

Nutritional Guidelines Following the
ADJUSTABLE GASTRIC BANDING (AGB) Procedure
at the
JOHNS HOPKINS CENTER FOR BARIATRIC SURGERY

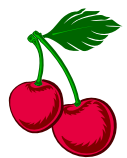


Johns Hopkins Bayview Medical Center

The adjustable gastric banding (AGB) surgery you have chosen was developed to induce weight loss while avoiding some of the medical complications associated with higher weight and/or obesity. This surgery is designed to limit the amount of food you are able to eat, particularly solid foods.

It is important to realize that certain items, such as liquid calories and snacks, may go through the band, and increase the risk for failed weight loss. Therefore, it is vital for you to make healthy food choices after your surgery to help you with weight loss, as well as to maintain your nutritional health. **A commitment to a healthy eating pattern and regular physical activity is essential to achieve substantial weight loss, avoid stomach discomfort, and to help prevent nutritional deficiencies.**

Although you're not malabsorbing food with the band, it's highly-recommended that you do not become pregnant for at least 18 months after your band is placed in order to best assure your weight loss is stable.



WHY SHOULD YOU FOLLOW THIS DIET?

1. To help you to achieve the maximal amount of weight loss.
2. To help prevent nutritional deficiencies and other complications.

For a Successful Weight Loss

It is important to note that lifestyle and behavioral changes are necessary to be successful with your weight loss journey.

1. Eat three meals a day and limit unnecessary snacking in between meals. This weight loss surgery is a restrictive procedure, which means that the success of weight loss depends on what you are eating. Snacking in between meals, especially on “empty” calories, such as processed foods (e.g. chips, crackers, cake) may prevent successful weight loss or cause weight gain due to excess calorie intake. However, true physical hunger (e.g. stomach growling, etc.) should NOT be ignored. You may want to have 5-6 “mini-meals” a day the first few months after your surgery to help meet with protein needs, as well as possible hunger. Examples of healthy mini-meals include low-fat yogurt (e.g. Greek yogurt that’s fat-free or low-fat and plain and/or low in sugars).
2. Eat slowly and chew your food. Failure to do so can cause pain, nausea, vomiting, and irritate your new pouch. It is very important to chew very thoroughly...**until it is liquid.** Cut your food into small pieces before eating it. Try waiting one minute in between bites. Allow at least 30 minutes for a meal.
3. Avoid concentrated sugar. Keep sugar out of the first 3 ingredients on the food label. The number of sugar grams on the label includes both added and natural sugars; therefore, it is important to read the ingredients to find out what type of sugar the food contains. **Avoid more than 15 grams of “sugars” per serving to help keep simple sugars down and help with weight loss.**

The following ingredients are also known as (a.k.a.) sugar and commonly found on food labels: dextrose, high fructose corn syrup, corn syrup, glucose, sucrose, molasses, and honey. Avoid these, especially if they’re within the first 3 ingredients.

Note: Artificial sweeteners such as nutrasweet/Equal®, saccharine/Sweet & Low®, and sucralose/Splenda® are acceptable to use.

Examples of high sugar foods to avoid: Regular soft drinks, sweetened iced tea, sweetened fruit drinks, sweetened flavored water, Gatorade®, Ensure®, Slim Fast®, Boost®, candy, cookies, ice cream, regular pudding, regular yogurt, regular jell-o, honey, marshmallows, and sugar coated cereals.

4. Limit high fat foods. Low fat means 3 grams or less per serving on a food label (e.g. for a mini-meal) or about 10-15 grams at meals..
Examples of high fat foods to avoid: potato chips, fried foods, fast food, bacon, sausage, hot dogs, bologna, pepperoni, cream soups, alfredo sauce, donuts, cakes, cookies, and pastries.
5. Stop eating when you feel comfortably satisfied. Overeating can cause nausea, vomiting, and may cause the lap band to slip.
6. ***Drink adequate fluids to prevent dehydration. Aim for 48-64 fl oz (6-8 cups) of fluid per day.
Sip on your beverages, rather than gulping, which can cause pain, gas and possibly increase the risk of complications. Avoid carbonated beverages, beverages containing sugar and alcoholic beverages.

Choose sugar-free, non-carbonated drinks such as: Crystal light[®], Fruit 2O[®], Diet Snapple[®], Propel Fitness Water, Light Minute Maid[®] drinks, Diet Ice Tea (caffeine-free), Just-Lemon, Just-Lime, etc. Limit all juices to less than 4 ounces per day (diluted with water to at least 50% water to juice, if you must drink juice).

Tips:

- Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.
- Choose beverages with **10 calories** or less per serving.
- If plain water sits heavy and you are having problems tolerating it add a sugar-free flavoring (e.g. True Lemon[®], lemon or orange slice, etc.)

*****Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, lethargy, a white coating on the tongue.**

7. Absolutely no eating and drinking at the same time. Avoid drinking liquids with your meal, then wait at least 30 minutes after a meal to resume drinking.
8. Choose your food choices wisely. Protein should be consumed first at each meal, then vegetables and fruits, then “whole” grains.
9. Exercise! Aim for at least 30 minutes every day, even if it’s split into 5 minutes, as many times a day as you can until you reach 30 total minutes for the day. Stop if you feel short-of-breath or dizzy, and check in with your doctor if you don’t feel well. Exercise helps maintain long term weight loss. The first four weeks, walking should be used as the primary exercise. After eight weeks, try introducing strength exercises. Always speak with your doctor if you have never exercised.

10. Protein. You need to consume at least **60-80 grams** of protein per day in the form of food and/or supplements.

Protein Content of Common Foods

| Meats, Poultry, and Fish | Portion Size | Grams of Protein |
|---|---------------------|-------------------------|
| Beef/Turkey Jerky | 1 oz dried | 10-15 |
| Beef, Pork, Poultry, Fish | 1 oz (2 Tbsp) | 7 |
| Cheese, hard (low-fat) | 1 oz | 7 |
| Kraft free/Healthy Choice/Bordon fat free singles | 1 oz or 1 slice | 5 |
| Cottage cheese, Ricotta (part skim) | 2 Tbsp | 3.5 |
| Imitation Crab Meat | 1 oz | 3 |
| Crabmeat | 1 oz (2 Tbsp) | 6 |
| Shrimp, Lobster | 1 oz | 6 |
| Egg | 1 | 6 |
| Baby Food Meat | 1 oz (2 Tbsp) | 4 |
| Potted Meats/Spam Lite | 2 oz | 8.5 |
| Hot Dog, Low-fat (average) | 1 oz | 3.5 |
| Tuna Fish | 1 oz | 7 |
| Legumes and Nuts | | |
| Almonds | 1 oz | 6 |
| Cashews | 1 oz | 4 |
| Lentils | ½ cup cooked | 9 |
| Lima Beans | ½ cup cooked | 7 |
| Peanut butter | 2 Tbsp | 7 |
| Red kidney beans | ½ cup cooked | 8 |
| Soy beans | ½ cup cooked | 14 |
| Tofu | 1 slice | 5 |
| Refried beans | ½ cup | 6 |
| Sunflower seeds | 1 oz | 5 |
| Chili with beans, drained | ½ cup | 10 |
| Milk and Dairy | | |
| Milk, skim, 1%, or lactaid | 8 oz | 8 |
| Soy milk | 8 oz | 7 |
| Yogurt, fat free, no sugar added | 6 oz | 8 |
| Greek Style Yogurt, plain, nonfat | 5 oz | 13 |
| Sugar free pudding, made with milk | ½ cup | 4 |

Protein Supplements

There are many brands of supplements available (ready-to-drink or powders). For some examples, check out:

- Look for drinks made with **whey protein isolate** (this is absorbed well). Whey protein concentrate is also generally high-quality, but has lactose (milk sugar).
- Strive for a protein with at least 20 grams of protein per serving
- Mix with skim or 1% milk for an additional 8 grams of protein per serving
- Aim for a product with less than 3 grams of sugar per serving.
- Avoid and/or limit protein collagen-based products (incomplete form of protein that is missing tryptophan, an important building block of protein)

Examples:

Ready to drink – Atkins®, E.A.S. Myoplex Carb Sense®, Zero Carb Isopure®

Powders – Designer®, Unjury®, Nectar®

11. Vitamin and mineral supplements. You are required to take supplement for the rest of your life to prevent deficiencies.



Multivitamin

- One chewable or liquid multivitamin with minerals per day.
- Take with food.
- Examples: Centrum Chewables®, Flintstone Complete®

Calcium

- 1500 mg of calcium citrate per day (500-600 mgs, 3 times daily)
- Maximum of 600 mg at one time for absorption
- AVOID calcium carbonate (e.g. Tums, Viactiv, Caltrate), since this type of calcium is not as well absorbed as calcium citrate
- Must contain vitamin D (at least 200 IU)
- Examples: Twinlab® chewable calcium wafers (2 tab, 3x a day), Citracal® plus D (2 tabs, 3x a day), Solaray Calcium plus D and Mag (2 wafers, 3 times a day)

SAMPLE Table for Taking Your Supplements

| Breakfast | Multivitamin (NOT with dairy) |
|-----------|----------------------------------|
| Snack | |
| Lunch | 500-600 mgs calcium |
| Snack | 500-600 mgs calcium |
| Dinner | 500-600 mgs calcium |
| Snack | |

Diet Progression

In the Hospital

A diet will be prescribed for you while in the hospital.

Bariatric Surgery Diet – Clear Liquids

- 2 ounces (oz) per hour
- Food tray will contain: sugar free gelatin, low sodium broth, crystal light®, Prosource® (protein supplement)
- Mix the Prosource® with the crystal light in the 1 oz medication cup the nurses will provide

*At discharge from the hospital you will go home on a full liquid diet for one week.

Liquid Diet: Week 1: Daily Fluid Goal: 48-64 ounces per day

You will be on a liquid diet for the first week after surgery. This diet includes all foods that are liquid at room temperature. Foods allowed during this diet include:

- Broth
- Low-fat/light yogurt (try plain Greek yogurt for more protein)
- Low fat ricotta cheese
- Low fat cottage cheese
- Sugar-free gelatin (e.g. Jell-o)
- Sugar-free Popsicles
- Sugar-free Fruit drinks
- Sugar-free Pudding
- Sugar-free Sherbet
- Water
- Decaffeinated coffee
- Decaffeinated tea
- 1% or skim milk
- Protein supplements (three times a day, in-between meals)

Sample Full Liquid Meal Plan (1st week post-op)

| | |
|----------|---|
| 8:00 am | 2 Tablespoons fat-free plain Greek-style yogurt (high in protein) |
| 10:00 am | 8 ounces of skim milk |
| 11:00 am | 8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink) |
| 1:00 pm | 2 Tablespoons low fat cottage cheese (plain) |
| 3:00 pm | 8 ounces whey protein isolate drink (e.g. Unjury) |
| 6:00 pm | 8 ounces Crystal Light; 3 ounces sugar-free pudding |
| 8:00 pm | 8 ounces whey protein isolate drink made with skim or 1% milk |
| 9:00 pm | 8 ounces of decaffeinated tea |

Pureed Diet (Typically 2-4 Weeks post-op, if did well with fluid and protein on full liquid diet).

For safe weight loss you need to eat a healthy, well-balanced diet. Everything needs to be blended to the consistency of applesauce for three weeks. This will be a challenge for you. Stick to it and be creative! Buy or borrow a blender or food processor if you do not own one.

Instructions for pureeing foods:

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth or fat free gravy) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!



Keep food records. This will help you to monitor your intake and tolerance to foods. Look for patterns of foods tolerated well and food that are not tolerated well. The records will also be helpful for your dietitian to provide suggestions for better tolerance or nutrient balance.

Record the: Time

Type of food (ex: baked chicken without skin)

Amount eaten (ex: 2 ounces chicken breast)

How your food was prepared (ex: baked with broth). Be sure to include any butter, oil, grease or margarine that was added to the food.

Please remember to bring these records with you for the dietitian to review.

Use ice cube trays. Each cube holds about 1 ounce. This will help you to control portion sizes. Try preparing reduced fat cream soups or pureed meats and vegetables and store them in the trays.

Pureed Diet Instructions:

1. **Limit food to 2 to 4 ounces per meal (approximately 4 to 8 tablespoons).** Do not forget to consume protein first at each meal, then vegetable and fruits, then “whole” grains.
2. **Aim for 6 small (high-protein) meals per day.**
3. **Drink at least 6-8 cups (48-64 ounces) of fluid per day.** Liquids should be sipped in between meals, starting 30 minutes after a meal. It’s okay to drink fluids right up until the meal, but not with the meal.
4. **Try only one new food at a time, and avoid overly-spiced foods.**

Pureed Food Diet: Weeks 2 to 4

| FOOD | CHOOSE | AVOID |
|--|---|--|
| Beverages | Water, Crystal Light [®] , decaffeinated coffee, decaffeinated tea, non-carbonated beverages, and nutritional drinks | Fruit drinks, iced tea with sugar, soda, alcohol, and all carbonated beverages |
| Soups | Egg drop soup, reduced fat cream soups, broth, and bouillon | All others |
| Bread, Cereal, Pasta and Rice | Hot cereal (oatmeal, grits, cream of wheat), mashed potatoes | Pasta, bread, rice, and all other starches |
| Vegetables | Any cooked soft and blended or mashed with a fork | All others |
| Fruits | Unsweetened applesauce, mashed bananas, any fruit pureed without the seeds, skin or hulls | All others |
| Meats, Poultry, Fish, Nuts, Beans and Eggs | Pureed fish, tuna, poultry, veal, pork, or beef; baby food meats; mashed tofu, scrambled egg or egg substitutes | Peanut butter; all others |
| Milk, Cheese, and Yogurt | Fat free or 1% milk, low-fat cottage cheese, low-fat or non fat cheese (Alpine Lace [®]), low fat/unsweetened/low sugar yogurt (Dannon Light and Fit [®]) | Chocolate milk, sweetened condensed milk, 2% or whole milk |
| Miscellaneous (all should be sugar-free) | Gelatin, popsicles (Dole [®]), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream | All others |

After four weeks of following the liquid and pureed diet, you may begin to add food gradually to your diet. You may proceed to a soft foods diet.

Sample Pureed Menu

| | |
|------------|---|
| 8:00 a.m. | ¼ of a banana Dip: Mix 2 tablespoons of fat free yogurt and 2 tablespoons of low fat cottage cheese |
| 9:30 a.m. | 4-6 tablespoons fat free yogurt |
| 11:00 a.m. | 8 oz fat free milk with 4 ounces of fat-free, plain Greek yogurt added (as a shake) |
| 12:00 p.m. | 8 oz sugar free decaffeinated tea |
| 1:00 p.m. | 2-3 tablespoons pureed pork 2 tablespoons pureed green beans 1-2 tablespoons mashed potatoes 1 tablespoon fat free gravy |
| 2:30 p.m. | 8 oz Crystal Light® |
| 3:00 p.m. | 2 oz low fat ricotta cheese, 2-3 tablespoons applesauce |
| 4:00 p.m. | 8 oz water with lemon |
| 4:30 p.m. | 8 oz fat free milk |
| 6:00 p.m. | 2-3 tablespoons pureed fish 2 tablespoons pureed broccoli 2 tablespoons mashed sweet potato |
| 7:30 p.m. | 6 oz broth |
| 8:45 p.m. | 4-6 tablespoons sugar free pudding |

Soft Foods Diet: Weeks 4 to 6 (as tolerated)

| FOOD | CHOOSE | AVOID |
|--|---|---|
| Beverages | Same as “Liquid and Pureed Diet” | All others. Carbonated beverages |
| Soups | Same as “Liquid and Pureed Diet” | All Others |
| Bread, Cereal, Pasta, and Rice | Hot or refined cereal, mashed potatoes without the skin, rice, pasta, toast, or crackers | All Others |
| Vegetables | Soft cooked vegetables | Vegetables with tough hulls or skins like peas and corn |
| Fruits | Unsweetened cooked or canned fruit in their own juice (no syrup), fruits without seeds or skin, banana and citrus fruits without the membranes, unsweetened fruit juice | All others |
| Meat, Poultry, Fish, Nuts, Beans and Eggs | Ground lean (93% fat-free or leaner) meat (meatloaf, meatballs, hamburgers), poultry or fish (cooked soft and moist); casseroles made with ground meat, kidney beans, lentils, creamy peanut butter, eggs | Avoid nuts. AVOID tough/dry/grilled steak or chicken. Add low-fat gravy to moisten meat, chicken and turkey. |
| Milk, Cheese, and Yogurt | Fat free or 1% milk, low-fat cottage cheese, low-fat or non fat cheese (Alpine Lace [®]), soy cheese, low fat/unsweetened/low sugar yogurt (Dannon Light and Fit [®]) | Chocolate milk, or sweetened condensed milk, 2% or whole milk |
| Miscellaneous (sugar free) | Gelatin, popsicles (Dole [®]), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream | All others |

Instructions:

1. Limit food to 4 to 6 ounces per meal (approximately 8 to 12 tablespoons). Do not forget to consume protein first at each meal, then vegetable and fruits, then “whole” grains.
2. Aim for three meals per day with one high protein snack.
3. Chew your food, and remember to chew until your food is totally liquid.
4. Use any of the foods recommended on the pureed diet, if you like.
5. AVOID picking or snacking all day on things like crackers or pretzels or liquid calories, since research shows this may decrease your weight loss success overall.

Sample Soft Menu (about 4 weeks after your banding surgery)

| | |
|-----------|---|
| 7 am | 8 ounces water with lemon or lime |
| 8 a.m. | 1 scrambled egg with 1 oz of low-fat cheese 1 soy sausage link |
| 9 am | 8 ounces Crystal Light or other beverage without caffeine, carbonation or sugar |
| 10 a.m. | 8 oz skim milk with one serving of a protein powder or 6 oz low-fat Greek yogurt |
| 12 p.m. | 2-3 tablespoons tuna fish (made with low fat mayonnaise) 2 tablespoons unsweetened apple sauce 2 tablespoons cooked green beans |
| 2 p.m. | 2-4 oz sugar free yogurt or low fat cottage cheese with 2 oz pureed fruit or 2-4 oz low fat ricotta cheese with cinnamon |
| 3 pm | 8 oz skim or 1% milk |
| 6:00 p.m. | 4 tablespoons chicken (very tender and moist; try crock pot) 2 tablespoons soft cooked broccoli 1 peach half (canned in natural juices) |
| 7-9 pm | 8 ounces decaffeinated coffee or decaffeinated tea (artificial sweetener okay) |

After 2-4 weeks of the soft food diet you should gradually introduce more food choices. Keep food records of your tolerance and intake. Remember that food intolerance is highly individualized. Take your time at meals and chew very well to help increase your tolerance to these foods. Eventually you should be able to tolerate diced meats and a wider variety of breads, cereals, fresh fruits, and fresh vegetables.

Keep in mind that your diet needs to be *low-fat, low calorie, sugar-free, and portion controlled* for the rest of your life. This is the commitment you must make to achieve maximal weight loss.

Some possible problems that may occur as a result of poor eating habits:

- **Nausea and vomiting.** This is usually a result of not chewing your food thoroughly. This often occurs after eating too quickly. Increased vomiting can cause the pouch to stretch over time. It may also cause the band to slip.
- **Blockages.** These usually occur from not chewing your food thoroughly. The food can get stuck in the stoma and not allow the food to flow through it properly.
- **Band slippage.** This may occur as a result of binge eating and/or excessive vomiting. This is usually followed by abdominal (“stomach”) pain and vomiting with every meal. You need to get to the emergency room or call us if you develop any of these symptoms!
- **Constipation.** A diet low in fiber, including whole grains, fruits, and vegetables as well as insufficient fluid intake can lead to constipation.
- **Weight regain.** This is a restrictive procedure which requires proper nutritional changes to achieve weight loss and weight maintenance.
- **Hair Loss.** Many times hair loss is related to rapid weight loss, so it is less common with the band than other weight loss surgeries. However, it can still happen. Remember to take your vitamins and minerals as directed, and get plenty of fluid and protein, as per your dietitian’s recommendations.

Common Problem Foods

- Dry meats
- Untoasted bread or doughy bread
- Pasta
- Rice
- Peanut butter
- Membranes of citrus fruits
- Seeds and skins of fruits and vegetables
- Dried fruit
- Fibrous vegetables such as corn, asparagus, and celery
- Nuts
- Coconut
- Popcorn
- Greasy or fried foods

CHECKLIST AFTER GASTRIC BANDING SURGERY

- ✓ 60-80 grams of protein a day
 - Eat protein first at all meals
- ✓ Eat slowly and chew well
 - Meals should take 30-45 minutes
 - Avoid snacking on high calorie foods in between meals
- ✓ 48-64 oz of fluid a day (more if your urine is dark or you're dizzy)
 - Beverages less than 10 calories per serving
- ✓ Vitamin/mineral supplementation for life
 - Multivitamin (one a day, with food)
 - Calcium 1500 mgs a day...in divided doses no more than 600 mgs at one time, and apart from your multivitamin)
- ✓ Exercise
 - Aim for at least 30 minutes on most days of the week...5 minutes at a time, and gradually build up, as tolerated
 - Incorporate light weights (about 2 months after surgery, and/or as your surgeon recommends)
 - Consider stretching and the importance of a stress management program in your regimen

Post-Adjustment Diet: Please follow the instructions your doctor and/or nurse practitioner or physician assistant give you after your band has been filled/adjusted. Avoid tough/dry foods and make sure you're drinking plenty of liquids (not with meals or within 30 minutes of meals though).

DIETITIAN VISITS:

- ✓ 2 - 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Once a year after first year

NOTE: You may need to see your dietitian more often than above if you're having any nutrition problems and/or if your doctor feels you need to be seen for any reason.

You can schedule your nutrition appointment with Access Services: (410) 550-7728.

*Pureed Food Recipes

Basic Meat Stew

2 tbsp. oil
1 ½ pounds boneless stew meat, cut into 1 inch cubes
1/3 cup flour
3 cups liquid (water or vegetables juice)
4 medium potatoes, scrubbed and cut up
5 medium carrots, scrubbed and cut up

Heat oil in a large size heavy saucepan over medium high heat. Coat the meat in flour and brown in the oil. Add the liquid and cover tightly. Simmer over medium heat for 1 ½ hours. Add potatoes and carrots. Cover and simmer for 20 minutes. Puree stew in food processor or blender until smooth. Store in refrigerator up to 2 days or in the freezer for 2-3 months.
Makes 20-25 food cubes

Nutrition Facts:

Serving Size: per 4.65 ounces

Calories: 139 Protein: 13 grams Total Fat: 4.21 grams

Soybean Puree

1 cup dry soybeans
3 cups water
¾ cup unsalted tomato juice for thinning

Rinse and soak the soybeans overnight in the refrigerator. Simmer beans in 3 cups water for about 2 hours. Puree with food processor or blender, adding tomato juice to thin.
Makes 12 food cubes

Nutrition Facts:

Serving Size: per 3.17 ounces

Calories: 67 Protein: 6 grams Total Fat: 3 grams

Combination Dinner

1 cup cooked meat (beef, chicken, fish, ham, etc.)
2/3 cup cooked vegetables
1 cup stock

Place in blender or food processor. Puree and freeze into ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 36 Protein: 5 grams Total Fat: less than 1 gram

Pureed Legumes

1 cup any legume (black beans, kidney beans, garbanzo beans, navy beans, pinto beans, black eye beans, lentils, etc...)

3 cups water

¾ cup nonfat milk

Rinse 1 cup of any legume. Soak in water overnight or bring to a boil for 2 minutes, cover, and then allow to sit for 2 hours. Drain off the soaking water or cooking water, then add 3 cups fresh water and bring beans to a boil. Reduce heat and simmer, covered, until beans are tender (30 minutes-2 hours depending on the legume). Skim the surface often as beans are simmering. Puree with ¾ cup nonfat milk. Freeze in ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 28 Protein: 2 grams Total Fat: less than 1 gram

Cream of Tomato and Chile Soup

1 Tbsp Olive Oil

1 large yellow onion, diced

3 cloves garlic, minced

10 plum tomatoes

2 red jalapeno peppers, diced, seeds removed

Water as needed

1/3 cup skim milk

3 scoops protein powder

Salt and pepper to taste

Heat oil in a stock pot or large saucepan over medium heat. Add onion and garlic, sauté until onion has softened. Add the tomatoes and jalapeno peppers, cook until heated through. Add just enough water in the pot to just cover the vegetable mixture. Simmer for 10-15 minutes over low heat. Place the contents of the pot into a blender or food processor, puree until smooth. Strain contents of the blender through a fine colander. Add milk, protein powder, and salt and pepper to taste. Store in the refrigerator for up to 2 days or 1 month in the freezer.

Makes: 32 1oz. food cubes

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 23 Protein: 3 grams Total Fat: less than 1 gram

Basil Mashed Potatoes

4 medium Yukon gold potatoes, peeled, cut into 1 inch cubes

3 Tbsp Smart Balance spread

¼ cup skim milk

1/3 cup of fresh basil leaves, pureed with 2 Tbsp of olive oil

Salt and pepper to taste

Place potatoes in a stock pot filled with cold water. Place pot on stovetop over high heat. Boil potatoes until very soft (To check if the potatoes are soft enough, just take a fork and push a piece

of potato against the side of the pot. If the potato breaks easily it is ready). Strain out the water from the pot in a colander. Place potatoes back in the empty stockpot. With a hand mixer mix the potatoes until they are a “paste” consistency. Mix in the Smart Start spread, butter, basil puree, and salt and pepper. Store in the refrigerator for up to 2 days or 1-2 months in the freezer.
Makes: 25-30 1oz servings

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 38 Protein: 1 gram Total Fat: 2 grams

Chocolate and Banana Pudding

1 cup of sugar free/ fat free chocolate pudding
1 whole banana, peeled and pureed
1 scoop of protein powder

Combine all ingredients in a medium sized bowl. Mix thoroughly. Serve cold. Keep in the refrigerator for up to 1 week or 2-3 months in the freezer.
Makes 10-12 1oz. food cubes

Tip: If freezing pudding in ice cube trays. Place a toothpick inside of each cube of pudding before freezing to create chocolate and banana fudge popsicles.

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 28 Protein: 3 grams Total Fat: less than 1 gram

Orange and Cream Protein Smoothie

2 cups of vanilla fat free yogurt
1/3 cup of orange juice
1 cup of skim milk
3 scoops of protein powder

Combine all ingredients in a blender. Blend until smooth. If you would like a thinner smoothie, just add more skim milk to blender until desired consistency is reached. Keep in the refrigerator for up to 2 days or 1 month in the freezer.
Makes 24-28 1oz. servings
(Tip: This recipe can also be made into a popsicle by using the same method as the Chocolate and Banana Pudding.)

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 32 Protein: 4 grams Total Fat: less than 1 gram

Recipe Reminders:

- ❖ Be creative. Try pureeing different meats and vegetables.
- ❖ Add flavor by using liquids other than water.
- ❖ Try adding herbs and spices.