

# (S)meal Planning

## What’s the deal with smeals?

A “smeal” is a word we can use to identify a meal or a snack. After surgery, we want your eating occasions to be smaller than meals, but more nutritious and more substantial than the typical ‘snack’. Aim for 4-6 “smeals” each day, and time them so you’re eating one every 3-4 hours.

## Environmental Restructuring

While surgery changed your anatomy, you’re eating habits are still impacted by your environment! Many people still snack while watching TV in the evenings or just mindlessly grab for a snack as they walk by the fridge. It takes *environmental restructuring* to stop those behaviors! Make a ‘rule’ that you never eat any foods on the couch, in bed or standing up – only at the table. If you feel yourself grazing before it is time for the next “smeal”, take a 10 minute break to do something active, then re-assess the situation.

## Plan & Prep Ahead

Choose 1 day a week to plan out your “smeals”. Know yourself and identify busier days and days you have time to cook. Make the healthy choice the easy choice by thinking ahead! Having convenient “smeals” ensure smart choices when you’re busy. Make a breakfast quiche, portion it out, and store in the fridge or freezer. Chop veggies to use in salads. Cook your proteins. Buy a bulk amount of nuts, or a bunch of grapes, or package of cherries, and separate into snack-sized Ziploc bags.

## Watch Out!

Many people pick, pick, pick (even on healthy snacks) which equals GRAZING. Our goal after surgery is to eat a smeal in 10-15 minutes allowing the feeling of pressure/fullness to occur, then go a few hours without calories, sipping on calorie-free drinks!

## What’s in a SMEAL?

### Strategize

- Spend time planning recipes for the week
- Have a backup plan (plan B), like a frozen dinner (example: Lean Cuisine), or leftovers that can be quickly reheated
- Think about what times of the day to notice that you’re hungry and snacking/grazing– it may be time to eat again if it’s been 3-4 hours!

### Pair Protein & Produce

- Maximum Satiety (fullness) can be reached when you COMBINE food groups high in PROTEIN with PRODUCE high in fiber
- Eat breakfast within 2 hours of waking
  - Smeal every 3-4 hours

Protein	Produce
Egg quiche	Peppers & onions
Almonds	Cutie orange
Greek Yogurt	Berries
Hummus	Celery sticks
Greek Yogurt Ranch Dressing/Dip	Carrot chips, bell peppers, cucumbers
Lowfat string cheese	Cherries
Peanuts	Watermelon cubes
Lowfat mozzarella	Tomato slices
Peanut butter	Apple or banana slices
Black beans	Salsa, corn, onions
Deli turkey, lowfat cheese	Rolled up with bibb lettuce leaves
Edamamme beans	Blueberries
Tunafish	Cucumber ‘boats’
Cottage cheese	Peaches/pineapple
Hardboiled egg	Grapes
Sunflower seeds	Peach or plum
Shrimp Cocktail	Chunky salsa

### Sample Schedules

- Up 4a – eat: 6a, 10a, 2p, 6p, bed 8p
- Up 6a – eat: 8a, 12a, 3p, 7p, bed 10p
- Up 8a – eat: 10a, 1p, 5p, 9p, bed 12a
- Up 10a – eat: 12p, 4p, 8p, 11p, bed 2a