

HIGH-PROTEIN BREAKFAST FOODS

NO EGGS
NEEDED

Your 3-6 month post-op diet doesn't have to be boring!

Give eggs, yogurt, and protein smoothies a rest in the rotation.

Try out the combos below to refresh your morning meal.

SWEET POTATO HASH

3 OZ LEAN MEAT

1/2 CUP VEGETABLES

1/2 CUP SWEET POTATO

Chicken breakfast sausage, shallot, and brussel sprouts

Southwest ground turkey, green bell pepper, and onion

Greek chicken, red bell pepper, red onion, and kale

Miso tofu, broccoli, and red cabbage

OVERNIGHT OATS

PROTEIN POWDER

1/4 CUP OATS

1/2 CUP PLANT MILK

1/2 CUP FRUIT

1 TBSP NUTS

Blueberries, roasted almonds, and lemon

Apples, walnuts, and pie seasoning

Banana, mango, and coconut shavings

Cinnamon peaches, blackberries, and pecans

BRUNCH WRAPS

3 OZ LEAN MEAT

LETTUCE OF CHOICE

1/2 CUP TOPPINGS

Sauteed shrimp po' boy, tomato, and remoulade sauce

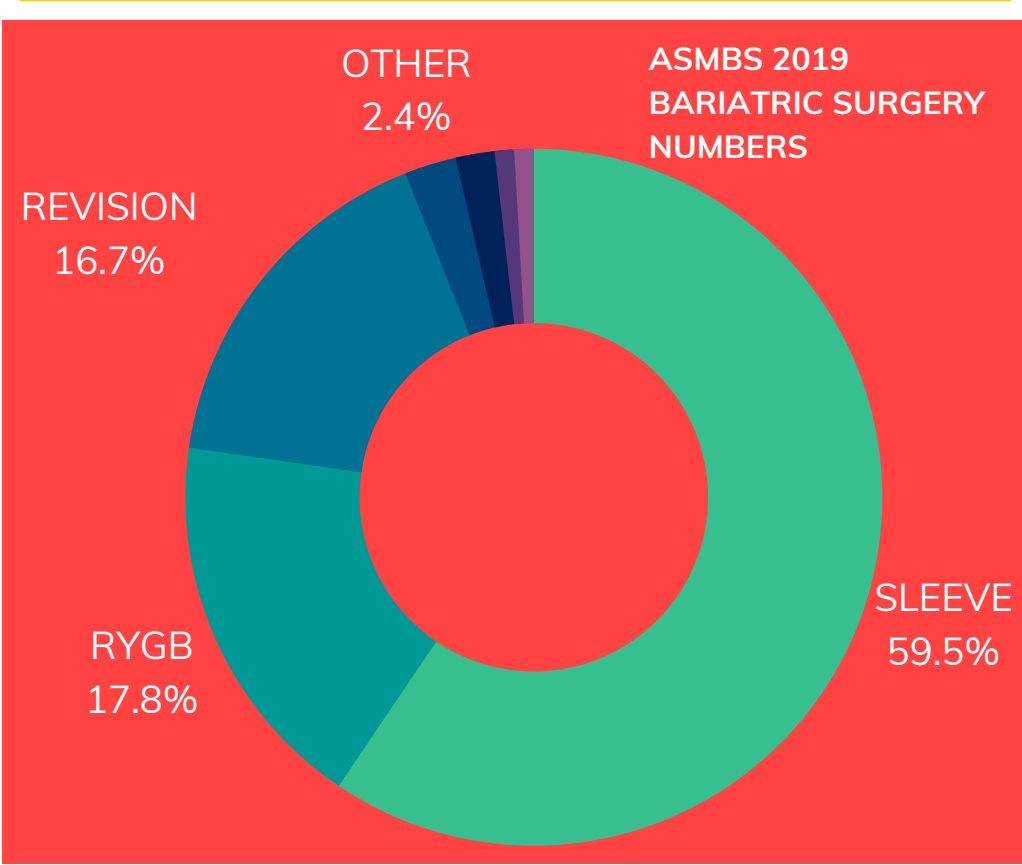
Sliced chicken, sun-dried tomato, roasted bell pepper, and pesto

Smoked salmon, red onion, and tomato

Marinated tempeh, mushrooms, and avocado

MEAL PREP FRIENDLY

All of these recipes can be made ahead, cutting down on time spent in the kitchen. Make a hash with your leftover roasted veggies and a different protein for a new take on last night's dinner. If Sunday meal prep is your jam, overnight oats will last in the fridge for up to a week and can be served either hot or cold. Brunch wraps work great as a meal on the go, but make sure to pack your sauce separately to reduce unwanted soggy lettuce.



PATIENT SUCCESS POST-BARIATRIC SURGERY: UTILIZING SUPPLEMENTAL NUTRITION HANDOUTS ●●●

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Introduction: Registered dietitians have become an integral part of the bariatric surgery care team as surgery prevalence and complexity have increased.

Needs Assessment: Estimates of bariatric surgery frequency demonstrate a 158% increase from 2011 to 2018, with sleeve gastrectomies becoming the surgery of choice. Research has shown nutrition counseling improves patient outcomes post-bariatric surgery, highlighting the need for effective nutrition education resources.

Project / Program: Two infographic handouts were assigned to be developed based upon repeated requests from post-bariatric group class attendees. The most requested topic was “high protein breakfast food ideas” that were egg-free, yogurt-free, and not a protein shake. For the high protein breakfast handout, three main recipes were included to not overwhelm patients with options but variations were provided for ideas. Meal-prep tips for each recipe were also listed at the bottom. The second most requested topic was “suggestions on how to modify a previous ‘favorite meal item’ into the post-op diet”. The second handout utilized America’s Test Kitchen’s Lightened Chicken Parmesan to demonstrate how to substitute specific food ingredients. Flesch Kincaid Grade Level readability, font size, font choice and handout color choice were considered in addition to recipe scalability and ease of preparation. Photographs of prepared food items were included to provide clients visual endpoints.

Discussion: Handouts were reviewed, edited and implemented by the Bariatric Registered Dietitian to ensure content met post-op diet requirements. Feedback to date has been positive.

Conclusions: Additional post-bariatric surgery handouts respond to client requests, support compliance and serve as a resource to clients struggling with post-op diet adherence.

3-6
MONTH
POST-OP
DIET

CHICKEN PARMESAN

for your "new" stomach

INGREDIENTS LIST

1 1/2 cups panko

1 tbsp olive oil

1 oz grated parmesan

1/2 cup all-purpose flour

1 1/2 tsp garlic powder

3 large egg whites

1tbsp water

vegetable oil spray

1 tbsp water

vegetable oil spray

1 1/2 lbs "thin-cut" chicken breast cutlets

1 tbsp chopped fresh basil

For the Tomato Sauce

1 (28-ounce) can diced tomatoes

3 medium cloves garlic, minced

1 tablespoon tomato paste

1 tsp olive oil

1 tbsp chopped fresh basil

DIRECTIONS- SERVES 6

For the Tomato Sauce: Pulse the tomatoes in a food processor until mostly smooth and set aside. Cook the garlic, tomato paste, oil, and pepper flakes in a medium saucepan over medium heat until the tomato paste begins to brown, about 2 minutes. Stir in the pureed tomatoes and cook until the sauce is thickened and measures 2 cups, about 20 minutes. Off the heat, stir in the basil, and season with salt and pepper to taste. Cover and set aside until needed.

1. Adjust oven rack to the middle position and preheat to 475°F. Combine the bread crumbs and oil in a pan and stir over medium heat until golden, about 10 minutes. Spread the bread crumbs in a shallow dish, let cool, and set aside. When cool, mix in parmesan cheese.
2. Combine flour, garlic powder, 1 tbsp salt, and 1/2 tsp pepper together in a dish. In another shallow dish, whisk the egg whites and water together.
3. Line a rimmed baking sheet with foil, place a wire rack on top and spray with vegetable oil spray. Pat the chicken dry with paper towels, then season with salt and pepper. Lightly dredge the cutlets in the flour, shaking off the excess, then dip into the egg whites, and finally coat with the bread crumbs. Press on the bread crumbs to make sure they adhere. Lay the chicken on the wire rack.
4. Spray the tops of the chicken with vegetable oil spray. Bake until the meat is no longer pink in the center and feels firm when pressed with a finger, about 15 minutes.
5. Remove the chicken from the oven. Spoon 2-4 tablespoons of the sauce onto the cooked cutlets. Top with the chopped basil and serve!

MEAL PLAN: 3OZ MEAT + 1/2 CUP VEGETABLES

RECIPE SOURCED AND ADAPTED FROM
AMERICATESTKITCHEN.COM