almond milk one teaspoon at a time.*
4. Add chocolate chips and pulse just until combined.
5. Form mixture into 10 balls.
6. Refrigerate.

Recipe by Patricia Hill

Calories 126, Fat 7g, Carbs 10g, Fiber 2g, Protein 8g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Lemon Pepper Tuna Salad

3 servings

## INGREDIENTS

12 oz can white albacore tuna, drained  
2 Tbsp 0% plain Greek yogurt  
1 Tbsp light mayonnaise  
1 tsp lemon juice

1 stalk celery, finely diced  
¼ tsp lemon pepper (+/- to taste)  
1 Tbsp freeze dried chives

## DIRECTIONS

1. Combine all ingredients in medium sized mixing bowl.
2. Refrigerate 30 minutes or longer to allow flavors to blend.

Recipe by Patricia Hill

Calories 127, Fat 2g, Carbs 1g, Fiber 1g, Protein 27g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.

# Meat n' Veggie

## On-the Go Omelet

1 serving

### INGREDIENTS

1 medium sized plastic Ziploc bag  
3 large egg whites  
1 oz lean deli meat, chopped (approx. 2 Tbsp)  
2 Tbsp shredded 2% cheddar cheese

3 Tbsp diced vegetables (any combination,  
fresh or frozen/thawed))  
salt and pepper to taste

### DIRECTIONS

1. Bring a large saucepan of water to a full boil.
2. Meanwhile, combine egg whites through salt and pepper and stir well to combine.
3. Pour mixture into the Ziploc bag and seal, pressing out excess air.
4. Carefully slide baggie into the water and boil for 13 minutes.
5. Remove bag from the water and serve egg omelet.

**Veggie Suggestions:** onions, bell peppers, zucchini, mushrooms, broccoli, asparagus, yellow squash, etc.

**Meat Suggestions:** chicken, ham, turkey – experiment with flavored varieties too!



---

# PB Fruit Dip

6 servings

---

## INGREDIENTS

1 Dannon Light & Fit Vanilla Greek yogurt  
2 Tbsp natural peanut butter

1 Tbsp PB2

## DIRECTIONS

1. Place all ingredients in mixing bowl.
2. Whisk well until smooth.
3. Refrigerate.

Recipe by Patricia Hill

Calories 50, Fat 3g, Carbs 3g, Fiber 1g, Protein 4g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Strawberry Cheesecake

## Overnight Oats

4 servings

### INGREDIENTS

1 cup quick oats  
2 scoops **BariSuccess** Vanilla Whey  
Isolate Protein Powder  
2 Tbsp chia seeds (optional)

$\frac{3}{8}$  cup unsweetened almond milk  
 $\frac{1}{2}$  cup plain 0% Greek yogurt  
1 cup diced strawberries

### DIRECTIONS

1. Combine oats, protein powder and chia seeds in mason jar.
2. Place almond milk, yogurt, and strawberries in blender and pulse until liquefied.
3. Pour over oat mixture. Seal jar and shake well until thoroughly blended.
4. Store in refrigerator overnight.
5. Serve cold or warmed in microwave. (May need to add an additional Tbsp of almond milk if too thick)

Recipe by Patricia Hill

Calories 209, Fat 4g, Carbs 21g, Fiber 5g, Protein 22g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.





# Turkey Bacon Club Wrap

4 servings

## INGREDIENTS

2 FlatOut Light Original Flatbread  
2 Tbsp light mayonnaise  
4 slices thin 2% cheddar  
8 oz low sodium deli turkey

4 leaves Bibb lettuce (or other lettuce)  
4 slices cooked turkey bacon  
8 slices Roma tomato

## DIRECTIONS

1. Spread 1 Tbsp mayonnaise on each flatbread.
2. Divide cheese, turkey, lettuce, bacon, and tomato evenly between each flatbread.
3. Roll each up lengthwise and cut in half, into two servings.
4. Wrap each half in plastic wrap and refrigerate.



**Simply Keto**  
**July 7, 2023**

**60% Fat, 25% Protein, 15% Carbohydrate**

**My Bariatric Kitchen and Living Healthy Nutrition**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Blueberry Crumble Noatmeal*	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Blueberry Crumble Noatmeal	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Blueberry Crumble Noatmeal	1 serving Meat n' Veggie On the Go Omelet, ¼ cup blueberries	1 serving Blueberry Crumble Noatmeal
SNACK 1	1 Coconut Peanut Butter Chip Protein Ball*✿	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball	1 Coconut Peanut Butter Chip Protein Ball
LUNCH	1 serving Turkey Club Roll-Up w/ Garlic Parmesan Sauce*	1 serving Lemon Pepper Tuna Salad*	1 serving Turkey Club Roll-Up w/ Garlic Parmesan Sauce	1 serving Lemon Pepper Tuna Salad	1 serving Turkey Club Roll-Up w/ Garlic Parmesan Sauce	1 serving Lemon Pepper Tuna Salad	1 serving Turkey Club Roll-Up w/ Garlic Parmesan Sauce
SNACK 2	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	1 small Gala apple, 1 Tbsp natural peanut butter	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	1 small Gala apple, 1 Tbsp natural peanut butter	1 Tbsp macadamia nuts, 1 serving turkey pepperoni	1 small Gala apple, 1 Tbsp natural peanut butter	1 Tbsp macadamia nuts, 1 serving turkey pepperoni
DINNER	1 serving Feta Stuffed Chicken Breast*, 1 serving Sautéed Spinach*	1 serving Incredible Grilled Pork Chops*, ½ cup green beans	1 serving Feta Stuffed Chicken Breast, 1 serving Sautéed Spinach	1 serving Incredible Grilled Pork Chops, ½ cup green beans	1 serving Feta Stuffed Chicken Breast, 1 serving Sautéed Spinach	1 serving Incredible Grilled Pork Chops, ½ cup green beans	1 serving Feta Stuffed Chicken Breast, 1 serving Sautéed Spinach
SNACK 3	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	¼ cup macadamia nuts	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	¼ cup macadamia nuts	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds	¼ cup macadamia nuts	1 Dannon Light & Fit Greek yogurt, any flavor, 2 Tbsp chopped almonds
	1206 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 17g Fiber	1211 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 10g Fiber	1206 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 17g Fiber	1211 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 10g Fiber	1206 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 17g Fiber	1211 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 10g Fiber	1206 Calories, 27% Protein, 14% Carbohydrates, 59% Fat, 17g Fiber

\*Save remainder for later

✿Count what you need and freeze remainder  
July 7, 2023

**DISCLAIMER:** As with any recipe / meal plan, you must input your own ingredients and enter your own data into your tracker. This is merely a guide and data may not match exactly due to the specific brands you use.

## 7.7.2023 Simply Keto Shopping List

### Produce

- Avocado, medium
- ¾ cup blueberries plus 4 oz blueberries
- Celery
- 3 Gala apples, small
- Garlic
- Green beans (or frozen)
- Lemons (for juice)
- Onion
- Orange (for 2 Tbsp juice)
- 8 Romaine lettuce leaves
- Rosemary (for 1 Tbsp minced)
- Roma tomato, large
- 1 lb baby spinach (fresh)
- 9 Tbsp diced vegetables (see recipe)

### Dairy

- Grass-fed butter
- 6 large eggs
- 4 Dannon Light & Fit Greek yogurts, any flavor
- Shredded 2% cheddar cheese
- Tomato & basil feta cheese crumbles
- Grated parmesan cheese
- Unsweetened almond milk
- Half & Half

### Baking Goods/Spices

- Almond flour
- Ghee
- Salt/pepper
- Cinnamon
- Dried Italian herbs
- Freeze dried chives
- Garlic powder
- Lemon pepper seasoning
- Pink Himalayan sea salt
- Chia seeds
- Unsweetened coconut flakes
- Flaxseed meal/ground flaxseed
- Hemp seeds
- Chopped almonds
- Macadamia nuts
- Chopped pecans
- Non-stick cooking spray
- Olive oil
- Swerve granular
- Sugar-free chocolate chips
- Vanilla extract

### Meat/Frozen Food

- 3 oz lean deli meat
- Turkey bacon
- 16 slices smoked turkey breast
- Turkey pepperoni
- 1 lb boneless skinless chicken breast (4 breasts)
- 1 lb boneless pork loin chops

### Grocery Items

- Parchment paper
- Ziploc baggies, medium and large/gallon size
- Dijon mustard
- Honey
- Maple syrup, sugar free
- Mayonnaise
- Peanut butter, natural
- Pork rinds
- Ranch dressing mix
- Soy sauce, low sodium
- 12 oz can Albacore tuna
- Worcestershire sauce

### Health Food

- Vanilla whey isolate protein powder\*

\*To purchase **BariSuccess Vanilla Whey Isolate Protein Powder**, visit Amazon:  
<https://amzn.to/3zrV9go>

# Blueberry Crumble

Noatmeal  
4 servings

## INGREDIENTS

4 oz fresh blueberries

### Crumble Topping

2 Tbsp chopped pecans  
2 Tbsp unsweetened coconut flakes  
1 Tbsp chia seeds  
1 Tbsp almond flour  
2 tsp grass fed butter, melted  
2 tsp sugar free maple syrup  
1 tsp Swerve granular  
Dash cinnamon

### Noatmeal

1 cup unsweetened almond milk  
4 Tbsp hemp seeds  
4 Tbsp almond flour  
2 Tbsp chia seeds  
2 Tbsp unsweetened coconut flakes  
2 Tbsp ground flaxseed  
2 Tbsp Swerve granular  
½ tsp pink Himalayan sea salt  
1 tsp vanilla extract

## DIRECTIONS

1. Place berries in microwave safe dish and cover. Cook on high heat for 1 ½ to 2 minutes, stirring every 30 seconds, until berries burst and form a sauce. Set aside to cool.
2. Preheat oven to 300°. Line small baking sheet with parchment paper.
3. Prepare Crumble Topping. Combine pecans, coconut, chia seeds and almond flour in small mixing bowl.
4. Add butter, syrup, Swerve, and cinnamon. Mix well to coat.
5. Spread in an even layer on baking sheet. Bake for 10-15 minutes or until just beginning to crisp and turn golden brown. Watch carefully in final minutes to avoid burning. Remove from oven and allow to cool completely, breaking up larger chunks. Store in Ziploc baggie until needed.
6. Combine all Noatmeal ingredients EXCEPT vanilla extract in medium saucepan.
7. Heat over medium heat, stirring constantly, until thickened and warmed, approximately 4-5 minutes.
8. Remove from heat and mix in vanilla extract.
9. Divide into 4 storage containers. Top evenly with blueberries. Cover and refrigerate.
10. To rewarm, add additional almond milk to thin a bit and heat in the microwave on 50% power for 1-2 minutes, stirring halfway through cooking time. Top each serving with 2 Tbsp crumble.



# Coconut Peanut Butter Chip

Protein Balls

10 servings

## INGREDIENTS

½ cup almond flour  
 3 Tbsp flaxseed meal  
 1 ½ scoops **BariSuccess** Vanilla Whey Isolate Protein Powder  
 ¼ cup unsweetened coconut flakes

¼ cup natural peanut butter  
 4 Tbsp unsweetened almond milk  
 2 Tbsp sugar-free chocolate chips

## DIRECTIONS

1. Combine almond flour, flaxseed, protein, and coconut flakes in bowl of food processor.
2. Melt peanut butter (if necessary) in small dish in microwave for 30-45 seconds on HIGH.
3. Add peanut butter and almond milk to oat mixture. Pulse until combined and beginning to clump slightly. *If too dry, add almond milk one teaspoon at a time.*
4. Add chocolate chips and pulse just until combined.
5. Form mixture into 10 balls.
6. Refrigerate.

Recipe by Patricia Hill

Calories 137, Fat 9g, Carbs 5g, Fiber 2g, Protein 8g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Feta Stuffed Chicken Breast

4 servings

## INGREDIENTS

1 lb boneless skinless chicken breast (4 breasts)  
2 Tbsp Ghee, melted  
⅓ tsp garlic powder  
¼ tsp salt

⅓ tsp black pepper  
½ cup plain crushed pork rinds  
1 tsp dried Italian herbs  
¼ cup Tomato & Basil Feta cheese crumbles\*

\*can substitute any feta or goat cheese crumbles

## DIRECTIONS

1. Preheat oven to 400°. Spray baking sheet with non-stick cooking spray.
2. Flatten chicken breasts to ½" thickness.
3. Add garlic powder, salt, and pepper to melted Ghee and brush one side of each chicken breast with the mixture.
4. Combine crushed pork rinds and Italian herbs in a shallow dish.
5. Coat buttered side of each breast in crumb mixture and place on baking sheet.
6. Place 1 Tbsp feta on top of each breast and fold in half to cover cheese.
7. Bake for 20 minutes or until chicken is cooked through.

Recipe by Patricia Hill

Calories 245, Fat 15g, Carbs 1g, Fiber 0g, Protein 28g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Incredible Grilled Pork Chops

4 servings

## INGREDIENTS

¼ cup low sodium soy sauce	2 Tbsp olive oil
1 Tbsp Worcestershire sauce	4 cloves garlic, minced
1 Tbsp honey	2 Tbsp Dijon mustard
2 Tbsp fresh orange juice	1 lb boneless pork loin chops
1 Tbsp fresh rosemary, minced	
½ tsp black pepper	

*Note: Marinade makes 12 servings.*

## DIRECTIONS

1. Combine soy sauce through Dijon mustard in gallon size zip lock bag or container large enough to hold both tenderloins.
2. Place pork chops in bag and coat well. Place in refrigerator for 4 hours to overnight (we marinate overnight).
3. Preheat grill to medium high. Spray grill racks with non-stick cooking spray.
4. Remove chops from marinade and grill, 5-6 minutes per side or until cooked through.





# Lemon Pepper Tuna Salad

3 servings

## INGREDIENTS

12 oz can Albacore Tuna, drained  
3 Tbsp mayonnaise  
1 tsp lemon juice

1 stalk celery, finely diced  
¼ tsp lemon pepper (+/- to taste)  
1 Tbsp freeze dried chives

## DIRECTIONS

1. Combine all ingredients in medium sized mixing bowl.
2. Refrigerate 30 minutes or longer to allow flavors to blend.

Recipe by Patricia Hill

Calories 203, Fat 12g, Carbs 1g, Fiber 0g, Protein 22g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.

# Meat n' Veggie

## On-the-Go Omelet

1 serving

### INGREDIENTS

1 medium sized plastic Ziploc bag  
2 large eggs  
1 oz lean deli meat, chopped (approx. 2 Tbsp)  
2 Tbsp shredded 2% cheddar cheese

3 Tbsp diced vegetables (any combination,  
fresh or frozen/thawed))  
salt and pepper to taste

### DIRECTIONS

1. Bring a large saucepan of water to a full boil.
2. Meanwhile, combine eggs through salt and pepper and stir well to combine.
3. Pour mixture into the Ziploc bag and seal, pressing out excess air.
4. Carefully slide baggie into the water and boil for 13 minutes.
5. Remove bag from the water. Carefully open and slide omelet onto serving dish.

**Veggie Suggestions:** onions, bell peppers, zucchini, mushrooms, broccoli, asparagus, yellow squash, etc.

**Meat Suggestions:** chicken, ham, turkey – experiment with flavored varieties too!



# Sautéed Spinach

6 servings

## INGREDIENTS

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1 Tbsp olive oil        | ¼ tsp salt (to taste)             |
| ¼ cup minced onion      | ¼ tsp black pepper                |
| 2 tsp minced garlic     | 2 tsp lemon juice (more to taste) |
| 1 lb fresh baby spinach |                                   |

## DIRECTIONS

1. Heat olive oil in large non-stick skillet over medium-high heat.
2. Add onion and sauté 4-5 minutes or until translucent.
3. Add garlic and cook 1 minute.
4. Reduce heat to medium.
5. Add spinach, salt, pepper, and optional spice in Note below. Continue stirring occasionally until spinach is coated in oil mixture and has wilted. Remove from heat as soon as spinach has wilted.
6. Sprinkle with lemon juice and taste for additional salt if needed.

Note: To compliment flavors in your meal, add ¼ tsp dried basil (for Italian), ¼ tsp dried oregano (for Mediterranean) when you add salt and pepper.

Recipe by Patricia Hill

Calories 42, Fat 2g, Carbs 3g, Fiber 1g, Protein 2g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Turkey Club Roll-Up

with Garlic Parmesan Sauce

4 servings

## INGREDIENTS

8 leaves Romaine lettuce	¼ cup mayonnaise
16 slices smoked turkey breast*	2 Tbsp half & half
4 slices turkey bacon, each cut in half	1¼ tsp Ranch dressing mix
1 medium avocado, peeled, cut into 8 slices	½ tsp minced garlic
1 large Roma tomato, cut into 8 slices	Dash black pepper
	2 Tbsp grated parmesan cheese

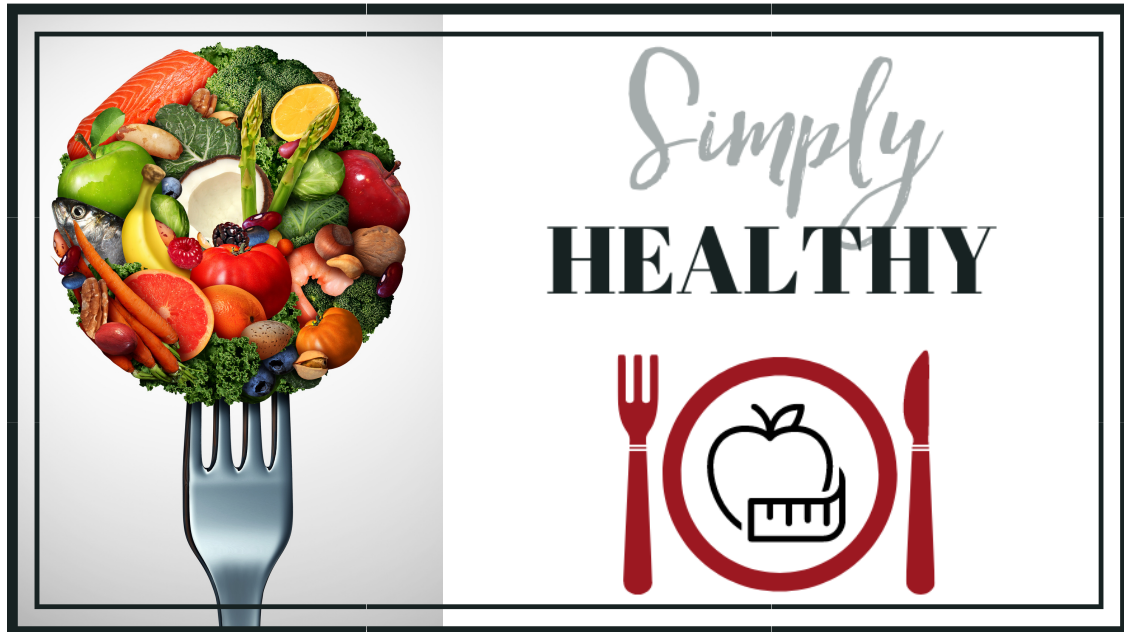
\*I used Oscar Mayer Deli Select sliced Turkey

## DIRECTIONS

1. Lay 2 lettuce leaves flat, overlapping ½ of each lengthwise.
2. Top with 4 slices of turkey breast, 2 halves turkey bacon, 2 slices avocado, and 2 slices of tomato.
3. Roll along the long edge into a burrito like shape and secure with a toothpick or two. Wrap in plastic wrap and store in refrigerator.
4. Whisk together mayo, almond milk, dressing mix, garlic, pepper and parmesan in small dish.
5. Serve rolls with sauce for dipping or add sauce to wrap before rolling.

Note: To keep avocado from browning, brush slices with a small amount of lime juice before storing.

*MBK Monthly*  
**CHOOSING SUCCESS**



**July 7, 2023**

**40% Protein, 30% Carbohydrates, 30% Fat**

**My Bariatric Kitchen and Living Healthy Nutrition**

## Simply Healthy Meal Plan Notes

This meal plan is designed to be as flexible as possible. In most situations, I will provide an alternative if a ready-to-cook grocery option is not available.

Please note, it is very important that you prepare foods in the order that they appear on the plans, as subsequent days may depend on the leftovers from Monday or Tuesday, etc.

This week:

1. Can't handle beef well after surgery? Feel free to substitute chicken thighs in the **Beef Souvlaki Skewers!** The stats will be slightly different, but the protein will be almost the same. Zest up the quinoa by cooking in chicken stock. Make it even better by sautéing about ¼ cup minced onion, 2 tsp minced garlic before cooking. Add ½ to 1 tsp dried oregano and a squeeze of lemon to make it even more Mediterranean! The macros of these changes are negligible in the quinoa.
2. If a snack isn't to your liking, simply change it out by substituting it with a snack you do like with similar stats in My Fitness Pal! Just be sure to rebalance your day in snack 2 & 3.
3. Nowadays there are SO MANY Greek yogurt choices, feel free to switch them out for ones that are to your liking. Just track the change in My Fitness Pal and rebalance your day in Snack #2.
4. Don't care for an option? Or maybe you don't care for one part of a recipe. Feel free to substitute it and just change it in My Fitness Pal.

Remember... this is not an exact science, but you do need to be close! Tracking is very important, especially if you make any changes. Tracking ahead of time allows you to adjust and rebalance days so that you remain within 2-3% of your target goals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Meat n' Veggie On-the-Go Omelet*, ¼ cup berries	1 Oikos Triple Zero Greek yogurt, any flavor, ½cup All-Bran Buds	1 serving Meat n' Veggie On-the-Go Omelet, ¼ cup berries	1 Oikos Triple Zero Greek yogurt, any flavor, ½ cup All-Bran Buds	1 serving Meat n' Veggie On-the-Go Omelet, ¼ cup berries	1 Oikos Triple Zero Greek yogurt, any flavor, ½cup All-Bran Buds	1 serving Meat n' Veggie On-the-Go Omelet, ¼ cup berries
SNACK 1	1 Coconut Almond Protein Ball*❄	1 Coconut Almond Protein Ball	1 Coconut Almond Protein Ball	1 Coconut Almond Protein Ball	1 Coconut Almond Protein Ball	1 Coconut Almond Protein Ball	1 Coconut Almond Protein Ball
LUNCH	1 serving SH Cheddar Apple Turkey Wraps*	1 serving Laughing Cow Chicken Salad*, 1 WASA Multi-Grain Crispbread, 5 baby carrots	1 serving SH Cheddar Apple Turkey Wraps	1 serving Laughing Cow Chicken Salad, 1 WASA Multi-Grain Crispbread, 5 baby carrots	1 serving SH Cheddar Apple Turkey Wraps	1 serving Laughing Cow Chicken Salad, 1 WASA Multi-Grain Crispbread, 5 baby carrots	1 serving SH Cheddar Apple Turkey Wraps
SNACK 2	1 Baby Bel light cheese, ½ cup unsweetened applesauce,	1 mozzarella stick, 2 Tbsp almonds, ¼ cup berries	1 Baby Bel light cheese, ½ cup unsweetened applesauce,	1 mozzarella stick, 2 Tbsp almonds, ¼ cup berries	1 Baby Bel light cheese, ½ cup unsweetened applesauce,	1 mozzarella stick, 2 Tbsp almonds, ¼ cup berries	1 Baby Bel light cheese, ½ cup unsweetened applesauce,
DINNER	1 serving Beef Souvlaki Skewers w/ Tzatziki Sauce*, ¼ cup quinoa cooked in chicken stock	1 Gorton's Simply Bake Roasted Garlic & Butter Salmon Fillet, ½ cup broccoli, 1 tsp grass-fed butter	1 serving Beef Souvlaki Skewers w/ Tzatziki Sauce, ¼ cup quinoa cooked in chicken stock	1 Gorton's Simply Bake Roasted Garlic & Butter Salmon Fillet, ½ cup broccoli, 1 tsp grass-fed butter	1 serving Beef Souvlaki Skewers w/ Tzatziki Sauce, ¼ cup quinoa cooked in chicken stock	1 Gorton's Simply Bake Roasted Garlic & Butter Salmon Fillet, ½ cup broccoli, 1 tsp grass-fed butter	1 serving Beef Souvlaki Skewers w/ Tzatziki Sauce, ¼ cup quinoa cooked in chicken stock
SNACK 3	1 serving Strawberry Cottage Cheese Fluff*	1 serving Strawberry Cottage Cheese Fluff	1 serving Strawberry Cottage Cheese Fluff	1 Dannon Light & Fit Greek yogurt, any flavor	1 serving Strawberry Cottage Cheese Fluff	1 serving Strawberry Cottage Cheese Fluff	1 serving Strawberry Cottage Cheese Fluff
	993 Calories, 42% Protein 30% Carbohydrates, 28% Fat, 15g Fiber	966 Calories, 39% Protein 29% Carbohydrates, 32% Fat, 25g Fiber	993 Calories, 42% Protein 30% Carbohydrates, 28% Fat, 15g Fiber	941 Calories, 39% Protein 30% Carbohydrates, 31% Fat, 25g Fiber	993 Calories, 42% Protein 30% Carbohydrates, 28% Fat, 15g Fiber	966 Calories, 39% Protein 29% Carbohydrates, 32% Fat, 25g Fiber	993 Calories, 42% Protein 30% Carbohydrates, 28% Fat, 15g Fiber

\*Save remainder for later

❄Count what you need and freeze remainder  
July 7, 2023

DISCLAIMER: As with any recipe / meal plan, you must input your own ingredients and enter your own data into your tracker. This is merely a guide and data may not match exactly due to the specific brands you use.

## 7.7.2023 Simply Healthy Shopping List

### Produce

- 1 English cucumber
- 1 small Granny Smith apple
- Baby carrots
- Berries (see meal plan)
- Broccoli (or frozen)
- Garlic
- Lemon (for juice)
- Small bag shredded cabbage & carrots
- Strawberries

### Dairy

- 0% plain Greek yogurt
- 1 Dannon Light & Fit Greek yogurt, any flavor
- 12 large eggs (or 1 carton egg whites)
- 16 oz fat-free cottage cheese
- 2% shredded sharp cheddar
- 3 Oikos Triple Zero Greek yogurt, any flavor
- Baby Bel light cheese
- Fat-Free shredded cheddar
- Grass fed butter
- Laughing Cow Light cheese, any flavor
- Light mozzarella sticks
- Unsweetened almond milk

### Baking Goods/ Spices

- Coconut extract
- Dried dill
- Dried oregano
- Flaxseed meal
- Paprika
- Salt/pepper
- Unsweetened coconut flakes

### Meat/ Frozen Food

- 1 lb round steak
- 2 Gorton's Simply Bake Garlic & Butter Salmon
- 4 oz lean deli turkey or ham
- 4oz frozen sugar-free whipped topping
- 8 oz lean deli turkey (see recipes)

### Grocery Items

- 3 - 5oz can chicken breast
- All-Bran Buds
- Almonds
- Chicken stock
- Cider vinegar
- Honey
- La Banderita Low Carb Soft Taco Tortillas
- Natural almond butter
- Olive oil
- Quart freezer baggies
- Quick oats
- Quinoa
- Red wine vinegar
- Small sugar-free strawberry gelatin mix
- Unsweetened applesauce
- WASA Multi-Grain Crispbread

### Health Food

- Vanilla whey isolate protein powder\*

\*To purchase *BariSuccess* Vanilla Whey Isolate Protein Powder, visit Amazon:

<https://amzn.to/3zrV9go>

### IMPORTANT

1. Diced veggies for Meat n' Veggie OTG Omelet are NOT included





# Coconut Almond

## Protein Balls

9 servings

### INGREDIENTS

1 cup quick oats  
3 Tbsp ground flaxseed  
1 ½ scoops BariSuccess Vanilla Whey Isolate Protein Powder  
2 Tbsp unsweetened coconut flakes

¼ cup almond butter  
1 ½ tsp coconut extract  
3 Tbsp unsweetened almond milk  
9 whole almonds

### DIRECTIONS

1. Combine oats, flaxseed, protein powder, and coconut flakes in food processor.
2. Soften almond butter (if necessary) in small dish in microwave for 10-15 seconds on HIGH.
3. Add almond butter, coconut extract, and almond milk. Pulse until combined and beginning to clump slightly. If too dry, add another tablespoon of almond milk, 1 tsp at a time.
4. Form mixture into 9 balls.
5. Press one almond into the top of each protein ball.
6. Refrigerate.

Calories 127, Fat 7g, Carbs 9g, Fiber 2g, Protein 8g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Meat n' Veggie

## On-the Go Omelet

1 serving

### INGREDIENTS

1 quart size freezer Ziploc bag  
3 large egg whites (or 6 Tbsp egg whites from a carton)\*, lightly beaten  
1 oz lean deli meat, chopped (approx. 2 Tbsp)

2 Tbsp shredded 2% cheddar cheese  
3 Tbsp diced vegetables (any combination, fresh or frozen/thawed))  
salt and pepper to taste

\*can also sub Egg Beaters

### DIRECTIONS

1. Bring a large saucepan of water to a full boil.
2. Meanwhile, combine all ingredients in a small mixing bowl and stir well to combine.
3. Pour mixture into the Ziploc bag and seal, pressing out excess air.
4. Carefully slide baggie into the water and boil for 13 minutes. Be sure to keep top of baggie inside the pan.
5. Remove bag from the water and carefully check for doneness. If needed, seal and place back in the water for a few additional minutes.

**Veggie Suggestions:** onions, bell peppers, zucchini, mushrooms, broccoli, asparagus, yellow squash, etc.

**Meat Suggestions:** chicken, ham, turkey – experiment with flavored varieties too!

Calories 143, Fat 4g, Carbs 7g, Fiber 1g, Protein 19g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# SH Cheddar Apple Turkey Wrap

2 servings

## INGREDIENTS

2 La Banderita Low Carb Soft Taco tortillas	2 Tbsp 0% plain Greek yogurt
4 oz low sodium deli turkey, divided	2 tsp apple cider vinegar
¼ cup fat-free shredded cheddar cheese	1 tsp Honey
½ small granny smith apple, in matchsticks	¼ tsp salt
½ cup shredded cabbage and carrots	¼ tsp black pepper

## DIRECTIONS

1. Lay tortillas on work surface.
2. Top with turkey.
3. In small bowl, combine cheese, apple and cabbage/carrot blend.
4. In a separate small bowl, whisk together yogurt, vinegar, honey, salt, and pepper.
5. Add dressing to cheese mixture and toss well to coat.
6. Place mixture down the center of each tortilla.
7. Roll and secure with toothpick if needed. Wrap in plastic wrap and refrigerate.

Calories 201, Fat 4g, Carbs 20g, Fiber 7g, Protein 23g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Laughing Cow Chicken Salad

1 serving

## INGREDIENTS

5oz can chicken breast, drained  
2 wedges Laughing Cow cheese, any flavor

1 Tbsp 0% plain Greek yogurt  
Salt & pepper to taste

## DIRECTIONS

1. Place all ingredients in mixing bowl.
2. Stir well to combine.
3. Refrigerate a minimum of 30 minutes to let flavors blend.

Calories 144, Fat 4g, Carbs 3g, Fiber 0g, Protein 24g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Beef Souvlaki Skewers

with Tzatziki Sauce

4 servings

## INGREDIENTS

1 Tbsp olive oil  
2 Tbsp red wine vinegar  
3 Tbsp fresh lemon juice  
2 cloves garlic, minced  
2 tsp dried oregano  
¾ tsp salt  
¾ tsp black pepper  
½ tsp paprika  
1 lb round steak, cut in bite size pieces

### Tzatziki

½ cup shredded English cucumber, squeezed dry  
½ cup 0% plain Greek yogurt  
1 tsp minced garlic  
1 tsp dried dill  
1 tsp lemon juice  
¼ tsp pink Himalayan Sea salt

## DIRECTIONS

1. Combine olive oil, vinegar, lemon juice, garlic, oregano, salt, pepper, and paprika in dish and whisk well.
2. Place steak in Ziploc baggie. Add marinade and massage to coat. Seal bag and refrigerate 4-6 hours.
3. Meanwhile, prepare Tzatziki by combining all ingredients in mixing bowl. Refrigerate until needed.
4. Preheat grill to medium-high and coat racks with non-stick cooking spray. If using wooden skewers, soak in water for 30 minutes.
5. Thread meat on skewers and discard marinade.
6. Grill skewers, 2-3 minutes per side, or until cooked through and meat reaches 135°.
7. Serve with Tzatziki.

Calories 235, Fat 11g, Carbs 6g, Fiber 1g, Protein 28g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.



# Strawberry Cottage Cheese

Fluff  
6 servings

## INGREDIENTS

1 16oz fat free cottage cheese  
1 cup sliced strawberries  
1 scoop BariSuccess Vanilla Whey Isolate Protein Powder

1 package sugar free strawberry jello mix  
4 oz frozen sugar free whipped topping, thawed

## DIRECTIONS

1. Combine cottage cheese and strawberries in food processor and pulse until smooth.
2. Add protein powder and jello mix and pulse until incorporated.
3. Transfer to large mixing bowl. Stir in whipped topping.
4. Separate into 6 serving containers and refrigerate until set.

Calories 105, Fat 1g, Carbs 7g, Fiber 0g, Protein 14g

DISCLAIMER: As with any recipe/meal plan, you must input this recipe into your food tracker using your actual brands and ingredients. This nutritional breakdown is merely a guide and data may not match exactly due to nutritional differences in products used.