

After Bariatric Surgery: Meal Plans

This handout gives examples of meal plans as you recover from your surgery. Use the recommendations provided by your dietitian.

Protein drinks: Choose ones with at least 20 g of protein per container.

Plant-based beverages (PBB): Choose ones with about 8 g of protein per 1 cup (250 mL).

Full Fluid Bariatric Diet sample meal plan: Start after surgery.

Time	Food or Fluid	Protein (g)	Vitamin and Mineral Supplements
7:00 a.m.	½ cup (125 mL) decaffeinated tea or coffee with 1 Tbsp (15 mL) protein drink	1	
8:00 a.m.	½ cup (125 mL) oatmeal made with milk or PBB 1 Tbsp (15 mL) protein powder	14	
9:00 a.m.	½ cup (125 mL) milk or PBB	4	
10:00 a.m.	½ cup (125 mL) protein drink	11	
11:00 a.m.	1 cup (250 mL) water	0	
12:00 p.m.	½ cup (125 mL) smooth/blended soup made with milk or PBB 1 Tbsp (15 mL) protein powder	9	
1:00 p.m.	½ cup (125 mL) applesauce	0	
2:00 p.m.	½ cup (125 mL) protein drink	11	
3:00 p.m.	½ cup (125 mL) Greek yogurt (no fruit pieces)	13	
4:00 p.m.	½ cup (125 mL) smooth/blended soup made with milk or PBB 1 Tbsp (15 mL) protein powder	9	
5:00 p.m.	½ cup (125 mL) milk or PBB	4	
6:00 p.m.	½ cup (125 mL) smoothie (soft tofu, milk, banana)	4	
7:00 p.m.	½ cup (125 mL) pudding, no added sugar	2	
8:00 p.m.	½ cup (125 mL) protein drink	11	
Totals: 93 g protein and 1890 mL fluid			

Soft Solids sample meal plan: Start 2 weeks after surgery.

	Time	Food or Drink	Protein (g)	Vitamin and Mineral Supplements
Fluids	7:00–7:30 a.m.	½ cup (125 mL) water or coffee or tea (as tolerated)	0	
Breakfast	7:30–8:00 a.m.	1 soft boiled egg ¼ cup (60 mL) cooked vegetables	8	
Fluids	8:30–10:00 a.m.	1 cup (250 mL) milk or PBB ½ cup (125 mL) water or calorie-free fluid	9	
Morning Snack	10:00–10:30 a.m.	¼ cup (60 mL) cottage cheese 1 Tbsp (15 mL) protein powder ¼ cup (60 mL) peaches, canned in juice	13	
Fluids	11:00–12:30 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Lunch	12:30–1:00 p.m.	¼ cup (60 mL) canned tuna ¼ cup (60 mL) ricotta cheese 2 Tbsp (30 mL) cooked carrots	17	
Fluids	1:30–3:00 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Afternoon Snack	3:00–3:30 p.m.	⅓ cup (75 mL) Greek yogurt 1 Tbsp (15 mL) protein powder	14	
Fluids	4:00–5:30 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Supper	5:30–6:00 p.m.	¼ cup (60 mL) cooked, ground turkey mixed with 4 Tbsp (60 mL) low fat gravy ¼ cup (60 mL) mashed sweet potato 2 Tbsp (30 mL) cooked, peeled zucchini	10	
Fluids	6:30–8:00 p.m.	1 cup (250 mL) water	0	
Evening Snack	8:00–8:30 p.m.	½ medium banana 2 Tbsp (30 mL) peanut butter	7	

Totals: 112 g protein and 1935 mL fluid

Solid Food sample meal plan: Start 3–4 weeks after surgery.

	Time	Food or Drink	Protein (g)	Vitamin and Mineral Supplements
Fluids	7:00–7:30 a.m.	½ cup (125 mL) water, tea, or coffee	0	
Breakfast	7:30–8:00 a.m.	Frittata: 1 egg 1 Tbsp (15 mL) chopped pepper 1 Tbsp (15 mL) milk 2 Tbsp (30 mL) ricotta cheese	10	
Fluids	8:30–10:00 a.m.	1 cup (250 mL) milk or PBB	8	
Morning Snack	10:00–10:30 a.m.	¼ cup (60 mL) Greek yogurt ¼ cup (60 mL) berries	6	
Fluids	11:00 a.m.–12:30 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Lunch	12:30–1:00 p.m.	Stir fry: 2 oz (60 g) tofu 2 Tbsp (30 mL) peas 2 Tbsp (30 mL) rice	10	
Fluids	1:30–3:00 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Afternoon Snack	3:00–3:30 p.m.	2 oz (60 g) baked salmon 1 baby potato ¼ cup (60 mL) iceberg lettuce and cucumber salad	17	
Fluids	4:00–5:30 p.m.	1 cup (250 mL) water ½ cup (125 mL) protein drink	11	
Supper	5:30–6:00 p.m.	½ cup (125 mL) chili ½ slice rye bread, toasted	9	
Fluids	6:30–8:00 p.m.	1 cup (250 mL) milk	9	
Evening Snack	8:00–8:30 p.m.	¼ cup (60 mL) mixed nuts ½ medium apple	8	

Totals: 109 g protein and 1765 mL fluid

Your meal plan

Time		Food or Drink	Protein (g)	Fluids (cups/mL)	Vitamin and Mineral Supplements
Fluids					
Breakfast					
Fluids					
Morning Snack					
Fluids					
Lunch					
Fluids					
Afternoon Snack					
Fluids					
Supper					
Fluids					
Evening Snack					
Totals					