

MACROS



Kick - Start

3 Day Sample Meal Plan and Recipes

40% Protein, 30% Carbohydrates, 30% Fats

My Bariatric Kitchen and Living Healthy Nutrition

My Bariatric Kitchen

3 Day Sample Kick Start Menu

Balanced Macros

This meal plan is based on healthy foods in the proper portion sizes, using balanced macros, and in a caloric range that should promote weight loss for most bariatric patients that are 1+ years post op. It is designed with slightly lower carbs and slightly higher fats than my traditional Balanced Macro plans to help to wean you into healthy balances for weight loss.

Should you not be able to eat all of the food on a particular day, celebrate! However, do be sure to eat every meal, regardless if you are hungry or not. This is especially important as we are boosting your metabolism to burn as "hot" as possible for as long as possible during the day.

To ensure that what you do eat (should you not be able to finish a meal) is in balance, please eat in the following pattern – 2 bites protein source, 1 bite carbohydrate source, then repeat. Don't save unfinished meals for later.

If you are not a breakfast eater, please start each day – within 30 minutes of waking – with the protein ball PRIOR to coffee or other liquids. This will serve to wake up your metabolism. Trust me on this... it gets easier after a few days!

I highly recommend continuing your weight loss success at the end of this Kick Start by following the appropriate plan for your body.

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. I lost 118 lbs in 13 months with no stalls and have been in maintenance for five+ years.

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, Hashimoto's, 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.

Or, simply create your own plans using 1000 calories, with 40% protein, 35% high fiber carbs (shoot for 20+g of fiber per day), and 25% fats.

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.

My Bariatric Kitchen

3 Day Sample Kick Start Menu Balanced Macros

	Day 1	Day 2	Day 3
Breakfast	1 serving Cheesy Veggie On-the-Go Omelet, ¼ cup raspberries	1 serving Strawberry Cheesecake Overnight Oats	1 serving Cheesy Veggie On-the-Go Omelet, ¼ cup raspberries
Snack 1	1 Nutty Peanut Butter Protein Ball	1 Nutty Peanut Butter Protein Ball	1 Nutty Peanut Butter Protein Ball
Lunch	1 serving Chicken Bacon Swiss Salad, 1 WASA Multigrain Crispbread	4 oz white albacore tuna, 1 Tbsp light mayonnaise, 1 WASA Multigrain Crispbread	1 serving Chicken Bacon Swiss Salad, 1 WASA Multigrain Crispbread
Snack 2	Shake made with 1 scoop Whey Isolate Protein powder, 1½ cups unsweetened almond milk, & ½ cup strawberries	1 serving (17 slices) turkey pepperoni*, 1 wedge Laughing Cow Light Garlic & Herb cheese	1 serving turkey jerky, ½ small gala apple, 1 Tbsp natural peanut butter
Dinner	1 serving Pork Chops with Creamy Dijon Sauce, ½ cup steamed broccoli, 1 tsp grass-fed butter	1 serving Mexican Turkey Burgers w/ Cilantro Lime Sauce, 2 oz baked sweet potato fries (I used Alexia brand)	1 serving Zesty "Fried" Chicken, 1 serving Savory Green Beans
Snack 3	1 Dannon Light & Fit Greek yogurt, any flavor, ⅓ cup All Bran Buds cereal	1 serving Key Lime "Pie" Desserts	1 Oikos Triple Zero Greek yogurt, any flavor, 1 Tbsp unsweetened coconut flakes, 2 tsp mini semi-sweet chocolate chips
	1066 Calories 41% Protein, 29% Carbohydrates 30% Fat, 25g Fiber	1063 Calories 41% Protein, 30% Carbohydrates 29% Fat, 18g Fiber	1055 Calories 39% Protein, 30% Carbohydrates 31% Fat, 22g Fiber

**Pepperoni Chips: Place pepperoni on microwave safe plate in single layer. Cook on HIGH for 1 minute. Allow to cool completely... then dip slices in cheese!*

INSTRUCTIONS:

- For optimum results, do not stray from the plan. You can do anything for three days! 😊
- Daily tracking is highly encouraged. All recipes are searchable in My Fitness Pal and can be easily added to your daily log. Search "My Bariatric Kitchen – name of recipe".
- Drink a minimum of 64 oz of WATER each day.
- Consume no more than 12 oz of coffee daily. If you enhance the coffee, please add the additional ingredients to your daily journal in My Fitness Pal.

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Cheesy Veggie On-the-Go Omelet

1 serving

INGREDIENTS

3 large egg whites
1 oz low sodium deli ham, chopped
2 Tbsp shredded 2% cheddar cheese
2 Tbsp diced red bell pepper

2 tbsp diced mushrooms
1 Tbsp diced onion
salt and pepper to taste
1 medium sized plastic Ziploc bag

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.

Recipe by Patricia Hill

Calories 157, Fat 4g, Carbs 8g, Fiber 2g, Protein 21g

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Chicken Bacon Swiss Salad

5 servings

INGREDIENTS

10 oz can chicken breast
½ cup shredded swiss cheese
¼ cup cooked turkey bacon bits
1 Tbsp shallot, minced

1 tsp Dijon mustard
2 Tbsp light mayonnaise
2 Tbsp 0% plain Greek yogurt

DIRECTIONS

1. Drain chicken.
2. Combine all ingredients in medium size bowl and stir well.

Key Lime “Pie”

Desserts

4 servings

INGREDIENTS

⅔ cup All Bran Buds cereal
2 tsp coconut oil
6 drops liquid stevia
1 ½ cups plain Greek yogurt
3 Tbsp key lime juice**

1 Tbsp almond milk
1 scoop vanilla protein powder*
2 Tbsp SF/FF Cheesecake pudding mix
6 drops liquid stevia

*I used MuscleTech™ Nitro-Tech Vanilla Whey Isolate

**If you like a tart key lime pie, increase to 4 Tbsp and omit almond milk

DIRECTIONS

1. Combine cereal, coconut oil and stevia in food processor. Pulse until finely crushed.
2. Divide mixture among 4 - 1 cup dishes. Pat down evenly.
3. Combine remaining ingredients, Greek yogurt through stevia, in a bowl and whisk well until combined.
4. Divide pie filling among dishes.
5. Cover and refrigerate until set.

Mexican Turkey Burgers

with Cilantro Lime Sauce

5 servings

INGREDIENTS

1 lb ground turkey breast
 2 tsp olive oil
 ¼ cup chopped red onion
 ¼ cup chopped bell pepper
 1 Tbsp minced fresh jalapeno, optional
 1 tsp minced garlic
 ½ cup quick oats
 1 large egg
 1 tsp chili powder
 ½ tsp ground cumin
 ½ tsp salt

½ tsp black pepper
 ½ cup 2% shredded Mexican cheese blend
 2 tsp olive oil

Cilantro Lime Sauce

½ cup plain 0% Greek yogurt
 ½ cup fresh cilantro leaves
 1 Tbsp lime juice
 ½ tsp garlic, minced
 ¼ tsp salt

DIRECTIONS

1. Preheat the oven to 375°. Line a baking sheet with aluminum foil.
2. In a medium skillet, heat the olive oil over medium-high heat. Add the onion, bell pepper, and jalapeno and cook, stirring constantly, until beginning to soften, about 5 minutes.
3. Add garlic and cook, stirring frequently, for 1 minute. Remove from heat and place in large bowl to cool slightly.
4. Add the ground turkey, oats, egg, seasonings, and cheese. Use your hands to mix until just incorporated. Form into 5 equal patties.
5. In the same skillet that you cooked the vegetables, heat the remaining olive oil over medium-high heat. Add the turkey patties and cook until just browned, 2-3 minutes per side. Transfer to baking sheet and bake until cooked through, about 8-10 minutes.
6. Meanwhile, place sauce ingredients in food processor and pulse until smooth.
7. Serve turkey burger with 2 Tbsp sauce.

Recipe by Patricia Hill

Calories 209, Fat 7g, Carbs 8g, Fiber 1g, Protein 27g

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Nutty Peanut Butter

Protein Ball

9 servings

INGREDIENTS

1 cup quick oats	¼ cup natural peanut butter
3 Tbsp flaxseed meal	3 Tbsp unsweetened almond milk
1 ½ scoops vanilla whey protein powder*	¼ tsp vanilla extract
1 Tbsp PB2 (Powdered Peanut Butter)	2 Tbsp chopped salted peanuts

*I used MuscleTech NitroTech Vanilla Whey Isolate

DIRECTIONS

1. Combine oats THROUGH PB2 powder 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 to the mixture.
4. Add 2 Tbsp almond milk and vanilla extract and pulse until mixture becomes clumpy and sticks together. **If too dry, add more almond milk, 1 Tbsp at a time.**
5. Add salted peanuts, pulsing enough to combine.
6. Form into 9 balls and refrigerate.

Recipe by Patricia Hill

Calories 119, Fat 7g, Carbs 9g, Fiber 1g, Protein 8g

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Pork Chops

with Creamy Dijon Sauce

4 servings

INGREDIENTS

4 boneless pork loin chops
½ tsp salt
¼ tsp black pepper
½ tsp poultry seasoning
2 tsp olive oil

1 tsp minced garlic
½ cup chicken stock
1½ tsp Dijon mustard
¼ cup fat free ½ & ½

DIRECTIONS

1. Season both sides of pork chops with salt, pepper, and poultry seasoning.
2. Add olive oil to skillet and preheat to medium-high.
3. Add chops and cook, turning once, until temperature reaches 145 degrees and juices run clear.
4. Remove chops from skillet and set aside.
5. Add garlic to skillet and cook 1 minute, stirring constantly.
6. Add broth and Dijon and whisk to combine.
7. Bring to a boil and let cook 3-4 minutes, stirring occasionally until beginning to thicken slightly.
8. Add ½ & ½ and stir to combine.
9. Heat just to a boil and add pork chops and any juices back to pan to reheat.
10. Turn chops several times to coat with sauce.
11. Serve immediately drizzled with pan sauce.

Recipe by Patricia Hill

Calories 164, Fat 11g, Carbs 4g, Fiber 0g, Protein 22g

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Savory Green Beans

Approximately 6 – ¼ c servings

INGREDIENTS

- | | |
|--|---------------------|
| 1 -28 oz cans cut Italian green beans* | ¼ tsp garlic powder |
| 1 strip thick hickory smoked bacon** | ⅛ tsp black pepper |
| 1 ½ tsp beef bouillon granules*** | |

*I use The Allens brand cut Italian green beans

**I purchase these slices from my grocery store meat counter!

***I use Superior Touch Better Than Bouillon Beef Base (use same amount)

DIRECTIONS

1. Cut bacon strip in half and place in the bottom of a large stock-pot.
2. Add remaining ingredients and stir gently to combine.
3. Bring to a boil over medium-high heat, stirring once to make sure bacon is submerged and bouillon is dispersed.
4. Reduce heat to low and simmer, covered, for 30 minutes.

Strawberry Cheesecake

Overnight Oats

2 servings

INGREDIENTS

½ cup quick oats
1 scoop vanilla protein powder*
1 Tbsp chia seeds (optional)

⅓ cup unsweetened almond milk
¼ cup plain 0% Greek yogurt
½ 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

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Zesty “Fried” Chicken

4 servings

INGREDIENTS

1 lb boneless skinless chicken breast
4 Tbsp cornmeal
2 tsp paprika
1 tsp salt

1 tsp black pepper
½ tsp ground cumin
1 tsp garlic powder

DIRECTIONS

1. Combine cornmeal THROUGH garlic powder in a shallow dish and stir to combine.
2. Pound chicken breasts to an even thickness.
3. Rinse chicken breast with water (do not pat dry) and coat both sides of chicken with a light coating of cornmeal mixture.
4. Spray large non-stick skillet with cooking spray and preheat to medium.
5. Cook chicken 8-10 minutes or until cooked through, turning occasionally to brown evenly on both sides.

Recipe by Patricia Hill

Calories 134, Fat 3g, Carbs 5g, Fiber 1g, Protein 23g

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