

MEDICAL BARIATRICS OF LEXINGTON – MENU SUGGESTIONS

| | Cal | Carbs | Fat | Prot |
|--|-------------|-----------|-----------|------------|
| Breakfast | | | | |
| Egg, fresh, 1 extra large | 86 | 1 | 6 | 7 |
| Egg white, 2 serving | 34 | 0 | 0 | 10 |
| Mushrooms, fresh, pieces or slices, 1/4 c | 4 | 1 | 0 | 1 |
| Green Bell Pepper, chopped, 1/4 cup | 10 | 2 | 0 | 0 |
| Onions, raw, chopped, 1/4 cup | 15 | 3 | 0 | 0 |
| Banquet Sausage Links, Beef, 1 serving | 190 | 1 | 17 | 7 |
| Breakfast Total | 339 | 8 | 23 | 26 |
| Lunch | | | | |
| Chicken Breast, no skin, 4 oz | 125 | 0 | 1 | 26 |
| Wheat Tortilla, Low Carb, 1 serving | 90 | 9 | 0 | 5 |
| Avocado, pureed, ¼ cup | 96 | 5 | 9 | 1 |
| Tomato, ½ whole medium (2-3/5" dia) | 13 | 3 | 0 | 1 |
| Parmesan Cheese, shredded, 2 T | 42 | 0 | 3 | 4 |
| Lunch Total | 365 | 17 | 13 | 37 |
| Dinner | | | | |
| Zucchini, sliced, 1 cup | 29 | 7 | 0 | 1 |
| Mushrooms, fresh, pcs or slices, ½ cup | 8 | 1 | 0 | 1 |
| Sweet Potato, baked in skin, w/o salt, ¼ lg | 41 | 9 | 0 | 1 |
| Turkey, Ground, 93% Lean, 5 oz | 200 | 0 | 10 | 28 |
| Dinner Total | 277 | 18 | 10 | 31 |
| Snack | | | | |
| Proti Diet Crunchy Cereal Chocolate Protein Bar, ½ serving | 75 | 8 | 3 | 8 |
| Daily Total | 1056 | 51 | 50 | 100 |

| | Cal | Carbs | Fat | Prot |
|---|--------------|-----------|-------------|------------|
| Breakfast | | | | |
| Yogurt, Greek, Plain, 0% fat, ½ cup | 60 | 5 | 0 | 10 |
| Proti Diet Oatmeal, Maple Brown Sugar | 90 | 6 | 1 | 15 |
| Blueberries, fresh, ½ cup | 41 | 10 | 0 | 1 |
| Raspberries, fresh, 6 | 6 | 1 | 0 | 0 |
| Breakfast Total | 196 | 22 | 1 | 26 |
| Lunch | | | | |
| Tomato, ripe, 1 medium, whole | 26 | 6 | 0 | 1 |
| Cucumber, peeled, 1 small | 19 | 3 | 0 | 1 |
| Yogurt, Fat Free, Kroger, 1 serving | 80 | 5 | 0 | 15 |
| Robard Minestrone Soup | 90 | 10 | .5 | 12 |
| Lunch Total | 215 | 24 | .5 | 29 |
| Dinner | | | | |
| Mushrooms, fresh, pcs or slices, ½ cup | 8 | 1 | 0 | 1 |
| Zucchini, sliced, 1 c | 29 | 7 | 0 | 1 |
| Turkey, Ground, 93% lean, 2.5 oz | 100 | 0 | 5 | 14 |
| Sweet Potato, baked in skin, w/o salt, ¼ c | 45 | 10 | 0 | 1 |
| Dinner Total | 182 | 19 | 5 | 17 |
| Snack | | | | |
| Ham, low sodium, Boar's Head, ½ serving | 30 | 1 | 1 | 5 |
| Mozzarella Cheese, Low Moisture, Boar's Head, 1 serving | 150 | 0 | 14 | 9 |
| Turkey, low sodium, Boar's Head, 1 serving | 60 | 0 | 1 | 12 |
| Wheat Tortilla, Low Carb, 1 serving | 90 | 9 | 0 | 5 |
| Health Wise Caramel Nut Bar, 1 serving | 150 | 12 | 6 | 12 |
| Snack Total | 480 | 22 | 21 | 43 |
| Daily Total | 1,073 | 87 | 27.5 | 115 |

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|--|--------------|-----------|-----------|------------|
| Breakfast | | | | |
| Yogurt, Greek, Plain, ½ cup | 60 | 5 | 0 | 10 |
| Egg White, 1 serving | 17 | 0 | 0 | 5 |
| Egg, Fresh, 1 extra large | 86 | 1 | 6 | 7 |
| Quaker Instant Oatmeal, 1 pkt (made w/water) | 100 | 17 | 2 | 4 |
| Blueberries, fresh, ¼ cup | 20 | 5 | 0 | 0 |
| Raspberries, 10 | 9 | 2 | 0 | 0 |
| Breakfast Total | 293 | 29 | 8 | 26 |
| Lunch | | | | |
| Romaine Lettuce, shredded, ½ cup | 4 | 1 | 0 | 0 |
| Tomato, raw, ripe, ½ small whole | 10 | 2 | 0 | 0 |
| Lemon Juice from 1 Lemon | 12 | 4 | 0 | 0 |
| Avocado, California, pureed, ½ cup | 192 | 10 | 18 | 2 |
| Chicken Breast, no skin, 4 oz | 125 | 0 | 1 | 26 |
| Cantaloupe, 1 serving | 54 | 14 | 0 | 1 |
| Lunch Total | 396 | 31 | 19 | 30 |
| Dinner | | | | |
| Pork Chop (pork loin), roasted, 1 | 460 | 0 | 21 | 64 |
| Eggplant, fresh, cubed, ¼ cup | 5 | 1 | 0 | 0 |
| Summer Squash, sliced, 1 cup | 18 | 4 | 0 | 1 |
| Onions, raw, chopped, 1T | 4 | 1 | 0 | 0 |
| Tomato Juice, no salt added, 1 fl oz | 5 | 1 | 0 | 0 |
| Dinner Total | 492 | 7 | 21 | 66 |
| Daily Total | 1,181 | 67 | 48 | 122 |

| | Cal | Carbs | Fat | Prot |
|---|--------------|-----------|-----------|------------|
| Breakfast | | | | |
| Egg White, 1 serving | 17 | 0 | 0 | 5 |
| Egg, Fresh, 1 extra large | 86 | 1 | 6 | 7 |
| Banquet Sausage Links, Beef, 1 serving | 190 | 1 | 17 | 7 |
| Blueberries, Fresh, ¼ cup | 20 | 5 | 0 | 0 |
| Raspberries, 10 | 9 | 2 | 0 | 0 |
| Breakfast Total | 323 | 9 | 23 | 20 |
| Lunch | | | | |
| Turkey, low sodium, Boar's Head, 1.5 svg | 90 | 0 | 1 | 18 |
| Tomato, ripe, ½ small whole | 10 | 2 | 0 | 0 |
| Mozarella Cheese, Boar's Head, 1.5 svg | 50 | 0 | 5 | 3 |
| Cantaloupe, ½ serving | 27 | 7 | 0 | 1 |
| Wheat Tortilla, Low Carb, 1 serving | 90 | 9 | 0 | 5 |
| Lunch Total | 267 | 18 | 5 | 27 |
| Dinner | | | | |
| Turkey, Ground, 93% Lean, 5 oz | 200 | 0 | 10 | 28 |
| Summer Squash, sliced, 1 ½ cup | 27 | 6 | 0 | 2 |
| Eggplant, fresh, cubed, .3 cup | 6 | 1 | 0 | 0 |
| Mushrooms, fresh, pcs or slices, ¼ cup | 4 | 1 | 0 | 1 |
| Dinner Total | 237 | 8 | 10 | 30 |
| Snack | | | | |
| ProtiDiet Crunchy Cereal Chocolate Protein Bar, 1 serving | 150 | 15 | 6 | 15 |
| HealthWise Caramel Nut Bar, 1 serving | 150 | 12 | 6 | 12 |
| Cantaloupe, ½ serving | 27 | 7 | 0 | 1 |
| Snack Total | 327 | 34 | 12 | 28 |
| Daily Total | 1,154 | 69 | 51 | 104 |

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|---|--------------|-----------|-----------|------------|
| Breakfast | | | | |
| Blueberries, fresh, .3 cup | 24 | 6 | 0 | 0 |
| Yogurt, Greek, Plain, 0% fat, ½ cup | 60 | 5 | 0 | 10 |
| Raspberries, 10 | 9 | 2 | 0 | 0 |
| Proti Diet Instant Oatmeal, 1 serving | 90 | 6 | 1 | 15 |
| Breakfast Total | 184 | 19 | 1 | 25 |
| Lunch | | | | |
| Chicken Breast, no skin, 1 (from 1 lb chicken, ready to cook) | 78 | 0 | 1 | 16 |
| Cantaloupe, ½ serving | 27 | 7 | 0 | 1 |
| Cottage Cheese, nonfat, ½ cup | 80 | 5 | 1 | 15 |
| Lunch Total | 185 | 12 | 1 | 32 |
| Dinner | | | | |
| Turkey, Ground, 93% lean, 4 oz | 160 | 0 | 8 | 22 |
| Summer Squash, sliced, 2 cups | 36 | 8 | 0 | 3 |
| Sweet Potato, baked in skin, ¼ large | 41 | 9 | 0 | 1 |
| Dinner Total | 237 | 17 | 8 | 26 |
| Snack | | | | |
| Gourmet Tortillas Multigrain, 1 serving | 60 | 11 | 2 | 6 |
| Ham, Boar’s Head, low sodium, 1 serving | 60 | 2 | 1 | 10 |
| Mozarella Cheese, Boar’s Head, 1 serving | 100 | 0 | 9 | 6 |
| Egg, fresh, 2 extra large | 173 | 1 | 12 | 14 |
| Egg White, 1 serving | 17 | 0 | 0 | 5 |
| HealthWise Strawberry Cheesecake Protein Bar, 1/2 serving | 70 | 7 | 3 | 6 |
| Snack Total | 480 | 21 | 26 | 47 |
| Daily Total | 1,085 | 69 | 37 | 130 |

| | Cal | Carbs | Fat | Prot |
|--|--------------|-----------|-------------|------------|
| Breakfast | | | | |
| Turkey Bacon, Butterball, 3 pc serving | 75 | 0 | 5 | 6 |
| Egg, fresh, 1 extra large | 86 | 1 | 6 | 7 |
| Egg White, 2 servings | 34 | 0 | 0 | 10 |
| Raspberries, 3 | 3 | 1 | 0 | 0 |
| Blueberries, fresh, 25 | 19 | 5 | 0 | 0 |
| Yogurt, Greek, Plain, 0% fat, ¼ cup | 30 | 2 | 0 | 5 |
| Breakfast Total | 247 | 9 | 11 | 29 |
| Lunch | | | | |
| Romaine Lettuce, shredded, 1 cup | 8 | 1 | 0 | 1 |
| Lemon, 1 fruit without seeds | 22 | 12 | 0 | 1 |
| Chicken Breast, no skin, 4 oz | 125 | 0 | 1 | 26 |
| Avocado, 1/4 cup, pureed | 96 | 5 | 9 | 1 |
| Tomato, ripe, raw, ½ medium whole | 13 | 3 | 0 | 1 |
| Gourmet Tortilla Multigrain, ½ serving | 30 | 6 | 1 | 3 |
| Olive Oil, 1 T | 119 | 0 | 14 | 0 |
| Lunch Total | 412 | 26 | 25 | 33 |
| Dinner | | | | |
| Turkey, Ground, 93% lean, 4 oz | 160 | 0 | 8 | 22 |
| Summer Squash, sliced, 1 cup | 18 | 4 | 0 | 1 |
| Spinach, cooked, ¾ cup | 31 | 5 | 0 | 4 |
| Sweet Potato, baked in skin, ¼ large | 41 | 9 | 0 | 1 |
| Tomato, ripe, raw, ½ medium whole | 13 | 3 | 0 | 1 |
| Dinner Total | 263 | 21 | 9 | 29 |
| Snack | | | | |
| Robard Mini Crisps | 120 | 12 | 3.5 | 12 |
| Daily Total | 1,042 | 68 | 48.5 | 103 |

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|---|--------------|-----------|-----------|------------|
| Breakfast | | | | |
| ProtiDiet Instant Oatmeal, 1 serving | 90 | 6 | 1 | 15 |
| Yogurt, Greek, Plain, 0% Fat, ½ cup | 60 | 5 | 0 | 10 |
| Raspberries, 4 | 4 | 1 | 0 | 0 |
| Blueberries, fresh, ¼ cup | 20 | 5 | 0 | 0 |
| Turkey, Boar’s Head, low sodium, ½ svg | 30 | 0 | 0 | 6 |
| Mozarella Cheese, Boar’s Head, ½ svg | 50 | 0 | 5 | 3 |
| Gourmet Tortilla Multigrain, ½ serving | 30 | 6 | 1 | 3 |
| Breakfast Total | 284 | 22 | 7 | 37 |
| Lunch | | | | |
| Mushrooms, fresh, pcs or slices, 1 cup | 15 | 2 | 0 | 2 |
| ProtiDiet Crunchy Cereal Chocolate Protein Bar, 1 serving | 150 | 15 | 6 | 15 |
| Lunch Total | 165 | 17 | 6 | 17 |
| Dinner | | | | |
| Broccoli, chopped, cooked, ½ cup | 27 | 6 | 0 | 2 |
| Green Beans (snap), 1 cup | 34 | 8 | 0 | 2 |
| Summer Squash, sliced, 1 cup | 18 | 4 | 0 | 1 |
| Sweet Potato, baked in skin, ¼ cup | 45 | 10 | 0 | 1 |
| Salmon, 4 oz | 206 | 0 | 9 | 29 |
| Dinner Total | 331 | 28 | 10 | 35 |
| Snack | | | | |
| Turkey, Boar’s Head, low sodium, 1 svg | 60 | 0 | 1 | 12 |
| Gourmet Tortilla Multigrain, 1 svg | 60 | 11 | 2 | 6 |
| Mozarella Cheese, Boar’s Head, 1 svg | 100 | 0 | 9 | 6 |
| Snack Total | 220 | 11 | 12 | 24 |
| Daily Total | 1,000 | 78 | 34 | 114 |

| | Cal | Carbs | Fat | Prot |
|--|--------------|-----------|-------------|------------|
| Breakfast | | | | |
| Yogurt, Greek, Plain, 0% fat, ½ cup | 60 | 5 | 0 | 10 |
| Raspberries, 5 | 5 | 1 | 0 | 0 |
| Blueberries, fresh, 25 | 19 | 5 | 0 | 0 |
| Egg White, 3 servings | 51 | 1 | 0 | 15 |
| Ham, Boar’s Head, low sodium, ½ svg | 30 | 1 | 1 | 5 |
| Breakfast Total | 165 | 12 | 1 | 30 |
| Lunch | | | | |
| ProtiDiet Green Tea & Cranberry Drink | 70 | 3 | 0 | 15 |
| Mushrooms, fresh, pcs or slices, 1 cup | 15 | 2 | 0 | 2 |
| Zucchini, sliced, 1 cup | 29 | 7 | 0 | 1 |
| Tomato, ripe, raw, 1 medium whole | 26 | 6 | 0 | 1 |
| Salmon Filet, 1 serving | 140 | 0 | 5 | 23 |
| Lunch Total | 280 | 18 | 5 | 42 |
| Dinner | | | | |
| Beef, chuck, 4 oz | 158 | 0 | 7 | 22 |
| Broccoli, chopped, cooked, ½ cup | 27 | 6 | 0 | 2 |
| Robard Minestrone Soup | 90 | 10 | .5 | 12 |
| Turkey Bacon, Butterball, 3 pc serving | 75 | 0 | 5 | 6 |
| Green Bell Pepper, chopped, ¼ cup | 10 | 2 | 0 | 0 |
| Onions, raw, chopped, ¼ cup | 15 | 3 | 0 | 0 |
| Dinner Total | 375 | 21 | 12.5 | 42 |
| Snack | | | | |
| Ham, Boar’s Head, low sodium, ½ svg | 30 | 1 | 1 | 5 |
| Mozarella Cheese, part skim milk, 2 oz | 144 | 2 | 9 | 14 |
| Gourmet Tortilla Multigrain, 1 serving | 60 | 11 | 2 | 6 |
| Snack Total | 234 | 14 | 12 | 25 |
| Daily Total | 1,054 | 51 | 30.5 | 139 |