

BARIATRIC MEAL PLAN

WITH PRINTABLE

	MORNING	PROTEIN POWER UP	AFTERNOON	PROTEIN POWER UP	EVENING
DAY 1	One egg, Turkey bacon, two slices	Bariatric protein shake	Lettuce wrap	Cottage cheese	Pesto chicken with roasted carrots
DAY 2	Light Greek yogurt	Bariatric protein shake	Pesto chicken and carrots	Deli meat and cheese stick (low-fat)	Beef fajitas with onions and bell peppers
DAY 3	Protein bar	Bariatric protein shake	Beef fajitas with onions and bell peppers	One egg, hard-boiled	Turkey burgers and Mexican salad
DAY 4	Egg muffin	Bariatric protein shake	Turkey burgers and Mexican salad	Two cheese sticks, low-fat	Tilapia and cauliflower rice
DAY 5	One egg, Turkey bacon, two slices	Bariatric protein shake	Tilapia and cauliflower rice	Beef jerky, low-sodium	Pork tenderloin with green beans
DAY 6	Protein bar	Bariatric protein shake	Pork tenderloin with green beans	Edamame	Chicken and veggie mix
DAY 7		Bariatric protein shake	Lettuce wrap with deli turkey, vegetables, and cheese (low-fat)	One tuna packet	Chicken and veggie mix