

Bariatric Bootcamp 5-Day Menu

Thank you to the MUSC Bariatric Bootcamp class of 2016, who weighed, measured, prepared and tasted then put all they learned down on paper to share this creative and delicious menu with us all!

	Group 1	Group 2	Group 3	Group 4	Group 5
Breakfast	2 eggs ½ orange	1 piece of whole-wheat toast 1 scrambled/fried egg 1 low-fat string cheese	2 scrambled eggs 2 tbsp salsa 1/8 cup sautéed peppers and onions	½ banana 6 oz Fage 0% Greek yogurt 1 hardboiled egg	6 oz Dannon Light&Fit yogurt ¼ cup blueberries or strawberries ¼ cup Go Lean Kashi cereal
Snack	1 tbsp natural peanut butter 2 celery stalks	1 Wasa cracker 1 oz deli turkey 1 oz low-fat cheese	1 oz Cabot 75% reduced-fat cheese 1 small apple	1 Baby Bell cheese 1 nectarine	½ banana 14 almonds
Lunch	1 baked chicken leg (no skin) ½ cup mixed greens with 1 tbsp light vinaigrette ½ cup watermelon	½ cup pinto beans 2 tbsp low-fat shredded cheese 1 cup mixed salad	¼ cup shredded mozzarella cheese 1 oz ham 3 tbsp tomato sauce ½ cup bell peppers and mushrooms 5-in whole-wheat tortilla	2 oz grilled chicken 1 oz low-fat cheese 1 cup mixed greens 2 tbsp low-fat balsamic vinaigrette	½ apple 2-3 tbsp Greek Yogurt-Fruit Dip* 2 oz deli turkey rolled with 1 slice low-fat cheese and dill pickle
Snack	6 oz Oikos Triple Zero vanilla yogurt 1 apple	¼ cup Chocolate-Raspberry Mousse* ¼ cup berries	2-3 tbsp Greek Yogurt-Ranch Dip* ½ - 1 cup fresh veggies of choice	1 apple 1 tbsp natural peanut butter	½ orange 1 low-fat string cheese
Dinner	2 oz steak ½ baked potato 2-3 sprays of 'I Can't Believe It's Not Butter' spray 1 oz low-fat cheese ½ cup broccoli	2 oz ground turkey 5-in whole-wheat tortilla 1 oz low-fat cheese 1/8 cup shredded lettuce/cabbage ¼ cup sautéed onions and bell peppers	2 oz turkey burger ½ cup bed of lettuce 1 cup watermelon with feta cheese	1/3 cup Tuna Salad* 1 apple 5 whole wheat crackers	3 oz grilled salmon 1 cup grilled or roasted squash and zucchini

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Tuna Salad: Mix 2 cans tuna (canned in water and drained), 4 oz plain, non-fat Greek yogurt, 2 Tbsp pickle relish, 1 Tbsp Dijon Mustard, 2 stalks chopped celery in a mixing bowl. Mix thoroughly. Makes 6, 1/3 cup servings **1 serving = 80 calories, 16 g protein**

Yogurt-Ranch Dip: Mix together one 16 oz container of plain, non-fat Greek yogurt and 1 packet of *Hidden Valley* dry ranch seasoning in a bowl and whisk together. Makes 32 Tablespoons. **1 Tbsp = 10 calories, 1 g protein**

Yogurt-Fruit Dip: Mix 1 crystal light packet (we like the peach mango green tea flavor!) into 16 oz container of plain, non-fat Greek yogurt. Makes 32 Tablespoons. **1 Tbsp = 10 calories, 1 g protein**

Chocolate-Raspberry Mousse: Mix together one 16 oz container of plain, non-fat Greek yogurt with ¼ c of chocolate flavored *Jell-O sugar free pudding mix*, 2 Tbsp *Hershey's dark cocoa powder* and 2 Tbsp Raspberry flavored sugar free preserves. Stir together. Makes 8, ¼ cup servings. **1 serving = 45 calories, 6 g protein**