



The Bariatric Journey

Recipe and Fitness Booklet



[Bariatric Patient's Guide to Post-Op Success

[Welcome!

Hello!

We are so happy that you have embarked on this important journey. This program was created to help patients experiencing the bariatric journey all over the world: to give you the inspiration to keep going. We truly believe that if something is worth doing, it's worth pouring all your might into. We know that with the journey, a patient must uproot their life: changing habits, overcoming obstacles, learning new ways of shopping, cooking, eating. All of this is NOT easy, but is truly worth it in order to obtain a high quality of life...for the rest of your life! Remember not to expect perfection of yourself...obstacles will come, but the point is to keep traveling, and in your persistence you are truly a bariatric success.

Remember that it's on the inside where the magic happens. Lowering cholesterol and blood pressure, fighting diabetes, and gaining strength, stamina, energy and life is an enchanting process that is beyond explanation until you experience it.

We know some of you may be fighting to get surgery. Don't give up! You have the right to a healthy life.

Surgery is a tool, and we are here to help you use it. Join the bariatric journey and rejuvenate your body, refresh your mind, and enlighten your spirit. Exciting adventures await you!

Your doctor is the most important resource in your journey. It is of the UTMOST importance that you communicate with your doctor and keep your appointments. Use this book and video only as a supplement to your doctor's advice.

Make every day count...you are worth it!

The Creators of "The Bariatric Journey"

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[Take 5 or Less

So we're all in a flurry of a hurry...but don't sacrifice your health goals just because you're short on time! Here are some recipes that hardly need a recipe...deliciousness in five ingredients or less!

1. Mexican Bean Soup = 1 can black beans + 2 cans Mexican diced tomatoes + 1 can refried beans. Heat until warm.
2. Mini-Italian Feast = ground turkey + can of diced tomatoes + can tomato sauce + dried oregano + low-fat shredded mozzarella on top!
3. Bunless Philly Burger = Morningstar Farms veggie burger + sauteed onions and green peppers + slice provolone cheese!
4. Asian Stir Fry = diced chicken breast + bag frozen veggies + splash soy sauce!
5. Ratatouille Sauté = tomatoes + garlic + zucchini + bell peppers + sliced sirloin steak!
6. Shell-less Taco Dinner = lean ground sirloin + packet taco seasoning + low-fat shredded cheddar cheese + diced fresh tomatoes + dallop fat free Greek yogurt!
7. Kitchen-Sink Casserole = 2 cans low-fat cream of mushroom soup + shredded chicken + any fresh/frozen veggies + any canned beans + cheese on top. Bake until bubbly!
8. Roast Beef Roll-Up = sliced lean roast beef + slice low-fat swiss cheese + squirt horseradish sauce + dill pickle spear. Roll up and go!
9. Salsa Chicken Bake = chicken breasts + jar of salsa + can of drained black beans = bake at 350° until done and top with shredded Mexican cheese.
10. Mozzarella Chicken Casserole = chicken breasts + chopped garlic + sliced green onion + tomato sauce = bake at 350° until done and top with shredded mozzarella cheese.

[Cooking

Remember: cooking is important to your journey, but use these recipes as a general guideline. If you don't have an ingredient, no worries! Be courageous and get creative in your kitchen!

And most importantly, follow your doctor's recommendations!



Chocolate-Covered Cherry Shake

Use this shake when you need an on-the-go breakfast. The powerful antioxidants from the cherries, the healthy flavonoids from cocoa, the energy boost from the banana, plus the endurance of the protein powder make this shake either a breakfast booster, or a delicious dinner replacement.

1/3 cup frozen dark sweet pitted cherries
6 ounces water
1/2 small banana, frozen
1 teaspoon cocoa powder
1/2 scoop natural vanilla protein powder, such as Jay Robb's™*

Add all ingredients to blender. Process until smooth, adding ice as desired to thicken. Enjoy!

Peanut Butter Cookie Shake

The tastiness of one of your favorite cookies, plus protein to keep your energy up and motivation going strong.

8 ounces unsweetened vanilla almond milk, such as Unsweetened Vanilla Almond Breeze™*
1 scoop natural vanilla protein powder, such as Jay Robb's™*
1 tablespoon toasted wheat germ
1 tablespoon natural peanut butter
1/2 teaspoon real vanilla extract
1/2 teaspoon ground cinnamon
handful of ice
sweetener of choice

Add all ingredients to blender. Process until smooth, adding ice as desired to thicken. Sweeten as desired. Enjoy!

Frosty Peppermint Shake

A protein shake the flavor of a chocolate mint cookie?
Does it get any tastier?

8 ounces milk, skim or 1%
1 scoop chocolate protein powder, such as Jay Robb's™*
1 tablespoon sugar-free, chocolate fudge instant pudding mix
1/4 teaspoon peppermint extract
handful of ice cubes

Add all ingredients to a blender. Let whirl until smooth, creamy and frosty. Drink immediately.

Blueberry Brainpower Smoothie

Both blueberries and vital healthy fats called Omega-3s, have been shown to boost brainpower. Thankfully, this shake contains both! Flaxseed gives those important Omega-3s, not only to help your brain but also to give you a glow. What a way to start the day!

6 ounces light vanilla soy milk (or your choice of milk)
1 scoop natural vanilla protein powder
1/3 cup frozen blueberries
1/3 cup natural vanilla yogurt
1 tablespoon ground flaxseed
sweetener of your choice
ice

Add all ingredients to blender. Process until smooth, adding sweetener and ice as desired. Enjoy!

Powered-Up Yogurt

**Make your yogurt even more powerful!
You'll be surprised at how great these two go together.**

1 (6 ounce) container light yogurt,
any flavor you like
1/3 cup low-fat or fat-free
cottage cheese

1. Stir together and enjoy.
2. Need even more protein?
Add a scoop of your favorite
vanilla protein powder!



Cinnamon Peanut Butter Dip

**This dip is wonderful for fruits and
vegetables. The ultimate celery stuffer!**

1/2 cup peanut butter
1 (6 ounce) container light vanilla yogurt
1/2 teaspoon ground cinnamon



1. Place peanut butter into small bowl or container. Add half of the vanilla yogurt, mixing with a spatula to combine.
2. Add the rest of the yogurt and cinnamon and mix until a smooth texture is reached. Serve with carrots, celery, bell peppers, apples, bananas, pears, or any produce that you can think of!

Chicken Crispers with Pesto Dip

Who didn't love chicken fingers prior to surgery? While it's definitely wise to stay away from those oil-soaked chickeny pieces, you can still have that great chicken crunch, with a better and healthier flavor! Your taste buds will never miss the old chicken fingers, and your arteries will be thankful, too!

1 pound boneless skinless chicken breast or tenderloins
1 cup low-fat buttermilk (or fat-free plain yogurt)
1 box whole-wheat crackers (look for a kind where the ingredients are simply whole wheat and salt; such as Whole Food's 365™* Woven Wheat Crackers)
1/2 teaspoon garlic powder
3 Tablespoons grated Parmesan cheese

1. Preheat oven to 350 degrees F. Place chicken on a sheet of plastic wrap, and place another sheet of plastic wrap to cover the chicken. Using a mallet or heavy-bottomed saucepan, flatten chicken to desired thickness. Take each chicken breast or tenderloin, and cut into large bite-sized pieces (appetizer size). Salt and pepper chicken pieces.
2. Place all chicken pieces into a large bowl and cover with buttermilk. Marinate for 30 minutes.
3. Meanwhile, pulverize the box of crackers in a food processor until crumbly (you can also use a zip-lock bag to crush the crackers with your hands). Mix the cracker crumbs and garlic powder together and pour onto a plate or bowl.
4. Take each chicken piece out of the buttermilk and coat in the cracker mixture. Repeat for the rest of the chicken. Lay cracker-covered chicken pieces onto a parchment-lined baking sheet, and sprinkle Parmesan cheese over each Chicken Crisper.
5. Bake for 15 minutes, or until juices run clear. If desired, turn oven to low broil for 1-2 minutes to toast top of Chicken Crispers. Remove from oven and let cool. Serve warm with Pesto Dip.

Pesto Dip

1 1/2 cup low-fat or fat-free cottage cheese
1 tablespoon milk, skim, 1%, soy or almond
1 packet pesto seasoning (such as Knorr's™*)



1. Mix all ingredients into food processor or blender until smooth. If dip seems too thick, smooth out with a splash more milk. Serve with Chicken Crispers.

[New England Chicken

So long to casseroles with crunchy, crumbly, or doughy toppings. Now you've got one with a fiber topping you can be proud of, standing atop low-fat deliciousness.

4 cups cubed or shredded cooked boneless, skinless chicken breasts (about 4 chicken breasts)
2 cans low-fat cream of chicken soup
1 cup 0% fat Greek yogurt, such as Fage™
2 carrots, grated
1 cup corn kernels (fresh or frozen)
½ sweet onion, chopped finely
½ teaspoon kosher salt
1 cup Fiber One™ cereal
(No Fiber One™ available? Whole Wheat Panko breadcrumbs work great!)
½ teaspoon garlic powder
½ cup sliced almonds

1. Heat oven to 350 degrees F. In a food processor or blender, crush Fiber One™ cereal (or, do the zip-top baggie method and hammer away!) Mix garlic powder into crushed Fiber One™ and set aside.
2. In a medium bowl, combine first seven ingredients until well-mixed. Spray a 9x13 inch pan with non-stick cooking spray. Pour all of the chicken mixture into pan. Cover chicken with crushed Fiber One™.
3. Sprinkle almonds on top and bake for 30 minutes, or until bubbly and toasty!



[Triple Protein Peanut Butter Balls

These energy-boosting spheres have 3 protein-filled ingredients in them! Be sure to follow your doc's recommendations when it comes to peanut butter. You'll have as much fun making them as you will eating them!

½ cup peanut butter
¼ cup sugar-free maple syrup
1 tablespoon your favorite sugar alternative (such as Stevia™, Truvia™, Splenda™, or agave nectar)
¾ cup nonfat dry milk
¼ cup TVP (textured vegetable protein)
extra nonfat dry milk, for coating
extra TVP, for coating

1. In a small bowl, combine peanut butter, sugar-free maple syrup and sweetener. Stir until combined.
2. Add non-fat dry milk, stirring until thoroughly combined (mixture will be very thick).
3. Add textured vegetable protein, and stir until just combined (mixture will be even thicker!) Roll into balls about the size of a walnut (1 tablespoon). Swirl each ball into nonfat dry milk or TVP to coat. Keep in an airtight container or zip-top bag.



Baked Tofu Bites

These little “protein cubes” have a deep beef jerky-like flavor. We eat them as a snack, hot or cold, or on salads!

- | | |
|---------------------------------------|--------------------------------|
| 6 ounces extra-firm tofu | 1 Tablespoon sesame seeds |
| ¼ cup soy sauce | ¼ teaspoon garlic powder |
| 3 Tablespoon sugar-free maple syrup | ¼ teaspoon ground black pepper |
| 2 Tablespoons ketchup | ¼ teaspoon salt |
| 1 teaspoon toasted sesame oil | 1 Tablespoon rice wine vinegar |
| 2 teaspoons Worcestershire sauce | (any kind will do!) |
| 1 dash sweet chili sauce or hot sauce | |

1. Drain tofu of excess liquid. Cover with paper towel, place in ziplock bag, (or on a plate) and refrigerate overnight.
2. Preheat oven to 375 degrees F.
3. Cut tofu into ½ - 1 inch cubes.
4. In a bowl, whisk the rest of the ingredients. Gently stir tofu cubes into sauce. Cover and marinate at least 5 minutes (or up to 2 hours).
5. Place tofu on baking sheet. Bake 10 - 20 minutes, turn tofu and bake 10 - 20 minutes more (until toasty). Turn off oven and leave Bites in the oven for 20 minutes more. (Remember, the exact baking time will depend on what size your Tofu Bites are. They are done when they look toasted, and are dried out.) They will be a delicious, savory snack! Don't forget to refrigerate what you don't eat!



Ginger-Sesame Tofu Salad

This colorful, nutrient-packed salad has a DELICIOUS low-calorie dressing. Not a tofu fan? Feel free to swap it for cooked chicken or beef! Tuna would be good as well!

- Juice of 1 small orange
- 1 Tablespoon soy sauce
- 1 teaspoon your favorite sugar alternative (such as Stevia™*, Truvia™*, Splenda™*, or agave nectar)
- 1 teaspoon toasted sesame oil
- 1 dash chili sauce
- ½ teaspoon grated ginger
- 2 cloves garlic, grated
- 6 ounces extra-firm tofu, drained & diced into cubes
- 1 cup sugar snap peas, chopped
- 2 small carrots, peeled into thin strips or grated
- 1 cup finely shredded red cabbage
- 2 Tablespoons chopped peanuts
- 1 teaspoon toasted sesame seeds

1. In large bowl, mix the orange juice, soy sauce, sweetener, oil, chili sauce, ginger, and garlic. Place tofu cubes into the mixture, and let set while you fix the rest of the salad.
2. Toss the sugar snap peas, carrots, cabbage, & peanuts with the tofu and marinade. Sprinkle the top with toasted sesame seeds and serve!



[Tofabulous Crab Dip

Never tried tofu? This is the ultimate dish to be your first go! Tofu tastes just like what it's combined with, and lean high-protein crab is the perfect cover up! Serve with fresh sliced peppers, cucumbers, zucchini slices, or with high-protein, low-carb pita crisps!

¾ cup finely chopped soft tofu
 ½- ⅔ cup fresh grated Parmesan cheese
 2 Tablespoons Dijon mustard
 2 teaspoons dried oregano
 ½ teaspoon black pepper
 ½ cup fat-free or reduced-fat sour cream
 ¼ cup 0% fat Greek yogurt, such as Fage™*
 6 ounces lump crab meat (freshly cooked, or canned)
 1 cup artichoke hearts (jarred in water, NOT oil!), chopped roughly
 paprika

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except paprika into a medium bowl, mixing gently.
3. Spoon mixture into a baking dish, and top with sprinkled paprika. Bake for 20 minutes or until browned.



[Chili Tacos with Mango Salsa

This is one of our most popular recipes. You will love it. No cabbage shell around? A cup works just fine! Also, feel free to use lean ground beef or turkey in place of TVP!

2 cloves garlic, minced
 ½ onion, chopped
 1 (14.5 ounce) can diced tomatoes (NOT drained!)
 1 (10 ounce) can tomato sauce
 1 – 1 ½ cups TVP (textured vegetable protein)
 2 teaspoons chili powder
 1 teaspoon ground cumin
 ½ teaspoon salt
 ½ cup low-fat 2% Mexican cheese blend
 purple cabbage leaves, rinsed
 mango salsa, recipe below



1. Spray a skillet with cooking spray, and place on stovetop on medium heat.
2. When heated, add onion, sautéing until translucent (3 minutes). Add garlic and cook 1 minute.
3. Add diced tomatoes with juice, and tomato sauce, and stir together.
4. Add TVP, spices and salt, and cook until heated through. (TVP will absorb some of the tomato juice). Add cheese to mixture, and remove from heat.
5. Remove leaves from cabbage so that "cups" are formed to hold tacos. Scoop about ⅓ cup of taco mixture into cabbage leaf, and top with Mango Salsa, beans, or fat-free Greek yogurt.

Mango Salsa

1 large mango, peeled and diced into cubes (look for mangoes that are firm but soft!)
 1 Tablespoon minced red onion
 ½ red bell pepper, diced
 3 Tablespoons chopped fresh cilantro or basil
 1 – 2 Tablespoons lime juice

1. Mix everything together in a small bowl, and use as taco topping. Use salsa on top of chicken or fish as well!

Italian Cream Pie with Sauce

Smooth, creamy, melts in your mouth...never thought you'd hear those words on your weight-loss surgery journey? The good news is this recipe is all of the above and packed with calcium too.

- 1 cup skim or 1% milk
- 1 package (1 ounce) unflavored gelatin (such as Knox™*)
- ½ heaping cup Splenda™* or Stevia-in-the-Raw™*
- 1 (15 ounce) container low-fat ricotta cheese
- 1 teaspoon vanilla extract
- 2 (6 ounce) containers light vanilla yogurt
- 1 cup sugar-free whipped topping
- 8-inch spring-form pan, lightly sprayed with cooking spray



Orange-Strawberry Sauce

- ½ cup Splenda™* or Stevia-in-the-Raw™*
- 1 (10 ounce) bag frozen whole strawberries (unsweetened)
- 1 slice of an orange, and zest from ½ of the same orange

1. In a small saucepan, pour the milk and sprinkle in gelatin. Let soften 5 minutes. Stir in ½ cup sweetener. Cook on low heat, stirring continuously, until gelatin is completely dissolved and mixture is heated (do not boil).
2. Carefully pour milk mixture into blender. Add ricotta cheese. Cover (remove cork section of blender so it doesn't explode!) and blend until pureed. Pour mixture into a large bowl. Stir in yogurt and vanilla extract. Fold in whipped topping.
3. Pour cream mixture into the 8-inch spring-form pan. Cover with aluminum foil or plastic wrap, and refrigerate for 4 hours, or overnight.
4. In a small saucepan, place all ingredients for the Orange-Strawberry Sauce. Cook over medium heat, stirring occasionally, until strawberries are cooked and mixture comes to a low boil. Remove from heat, and remove orange slice. Carefully pour strawberry mixture into a blender (again removing the cork!), and puree on medium speed. Pour into serving dish and refrigerate until serving time.
5. To serve, cut pie into wedges and place on individual dessert plates. Top with strawberry sauce!

Warm Maple Apple Crisp

There is nothing better than fruit for dessert. More importantly, add in some protein! This recipe gets rave reviews, and is also fiber-filled. Remember to follow your doctor's recommendations when it comes to fruit!

- 8 cups thinly sliced (¼ to ½ inch) apples (do not peel them!)
- 2 Tablespoons juice from an orange, plus ¼ teaspoon orange zest
- ½ cup your favorite sugar alternative, such as Splenda™*, Truvia™*, or Stevia™*
- ½ cup sugar-free maple syrup
- 2 teaspoons ground cinnamon

Topping

- 2 cups quick-cooking oats
- ½ cup toasted wheat germ
- 1 ¼ cup your favorite sugar alternative (such as Splenda™*, Truvia™*, or Stevia)™*
- 2½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground allspice
- pinch salt
- ⅓ cup low-calorie light spread, such as Brummel and Brown™*
- Spread or Best Life™* buttery spread
- ¼ cup textured vegetable protein granules (TVP)



1. Preheat oven to 350 degrees F.
2. Spray a 9x13 inch baking dish with nonstick cooking spray. In the baking dish, combine the first five ingredients. Using clean hands, toss everything together to evenly coat apples. Set aside.
3. In a medium-sized bowl, combine oats, wheat germ, Splenda™*, cinnamon, ginger, allspice, and pinch salt, stirring to combine. Cut spread into oat mixture until crumbly. Sprinkle over apples. Sprinkle textured vegetable protein on top.
4. Bake for about 45 minutes. Crust should be crunchy and apples fork-tender. Serve warm with a dollop of vanilla yogurt on the side!

Chocolate Peanut Butter Trifle

This dynamic duo is just waiting for you...best of all, it's protein filled! Those you serve it to will never know there's NFDN on top, nor that it's not bad for them.

- 1 sugar-free angel food cake (premade)
- 2 (1.4 ounce) packages sugar-free, fat-free chocolate instant pudding
- 4 cups milk, skim or 1%
- ½ cup peanut butter
- 8 ounces sugar-free frozen whipped topping, thawed
- ¼ cup roasted peanuts, chopped
- ¼ cup non-fat dry milk (NFDN)

1. Break up angel food cake into chunks using your hands. Place half of angel food cake in bottom of glass trifle bowl or a 9x13 inch glass pan.
2. In a medium bowl, beat pudding mixes with milk for about 3 minutes.
3. Beat in peanut butter until well combined. Spread ½ of the peanut butter chocolate pudding evenly on top of angel food cake. Then spread ½ of whipped topping over pudding mixture.
4. Create another layer using the rest of the angel food cake, then the second half of the chocolate pudding. Top with the rest of the whipped topping.
5. Sprinkle roasted peanuts and non-fat dry milk on top. Refrigerate for 1 hour. Serve chilly!



Frozen Yogurt Pops

A calcium-rich, high-protein, low-cost snack. Who needs ice cream when you have smooth creaminess like Frozen Yogurt Pops around? Never go back to that blood-sugar raising snack attack! These are icy, creamy, and delicious.

- 1 (.3 ounce) small package sugar-free gelatin, strawberry flavored
- 1 cup boiling water
- 1 medium ripe banana
- 1 cup light vanilla yogurt
- 1 scoop protein powder (optional, but recommended)
- 8-10 (3 ounce) small paper cups
- 8-10 plastic spoons

1. Carefully pour hot water into blender. Add gelatin and blend until combined. (Remember to remove the cork on the top of your blender so it doesn't explode!)
2. Add banana and yogurt, blending until smooth and creamy. If using protein powder, add to blender last and process until smooth.
3. Fill each paper cup almost full with the yogurt mixture. Place cups on a flat surface in the freezer. When pops are partially frozen (somewhere around 30 minutes to 1 hour), insert a plastic spoon into each, positioned so it is sticking straight up. Freeze for four hours, or overnight. When ready to eat, peel away the paper cup!



Power Oat Pancakes with Wild Berry Maple Syrup

Miss those old Saturday morning pancakes? Don't throw your noble health goals out the window just for some fried flour! These pancakes are just as delicious, and, you get the benefit of the fiber from the oats, and the protein from the cottage cheese. You'll have energy for the entire day.

2 eggs
1 cup low-fat cottage cheese
½ small ripe banana
2 tablespoons your favorite sugar alternative (optional)
1 cup uncooked quick one-minute oats
½ teaspoon baking powder
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
Wild Berry Maple Syrup, recipe below



1. In a food processor or blender, add eggs and pulse to beat. Next, add cottage cheese, banana and sweetener, processing until cottage cheese is smooth.
2. Add the oats, baking powder, vanilla extract and cinnamon. Process until well-combined.
3. Heat a flat skillet or griddle over medium heat. Coat skillet with non-stick cooking spray, or with a teaspoon light butter spread. Using a large spoon, ladle, or cookie scoop, pour in about ¼ cup of batter for one pancake.
4. Cook each pancake about 2-3 minutes per side, until done. Serve with Wild Berry Maple Syrup. Enjoy!

Wild Berry Maple Syrup

1 cup light or sugar free maple syrup
1 cup frozen triple berry mix

Heat berries in the microwave for 1 minute to fully thaw. Add in maple syrup, and microwave another minute, until warmed. Pour in a serving vessel.

Black Bean and Avocado Breakfast Burrito with Lime Cream

This high protein, low-carb breakfast will set the stage for a high-energy day.

1 egg plus 1 egg white
1 tablespoon shredded white cheddar or provolone cheese
1 tablespoon chopped fresh cilantro or parsley
2 teaspoons your favorite salsa
1 tablespoon canned black beans, drained and rinsed
2 teaspoons freshly scooped avocado
1 low-carb, high-fiber whole wheat tortilla wrap
1 tablespoon lime cream, recipe follows

In a small skillet sprayed with nonstick spray, scramble the egg and egg white on medium heat. Season with a little salt. When eggs are almost done, add in cheese and parsley or cilantro. Place eggs on tortilla. On top of eggs, add salsa, then beans, avocado, and lime cream. Roll up "burrito style" and enjoy immediately!

Lime Cream

¼ cup light sour cream or 0% fat Fage™* Greek Yogurt
zest and juice of ½ lime
¼ teaspoon salt

In a small bowl, whisk all ingredients. Salt to taste. Use as a dip, or as a condiment for soups and stews. Store in the refrigerator.



[Italian Bell Peppers

This recipe is like a big meatball stuffed in a delicious vegetable instead of over carb-laden pasta!

- 1 small onion, grated
- 1 egg
- ¼ cup chopped fresh Italian parsley leaves
- 3 tablespoons ketchup or tomato sauce
- 2 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup grated Parmesan cheese
- ¼ cup quick "one minute" oats
- 1 pound lean ground turkey
- 4 bell peppers, halved and seeded (any color bell pepper is good!)
- ½ cup marinara sauce (optional)

1. Preheat the oven to 375 degrees F. Spray a 9x13 inch baking dish with nonstick cooking spray and set aside.
2. Whisk the onion, egg, parsley, ketchup, garlic, salt, and pepper in a large bowl to blend. Stir in the cheese and quick oats. Gently mix in the turkey until well combined.
3. Fill the pepper halves with the turkey mixture, dividing equally. Each bell pepper will contain a little more than ⅓ cup of the meatball mixture. Arrange the stuffed peppers in the baking dish. Spoon 1 Tablespoon of the marinara sauce (if using) over each bell pepper.
4. Bake uncovered until the peppers are tender and beginning to brown, about 40-45 minutes. Transfer the Italian Bell Peppers to a platter and serve.



[Southwest Quinoa

High in protein and a good source of riboflavin, quinoa is a superfood to add to your diet!

- | | |
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| 1 small onion, chopped | 1 cup chopped fresh ripe tomatoes |
| 2 cups chicken or vegetable broth | 1 tsp ground cumin |
| 1 cup dry quinoa | 3 tbsp sliced green onions |
| 1 cup canned black beans, drained and rinsed | ¼ cup fresh cilantro, chopped |
| 1 cup frozen corn kernels | ½ tsp kosher salt |

Spray a medium-sized saucepan with non-stick cooking spray. Over medium-high heat add onion, cooking until translucent. Turn heat to high and add broth. Bring to a boil, add quinoa, cover, reduce heat to simmer for 20 minutes. Add rest of the ingredients and continue cooking just until warm. Salt to taste. Serve warm or chilled!

[Chocolate Ice Cream with Toasted Almonds

Here's a secret...a frozen banana, slightly blended, has the same consistency as ice cream. It's true! Now enjoy a smooth and creamy dessert that your body will thank you for.

- 1 frozen banana (make sure your banana is frozen at the exact ripeness that you like to eat it).
- 2 teaspoons natural almond butter
- 2 teaspoons cocoa powder
- 1 - 3 tablespoons almond milk, such as Unsweetened Vanilla Almond Breeze™*
- 1 teaspoon sliced almonds, toasted
- sweetener, to taste

In a food processor or blender, combine banana, almond butter, and cocoa powder. Process with 3 - 4 pulses. Add almond milk, a tablespoon at a time, and process until mixture clumps up and resembles ice cream. Add sweetener as needed. Spoon mixture into a cup and top with toasted almonds. Makes a smooth and creamy treat that tastes just like ice cream!

[White Chili

Want that warm chili flavor, but feeling like chicken instead of beef? White Chili is the perfect answer. It can also be made with ground turkey or ground chicken. Be creative and make your own low-fat, high-protein chili!

1½ pounds boneless, skinless chicken breasts, cut into bite-sized chunks
1 large onion, chopped
2 cloves garlic, minced
2 teaspoons ground cumin
1½ teaspoons dried oregano
1 (14 ounce) can low-sodium chicken broth
1 (10 ounce) can Ro-tel™* tomatoes, drained
2 (14.5 ounce) cans great northern beans, drained
2 cups shredded 2% reduced-fat Mexican blend cheese

Spray a large stock pot with nonstick cooking spray and heat over medium high heat. Add onion, and cook until slightly translucent, about 2-3 minutes. Add chicken and garlic. Sauté until chicken is cooked through. Add cumin, oregano, chicken broth, Ro-tel™*, and beans. Simmer for 20 minutes. Turn off heat, and stir in cheese. Salt and pepper to taste. Serve hot. Top with fat-free Greek yogurt and sliced green onions if desired.



[Rustic Zucchini Lasagna

You can still eat your favorite foods, just in a different form!

2 medium zucchini (or one very large zucchini)
1 sweet onion, chopped
3 - 4 cloves garlic
1½ lbs ground sirloin
1 (28 ounce) can crushed tomatoes
2 (6 ounce) cans tomato paste
1 (8 ounce) can tomato sauce
1½ teaspoons dried basil
2 teaspoons dried oregano
½ teaspoon fennel seeds
1½ teaspoons salt
2 tablespoons your favorite sugar alternative
15 ounces light or low-fat ricotta cheese
1 egg
¼ cup grated Parmesan cheese, plus more
¼ cup fresh parsley, chopped
10 ounces frozen spinach, thawed and well drained
2 cups part skim shredded mozzarella cheese



1. Preheat oven to 350 degrees F.
2. Using a mandolin or a sharp knife, carefully slice the zucchini into 1/4 inch thick slices lengthwise. (If your zucchini is really large, slicing it horizontally is fine!) Set aside.
3. In a large pot sprayed with nonstick cooking spray, add onion and grate in 2 - 3 cloves of the garlic. Sauté until onion is translucent. Add beef, and cook until browned. Stir in crushed tomatoes, tomato paste, tomato sauce, basil, oregano, fennel, salt, and sugar substitute. Simmer while assembling the rest of your lasagna.
4. In a bowl mix ricotta, egg, Parmesan cheese and parsley. Grate one clove of garlic in and stir until combined.

To assemble: Spread 1½ of the meat sauce in the bottom of a 9x13 inch baking dish. Arrange half of the zucchini slices over the sauce so they are in a single layer. Then layer ½ ricotta mixture, all of the drained spinach, and ½ of the shredded mozzarella. Then repeat layers with the rest of the meat sauce, a layer of zucchini, the rest of the ricotta mixture, and top with the last of the mozzarella cheese. Sprinkle additional Parmesan cheese on top. Bake covered with foil for 35 minutes. Remove foil and bake another 20 minutes. Remove lasagna from oven and let cool 15 minutes before serving. Add shredded fresh basil on top if you have it. Enjoy the best lasagna you'll ever eat!

[Variety of Vegetable Vehicles

Ditch the dough, banish the bread, nix the noodles...send them all into exile. You've got new, fiber and nutrient-packed transportation for those protein-filled foods.

Here we go:

- **Cucumber Rounds:** pile on any combo of meats and cheeses! Smoked salmon and chopped dill is a great way to go! Or, use as chips to dip in hummus and salsas. As a breakfast treat, place sliced hard boiled egg and a sprinkle of salt on top.
- **Squash pasta:** cut zucchini and yellow squash into spaghetti-resembling strips. Sauté and put ground turkey tomato sauce on top!
- **Bell Pepper Cups** (*slice pepper in half, remove seeds*): stuff with mini meatloaves and bake! Or, fill with fresh light chicken salad and enjoy on a picnic.
- **Portabella Caps:** these gigantic mushrooms can have an alternative personality as a bun for lean hamburgers! Just grill up and go!
- **Eggplant:** slice lengthwise, grill, and pile on some tomato sauce and high-protein lean pizza toppings. Broil and enjoy your healthy pizza!
- **Bibb Lettuce:** peel off a cup, and stuff with egg or chicken salad. Also, perfect for Thai chicken wraps!
- **Celery:** use these boats to fill with everything from natural peanut butter to tuna salad or cottage cheese!
- **Tomatoes:** stuff with any combo of seasoned lean ground beef or turkey. Bake until done!
- **Apple Slices** (*slice apple horizontally, so you have a flat surface*): top with Canadian bacon, low-fat cheddar cheese and some chopped green onion, grill or eat cold and you have a delicious treat!
- **Purple Cabbage:** peel off a cupped leaf and fill with two slices of deli meat and cheese. Dip in mustard for a quick, easy, and healthy lunch!

A vehicle is the mode by which we get protein from our plate to our mouth. In the toxic unhealthy environment in which we live, vehicles are usually heavy breads, buns, or deep-fried items. Instead, think about using vegetables as your vehicle at your meal. The best part is that this is usually where the most fiber, antioxidants and nutrients are... for the lowest amount of calories!



[Fitness

Let fitness take your journey to the next level...

Put that protein to use and build some muscle!

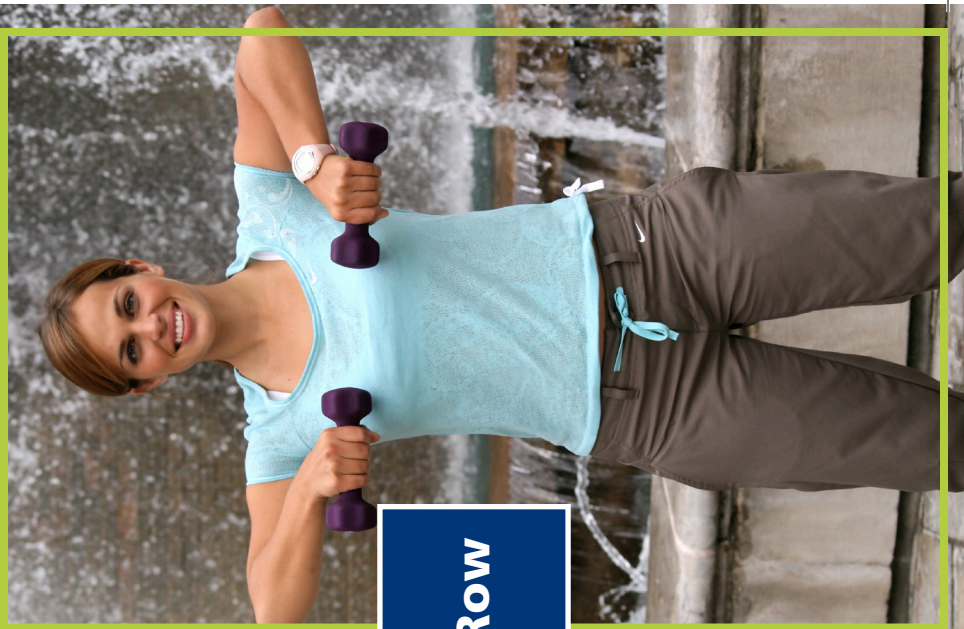




[Bicep Curls



[Upright Row

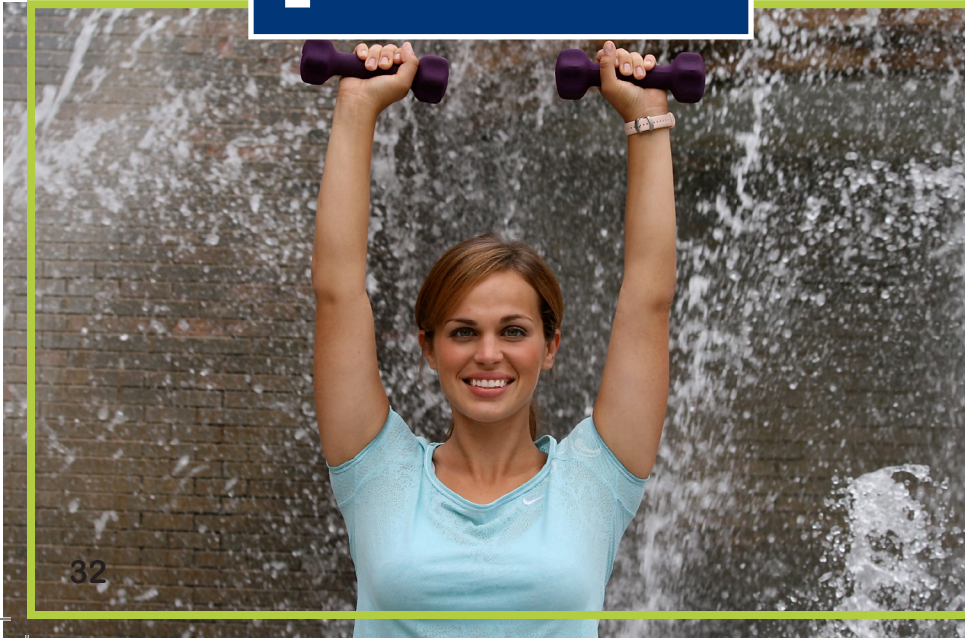




Overhead Press



Chest Press

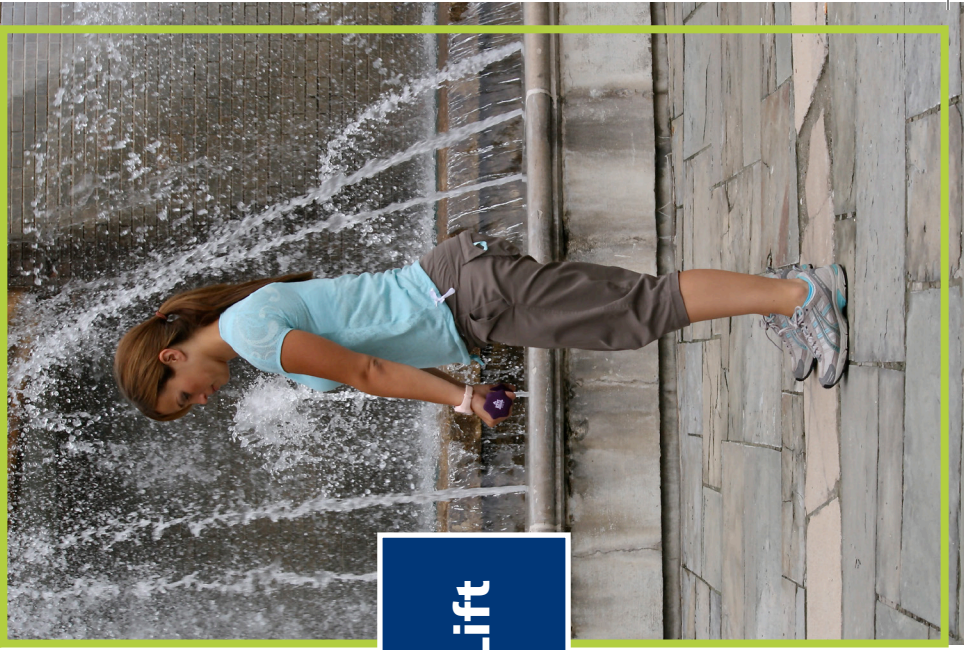




[Wall Push-Up

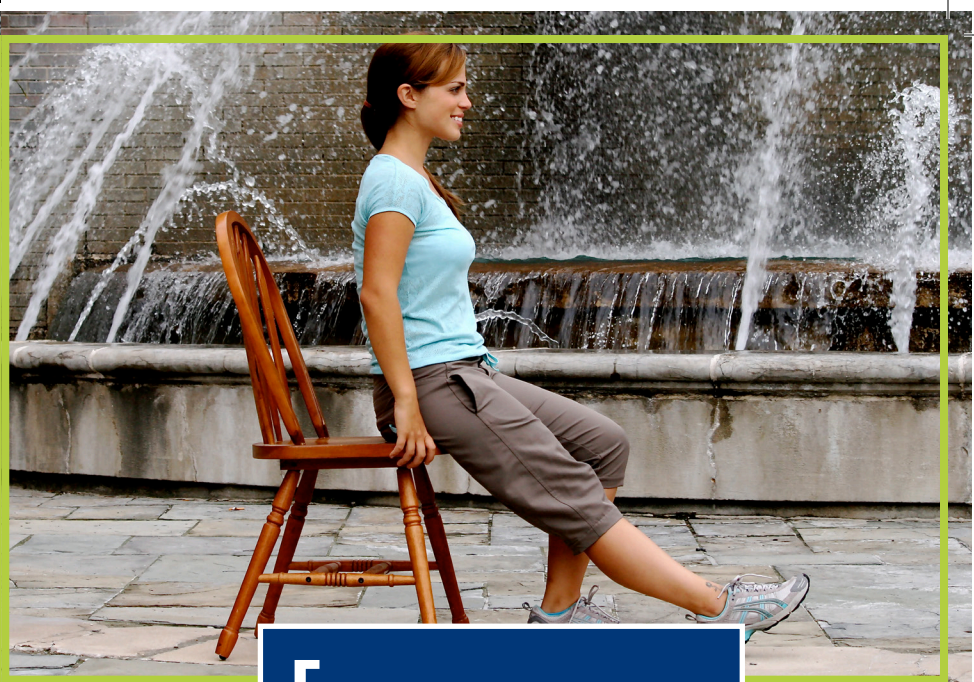


[Dead Lift





Side-to-Side Tip



Seated Leg Lift



[Nutrition Facts

Baked Tofu Bites

Serving Size: 1 ounce. Calories: 50, Total Fat: 2g, Saturated Fat: 0g, Trans Fat: 0, Cholesterol: 0mg, Sodium: 340mg, Total Carbohydrate: 3g, Fiber: 0g, Sugars: 1g, Protein: 4g.

Black Bean Breakfast Burrito with Lime Cream
Serving size: 1 burrito with 1 tbsp cream: Calories: 150, Total Fat: 3 g, Saturated Fat: 1 g, Trans Fat: 0g, Cholesterol: 220 mg, Sodium: 360 mg, Total Carbohydrate: 19 g, Dietary Fiber: 7g, Sugars: 2 g, Protein: 18 g.

Blueberry Brainpower Smoothie
Serving size: 1 recipe. Calories: 160, Total Fat: 2 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 110 mg, Total Carbohydrate: 31 g, Dietary Fiber: 5 g, Sugars: 17 g, Protein: 7 g.

Chicken Crispers
Serves: about 6. Calories: 200, Total Fat: 3g, Saturated Fat: 1.5g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 150mg, Total Carbohydrate: 19g, Fiber: 2g, Sugars: 2g, Protein: 23g.

Chocolate Covered Cherry Shake
Serving size: 1 recipe. Calories: 140, Total Fat: 0 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 150 mg, Total Carbohydrate: 23 g, Dietary Fiber: 2 g, Sugars: 17 g, Protein: 15 g.

Chocolate Ice Cream
Serving size: 1/2 cup. Calories: 90, Total Fat: 4 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 30 mg, Total Carbohydrate: 15 g, Dietary Fiber: 3 g, Sugars: 7 g, Protein: 2 g.

Chili Tacos with Mango Salsa
Serving Size: 1/2 cup Chili Taco with 2 Tbsp Mango Salsa. Calories: 110, Total Fat: .5g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 410mg, Total Carbohydrates: 14g, Fiber: 4g, Sugars: 6g, Protein: 12g.

Chocolate Almond Shake

Serving Size: 8 ounces. Serves: 2. Calories: 140, Total Fat: 3g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 75mg, Total Carbohydrate: 10g, Fiber: 1g, Sugars: 7g, Protein: 18g.

Chocolate Peanut-Butter Trifle
Serves: about 16. Serving size: 1/2 cup. Calories: 170, Total Fat: 10g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 5mg, Sodium: 19mg, Total Carbohydrate: 15mg, Fiber: 1g, Sugars: 4g, Protein: 6g.

Cinnamon Peanut Butter Dip
Serves: 16. Serving size: 1 Tablespoon. Calories: 50, Total Fat: 4g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 20mg, Total Carbohydrate: 2g, Fiber: 1g, Sugars: 1g, Protein: 2g.

Frosty Peppermint Shake
Serving Size: 12 ounces. Serves: 1. Calories: 220, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 200mg, Total Carbohydrate: 19g, Fiber: 0g, Sugars: 12g, Protein: 32g.

Frozen Yogurt Berry Pops
Serves: 8-10. Serving size: 1 pop. Calories: 50, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 50mg, Total Carbohydrate: 6g, Fiber: 0g, Protein: 6g.

Ginger-Sesame Tofu Salad
Serving Size: 1/2 recipe. Serves: 2. Calories: 150, Total Fat: 7g, Saturated Fat: 1g, Trans Fat: 1g, Cholesterol: 0mg, Sodium: 180mg, Total Carbohydrate: 9g, Fiber: 3g, Sugars: 4g, Protein: 10g.

Italian Bell Peppers
Makes: 8 bell pepper halves. Serving size: 1/2 bell pepper. Calories: 130, Total Fat: 3.5g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 55 mg, Sodium: 500 mg, Total Carbohydrate: 9g, Fiber: 2g, Sugars: 5g, Protein: 18g.

[Nutrition Facts

Italian Cream Pie with Orange-Strawberry Sauce
Serves: about 10. Serving size: 1 slice. Calories: 150, Total Fat: 6g, Saturated Fat: 1.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 220mg, Total Carbohydrate: 14g, Fiber: 1g, Sugars: 6g, Protein: 6g.

New England Chicken Casserole
Serving size: 1/2 cup. Calories: 110, Total Fat: 3g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 30mg, Sodium: 500mg, Total Carbohydrate: 9g, Fiber: 2g, Sugars: 1g, Protein: 14g.

Peanut Butter Cookie Protein Shake
Serving size: 1 shake. Calories: 280, Total Fat: 12 g, Saturated Fat: 1 g, Trans Fat: 0g, Cholesterol: 90 mg, Sodium: 350 mg, Total Carbohydrate: 11 g, Dietary Fiber: 4 g, Sugars: 3 g, Protein: 32 g.

Pesto Dip
Serving size: 2 Tablespoons. Calories: 25, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 190mg, Total Carbohydrate: 2g, Sugars: 1g, Protein: 4g.

Power Oat Pancakes with Wild Berry Maple Syrup
Serving size: 2 pancakes. Calories: 190, Total Fat: 9 g, Saturated Fat: 2.5 g, Trans Fat: 0g, Cholesterol: 90 mg, Sodium: 250 mg, Total Carbohydrate: 21 g, Dietary Fiber: 3g, Sugars: 6 g, Protein: 10 g.

Powered-Up Yogurt
Serves: 1. Calories: 140, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 380mg, Total Carbohydrate: 20g, Fiber: 0g, Sugars: 15g, Protein: 14g

Rustic Zucchini Lasagna
Serving size: 1/12 of recipe. Calories: 240, Total Fat: 9 g, Saturated Fat: 5 g, Trans Fat: 0g, Cholesterol: 70 mg, Sodium: 960 mg, Total Carbohydrate: 18 g, Dietary Fiber: 4 g, Sugars: 9 g, Protein: 26 g.

Southwest Quinoa
Serving size: 1/2 cup. Calories: 90, Total Fat: 1.5 g, Saturated Fat: 0 g, Trans Fat: 0g, Cholesterol: 0 mg, Sodium: 160 mg, Total Carbohydrate: 16 g, Dietary Fiber: 2g, Sugars: 1 g, Protein: 4 g.

Tofabulous Crab Dip
Serves: about 10. Serving Size: 1/4 heaping cup. Calories: 90. Total Fat: 3g, Saturated Fat: 1.5g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 330mg, Total Carbohydrate: 6g, Fiber: 1g, Sugars: 1g, Protein: 9g.

Triple Protein Peanut Butter Balls
Serves: 16. Serving size: 1 Peanut Butter Ball. Calories: 70, Total Fat: 3g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 45mg, Total Carbohydrate: 5g, Fiber: 1g, Sugars: 2g, Protein: 5g.

Warm Maple Apple Crisp
Serves: about 16. Serving size: 1/2 cup. Calories: 120, Total Fat: 3g, Saturated Fat: .5g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 45mg, Total Carbohydrate: 20g, Fiber: 4g, Sugars: 8g, Protein: 3g.

White Chili
Makes: 8 cups. Nutrition Facts per 1/2 cup: Calories: 155, Total Fat: 5g, Saturated Fat: 2.5g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 290mg, Total Carbohydrate: 9g, Fiber: 4g, Sugars: 2g, Protein: 17g.

[About the Creator



The Bariatric Journey was created by Annessa Chumbley, an energetic dietitian with extensive work in Bariatrics. She specializes in motivating and encouraging each patient to capture each and every day by living an abundant life, which begins with true nourishment of the body and mind. Her philosophy is positive eating and positive thinking, as they reflect one another. Annessa holds each one of her patients in a special place in her heart.

She began her business, Flourish!, inviting people of all ages to see food through new eyes, and thereby fall in love with healthful, delicious food. She does cooking demonstrations for Whole Foods, farmer's markets, health expos, corporations, and Bariatric centers. She specializes in media, being a wellness segment contributor for many TV and radio outlets in Indianapolis. Annessa serves as a fill-in cohost for WISH-TV's lifestyle talk show, IndyStyle, and has an educational healthy cooking show, Survival Secrets, for a local TV station. She has created many dynamic nutrition education materials for children, and is a sought-after dietitian in the community.

Most of all, Annessa's passion is to teach about the power of nutritious food! Get ready for some "health food cravings!"

Want more recipes? Visit www.thebariatricjourney.com

All surgery presents risk. Any bariatric surgery is major surgery, and complications may occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the risks associated with the patient's medical condition and history. Risks specific to laparoscopic bariatric surgery include the possibility of conversion to an open procedure and the risks specific to an open procedure. Your individual risk can be determined only in consultation with your surgeon; only your surgeon can determine if a bariatric procedure is right for you.

This document is not meant to replace medical advice. Be sure to listen to your healthcare professional and ask questions if you don't understand any of their instructions. Double-check with your physician or surgeon to see if there is anything else you should be doing that is not covered by this document.



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