# **Complete Bariatric Recipe Archive**

After bariatric surgery, your meal portions are much smaller. Your new diet helps you progress with weight loss in a nutritionally sound manner to reach your health goals. Eating a variety of foods will help you obtain adequate protein, vitamins, and minerals.

To help increase the variety in your diet, the Bariatric Surgery Program is offering a selection of recipes for you to enjoy. Many of our recipes were shared by individuals who have undergone gastric sleeve, lap band, gastric bypass, and other weight loss surgeries.

Please note, recipes may need to be modified based your own diet stage. If you have any questions about using the recipes offered here, please consult your healthcare provider.

We add new recipes at regular intervals, so please be sure to check in often. Bon Appétit!

## **Breakfast Oats and Chia Pudding**

- brownie batter chia seed pudding
- <u>french toast overnight oats</u>
- low carb overnight chia oatmeal
- make ahead chia seed pudding
- oatmeal protein pancakes
- peanut butter and jelly chia pudding
- peanut butter chia overnight oats
- peanut butter protein snack muffins
- quinoa superfood breakfast bowl
- <u>silver dollar cottage cheese pancakes</u>
- <u>strawberry shortcake protein overnight oats</u>

### List of Protein Shakes and Smoothies Recipes

- avocado chocolate peanut butter smoothie
- banana almond flax smoothie
- <u>berry avocado smoothie</u>
- blueberry banana almond protein smoothie
- <u>blueberry banana protein smoothie</u>
- <u>blueberry muffin protein smoothie</u>
- brownie batter protein smoothie
- carrot cake protein shake

- cocoa almond protein smoothie
- easy key lime pie protein smoothie
- girl scout cookie protein shakes
- guide to protein shakes
- kale pineapple breakfast smoothie
- <u>keto protein shake</u>
- low carb matcha green tea smoothie
- mocha breakfast shake
- <u>no fruit gingerbread smoothie</u>
- <u>oatmeal cookie protein shake</u>
- <u>orange creamsicle smoothie</u>
- <u>peach protein shake</u>
- peanut butter chocolate protein shake
- peanut butter protein shake
- peanut butter pumpkin protein shake
- pineapple green smoothie
- protein fluff
- raspberry protein shake
- red velvet cheesecake protein shake
- <u>spinach banana protein smoothie</u>
- <u>strawberry cheesecake protein shake</u>
- <u>upside down pineapple cake</u>
- vanilla latte protein smoothie

#### List of Soup, Broth, Thin Liquid, and Thick Liquid Recipes

- beef bone broth
- broccoli cauliflower soup
- butternut squash lentil soup
- <u>cheesy roasted vegetable soup</u>
- <u>chicken bone broth</u>
- chicken zoodle soup
- creamy taco soup
- creamy vegetable soup
- crock pot cauliflower chicken chili
- dairy free creamy asparagus soup
- detox immune boosting chicken soup
- easy mushroom vegetable soup
- egg drop soup
- japanese clear onion soup
- leftover turkey and quinoa soup
- Iemony chicken and spring veggie soup
- miso soup with vegetables

- pumpkin and red lentil soup
- pureed italian white bean soup
- roasted garlic, parsnip, and white bean soup
- <u>shrimp bok choy turmeric soup</u>
- <u>skinny broccoli cheddar soup</u>
- <u>slimming detox soup</u>
- slow cooker vegetable beef soup
- slow cooker white chicken chili
- southwest chicken detox soup
- <u>spicy coconut and pumpkin soup</u>
- spicy ginger scallion and egg drop zucchini noodle bowl
- <u>split pea lentil soup</u>
- <u>stuffed pepper soup</u>
- thai hot and sour shrimp soup
- tuscan chicken soup
- vegetable broth
- weight loss magic soup

## List of Healthy Appetizers and Dips Recipes

- <u>25+ deviled egg recipes</u>
- antipasto skewers
- authentic greek tzatziki
- avocado fries
- bacon and sun dried tomato truffles
- bacon wrapped pickles
- baked zucchini fries
- <u>bell pepper nachos</u>
- <u>blackened shrimp avocado cucumber bites</u>
- brussel sprout chips
- <u>buffalo chicken meatballs</u>
- carrot chips
- cauliflower hummus
- cool ranch crisps
- crab stuffed mushrooms with garlic and gouda
- cream cheese and olive pecan bites
- easy baked chicken wings
- easy guacamole
- edamame hummus
- fresh summer rolls with peanut dipping sauce
- greek salad skewers
- greek sushi
- greek yogurt onion dip

- guilt free kale and artichoke dip
- honey roasted chickpeas
- jack snacks
- low carb cheese crackers
- low carb tortilla chips
- mini bunless cheeseburger bites
- paula deen deviled eggs
- pickle roll ups
- prosciutto antipasto skewers
- prosciutto wrapped asparagus cream cheese
- ranch cauliflower bites
- roasted edamame
- rooster chicken spring rolls
- sugar free candied pecans
- <u>sweet n spicy nuts</u>
- sweet potato bites with avocado and bacon
- <u>sweet potato chips</u>
- tuna salad pickle boats
- two cheese stuffed mushrooms

## List of Pickled Vegetable Recipes

- asian cucumber salad
- easy pickled vegetables
- easy refrigerator pickles
- <u>fermented cilantro lime jalapenos</u>
- <u>Giardiniera</u>
- how to make quick pickled veggies
- marinated cucumber salad
- pickled avocado
- pickled beets
- pickled chillies
- pickled red cabbage
- <u>spicy pickled asparagus</u>
- spicy pickled okra

### List of Daily Low Carb Meal Recipes

- <u>ahi tuna poke</u>
- <u>ahi tuna poke stuffed avocados</u>
- avocado tuna salad
- balsamic steak roll ups

- blackened shrimp, asparagus, and avocado salad
- cafe rio shredded chicken
- cajun shrimp and sausage vegetable skillet
- <u>california steak salad with chimichurri dressing</u>
- cashew beef thai stir fry
- <u>ceviche</u>
- chicken and asparagus lemon stir fry
- <u>chicken and roasted asparagus with tahini sauce</u>
- chicken fajita bowl with cauliflower rice
- chicken fajita kebabs
- chile lime chicken burgers with avocado salsa
- chili lime steak fajitas
- <u>chipotle lime shrimp and zoodles</u>
- cilantro lime chicken fajita salad
- cilantro lime grilled tuna with avocado cucumber salsa
- coconut curry chicken meatballs
- <u>cowboy butter chicken with zucchini noodles</u>
- creamy chicken brussel sprouts and bacon
- crock pot cauliflower chicken chili
- crunchy asian chicken salad with sesame peanut dressing
- easy baked salmon with lemon garlic herb crust
- easy egg wraps
- flank steak with chimichurri sauce
- garlic shrimp asparagus skillet
- greek seasoned grilled pork chops
- grilled chicken and asparagus skewers
- grilled chicken breasts with herbs and lemon
- grilled chili lime chicken fajita salad
- grilled chili lime pork tenderloin
- grilled chimichurri chicken avocado salad
- grilled lemon herb mediterranean chicken salad
- healthy roasted chicken and veggies
- <u>keto buffalo chicken meatballs</u>
- mediterranean tuna salad
- mongolian beef
- pan seared cod in white wine tomato basil sauce
- pan seared filet mignon with chimichurri
- pistachio crusted salmon
- pork roast with cauliflower gravy
- prosciutto wrapped cod with lemon caper spinach
- roasted asian salmon and green beans
- roasted garlic chicken salad
- roasted salmon with avocado salsa

- salmon benny breakfast bombs
- slow cooker white chicken chili
- spicy collard greens
- spicy ground beef and butternut squash
- spicy mexican style chicken salad
- spicy shrimp and avocado lettuce wraps
- spicy tuna and avocado cucumber sushi bites
- sriracha beef lettuce wraps
- <u>steak fajita roll ups</u>
- <u>stuffed bell peppers</u>
- taco lettuce wraps
- trout provencale en papillote
- turkey and egg breakfast casserole
- turkey collard wraps
- venezuelan avocado chicken salad
- zoodles with turkey meatballs in roasted red pepper sauce

## List of Low Carb Meal Recipes

- asparagus lemon basil ricotta stuffed salmon rolls with lemon sauce
- avocado and goat cheese prosciutto roll-ups
- avocado chicken salad lettuce wraps
- baked salmon with parmesan herb crust
- beef enchilada zucchini boats
- broccoli cauliflower rice chicken casserole
- broiled tilapia with parmesan cheese
- <u>buffalo chicken stuffed spaghetti squash</u>
- caprese balsamic chicken
- chicken bacon avocado ranch lettuce wraps
- chicken pesto spaghetti squash
- <u>cloud eggs</u>
- creamy chicken brussel sprouts and bacon
- <u>crockpot chicken coconut curry</u>
- deconstructed pizza casserole
- <u>dill chicken salad</u>
- easy roasted cajun salmon
- greek chicken kabobs with homemade tzatziki
- grilled california avocado chicken
- grilled greek chicken packets
- ham and cauliflower casserole au gratin
- italian herb bruschetta chicken
- italian sub roll ups
- keto chicken enchilada bowl

- keto chicken pad thai
- lasagna in a bowl
- Iemon almond roast chicken salad
- low carb burgers
- low carb cheddar sausage stuffed bagels
- low carb crack slaw
- low carb reuben wraps
- low carb wrap recipes
- mexican chicken stuffed avocado
- mexican tuna stuffed avocados
- <u>naked turkey bruschetta burger</u>
- pan seared garlic butter steak and mushroom cream sauce
- parmesan chicken and kale saute
- roasted poblanos stuffed with pulled pork chili verde
- <u>scrambled egg breakfast muffins</u>
- shirataki noodle recipes
- <u>shrimp avocado tomato salad</u>
- <u>sloppy joe stuffed peppers</u>
- <u>zucchini enchiladas</u>
- <u>zucchini shrimp scampi</u>

### List of Vegetarian Meals and Side Dishes Recipes

- asparagus, tomato, and feta salad with balsamic vinaigrette
- asparagus caprese salad with basil gremolata
- avocado egg salad
- avocado frittata with cotija and mozzarella cheese
- baked eggs and ricotta with thyme
- baked eggs with tomato and pesto
- baked vegetarian chile rellenos
- beet, honey, and goat cheese salad
- black bean and lentil chili
- black bean and quinoa enchilada bake
- butternut squash casserole with quinoa
- cauliflower crusted quiche
- cauliflower mock potato salad
- cauliflower stuffing
- celery root and parsnip puree
- cottage cheese egg salad
- <u>crack broccoli</u>
- crunchy detox salad
- egg salad lettuce wraps

- flourless egg and cottage cheese savory breakfast muffins
- garbanzo summer salad with creamy dill dressing
- garlic parmesan cauliflower rice
- grilled portobello mushrooms with spinach and cheese
- high protein meatless meals under 400 calories
- jack and green chile egg puff
- kale and feta breakfast casserole
- kimchi egg scramble
- <u>mediterranean egg cups</u>
- mediterranean pesto chickpea salad
- no fail caulitatoes
- one pot cheesy mexican lentils, black beans, and rice
- paleo mac and cheese
- panzanella style caprese asparagus salad
- pesto cauliflower rice
- pesto cauliflower rice breakfast bowls
- poached eggs over roasted asparagus with lemon vinaigrette
- protein packed lunches for plant-based eating
- sesame ginger green bean salad
- spaghetti squash mac and cheese
- <u>spicy chipotle quinoa</u>
- spicy kimchi quinoa bowls
- <u>sweet potato black bean hash</u>
- taco grain bowl with crispy chipotle chickpeas
- whole 30 vegetarian power bowls
- zoodle pad thai
- zucchini and feta breakfast casserole
- zucchini breadsticks

### List of Vegan Meals and Side Dishes Recipes

- almond butter thai salad
- arugula, avocado, and tomato salad
- asian baked tofu
- baked butternut squash fries
- carrot zucchini chickpea fritters
- <u>cashew cabbage</u>
- cinnamon roasted butternut squash
- cucumber noodle greek salad
- fiesta bean salad
- grilled tofu steaks with roasted cashew and mango salsa
- homemade veggie burger
- Iemon garlic zucchini noodles

- Ioaded veggie salad with chickpeas and black beans
- marinated cucumber salad
- martha stewart's chopped vegetable salad
- mediterranean bowl
- mexican style cauliflower rice
- persian lentil soup
- <u>quinoa breakfast bowl</u>
- <u>quinoa tabouli</u>
- roasted beets and carrots
- roasted cauliflower and garlic vinaigrette
- roasted cauliflower date red onion and parsley salad
- roasted cauliflower rice
- rosemary roasted radishes
- <u>scrumptious roasted vegetables</u>
- slow cooker lentil sloppy joes over spaghetti squash
- spaghetti squash hash browns
- <u>spicy scrambled tofu breakfast tacos</u>
- spicy tofu lettuce wrap tacos
- sweet potato unstuffing
- thai black pepper and garlic tofu
- tofu scramble with kale and sweet potatoes
- vegan avocado toast
- vegan buddha bowl
- vegan high protein salads
- vegan roasted vegetable quinoa salad

### List of Healthy Balanced Meals Recipes

- avocado BLT quinoa salad with ranch dressing
- blackened chicken tacos with pineapple salsa
- blackened fish tacos with cilantro slaw
- chicken broccoli quinoa skillet
- chicken tinga tacos
- cilantro lime tilapia
- creamy avocado greek yogurt chicken salad on sandwich thin
- crock-pot burrito bowls
- <u>crock pot stuffed peppers with chicken quinoa and black beans</u>
- curried butternut squash, lentil, and chicken stew
- easy white chicken chili
- farm fresh breakfast quesadilla
- <u>fish tacos</u>
- garlic shrimp with quinoa

- grilled steak street tacos
- healthy chicken fajita quesadillas
- homemade refried beans
- honey chili salmon bake
- how to make chili
- loaded chicken quesadillas with avocado salsa
- mexican chicken, sweet potato and black bean skillet
- one skillet tuscan chicken
- quinoa and butternut salad with bacon, feta, and caramelized onion
- <u>salmon patty</u>
- salmon quinoa bowl
- <u>slow cooker turkey chili</u>
- slow cooker turkey quinoa chili with sweet potatoes and black beans
- spinach bacon cheese quiche with sweet potato crust
- <u>sweet potato breakfast nests</u>
- sweet potato hash with sausage and eggs
- <u>sweet potato toast 9 ways</u>
- tuna white bean salad
- turkey apple and brie quesadilla
- whole 30 chilaquiles with sweet potatoes

## List of Healthy Meals On The Go Recipes

- breakfast protein box
- <u>deli style protein box</u>
- greek chicken meal prep bowls
- no cook snack box
- protein fruit and veggie bistro box
- protein pack
- <u>shrimp burrito meal prep bowls</u>
- starbucks protein bistro box
- tuna salad meal prep

### List of Low Carb Bakery Recipes

- <u>12 keto brownie recipes</u>
- cauliflower tortillas
- chocolate chip protein pillow cookies
- cloud bread
- coconut flour tortillas
- coconut macaroons
- healthy fluffy low carb pancakes
- jello cheesecake cookies

- keto psyllium buns
- low carb almond meringue cookies
- low carb biscuits
- low carb blueberry english muffin bread loaf
- low carb cheese and jalapeno bread
- low carb chocolate chip cookies
- low carb keto cloud bread
- low carb naan
- low carb strawberry coconut scones
- low carb taco shells with spinach
- paleo banana bread muffins
- peanut butter banana protein muffins
- rosemary cloud bread

### List of No Bake, Low Sugar Desserts and Protein Bar Recipes

- <u>10 best sugar-free-no bake cheesecakes</u>
- <u>almond butter fat bombs</u>
- avocado protein fudgesicles
- <u>cheesecake stuffed strawberries</u>
- chocolate chip no bake energy bites
- <u>coconut popsicles</u>
- cookies and cream protein bars
- cottage cheese breakfast bowl
- easy watermelon popsicles
- high protein jello mousse
- <u>high protein pumpkin pudding</u>
- homemade marshmallows
- jello protein
- keto jello yogurt whips
- <u>keto raspberry lemon popsicles</u>
- lemon coconut energy balls
- Iemon peel ricotta creme
- low carb coconut bars
- low carb ricotta cheesecake fluff
- mexican chocolate tofu pudding
- mocha ricotta creme
- no bake almond joy cheesecake truffles
- <u>no bake apple pie protein bars</u>
- no bake cherry dessert
- no bake paleo vegan pumpkin spice latte energy balls
- <u>no bake peanut butter protein bars</u>

- <u>no churn protein ice cream</u>
- protein fudgesicles
- pumpkin pie mousse
- <u>strawberry cheesecake protein popsicles</u>
- sugar free lemon curd
- sugar free peanut butter cheesecake ice cream
- sugar free peanut butter popsicles
- vegan protein packed brownie batter bites

## List of Low Sugar Dressings and Sauces Recipes

- avocado greek yogurt dressing
- basil pesto
- <u>chimichurri sauce</u>
- <u>cilantro lime vinaigrette</u>
- <u>clean eating gravy</u>
- <u>cleaned up olive garden dressing</u>
- creamy avocado basil pesto
- creamy feta and dill dressing
- <u>dairy free pesto</u>
- dairy free ranch dressing
- easy keto marinara sauce
- garlic balsamic vinaigrette
- greek vinaigrette
- greek yogurt caesar dressing
- greek yogurt creamy balsamic vinaigrette
- green goddess salad dressing
- healthy creamy avocado cilantro lime dressing
- healthy greek yogurt ranch
- instant kale pesto
- <u>keto garlic dressing</u>
- lemon bruschetta dressing
- low carb peanut sauce
- magic green sauce
- paleo cocktail sauce
- roasted garlic walnut pesto
- skinny white gravy
- sugar free BBQ sauce
- <u>sugar free ketchup</u>
- sugar free teriyaki sauce
- sweet southern BBQ sauce
- whole 30 mole sauce

- world's best tzatziki sauce
- zingy avocado dressing

#### List of Low Sugar Drinks and Cocktails Recipes

- <u>3-2-1 herbal kool aid</u>
- <u>5 low sugar cocktails</u>
- <u>7 keto alcohol recipes</u>
- blackberry cucumber skinny mojito
- <u>blueberry mojitos</u>
- <u>coconut lime coolers</u>
- cranberry spiced tea
- <u>cranberry wassail</u>
- homemade vanilla chai tea latte
- low carb eggnog
- low sugar rosemary ginger lemonade
- peach good girl moonshine
- <u>skinny summer sangria</u>
- slow cooker mulled wine
- <u>strawberry hibiscus spritzer</u>
- sugar and dairy free hot chocolate
- sugar free copycat chick-fil-a frozen lemonade
- <u>sugar free margarita</u>
- sugar free skinny limeade
- sugar free strawberry limeade