

## Option 1: "Real Food" Meal Plan

### Breakfast (with milk from allowance if required)

- 1 medium slice of bread or toast with a scraping of margarine/low fat spread **without** additional jam, marmalade or honey
- 3 tablespoons of dry porridge oats
- 5 tablespoons of Branflakes, Fruit and Fibre, Cornflakes, Rice Krispies or All Bran
- 1 Weetabix or Shredded Wheat

### Lunch & evening meal

#### Choose 1 of the following high protein foods:

- 100g lean cooked meat (remove visible fat & skin)
- 55g low fat soft cheese spread
- 100g white fish or tinned tuna (in brine or spring water)
- 100g low fat cottage cheese
- 1 medium/large egg
- 100g Tofu or Quorn
- 4 tablespoons cooked peas, lentils or beans (including baked beans)

#### Choose 1 of the following high carb foods:

- 1 medium slice of bread or toast with a scraping of margarine
- 1 crumpet
- 2 egg-sized old potatoes or 3 new potatoes with skin
- 2 tablespoons boiled rice (cooked)
- 3 tablespoons boiled pasta (cooked)
- 2 crispbreads/Ryvita
- 2 small oat cakes
- ½ pitta or 1 mini pitta

#### Choose 2 of the following vegetable portions:

- 3 heaped tablespoons cooked (approx. 100g)
- 1 side salad (cereal bowl size)
- 1 tomato or 7 cherry tomatoes
- 1 glass (200mls) tomato or vegetable juice

**Include two milk portions (these can be as snacks or as part of breakfast):**

- 200mls (1/3 pint) skimmed or semi-skimmed milk
- 1 small pot (125g) of plain or fat free yogurt

**Include two fruit portions:**

- 1 medium sized piece of fruit e.g. apple or pear
- 2 small fruits e.g. plums, satsumas
- 150g or a large handful of berries
- 3 tablespoons of stewed or tinned fruit (no added sugar)
- 1 small glass of fruit juice (150mls)
- 1 heaped tablespoon of dried fruit
- 1 small handful of grapes

**Bananas are NOT included as part of the pre-op diet allowance**

**Any of the spices/condiments listed below can be used to add flavour:**

Salad dressings such as vinaigrette, French dressing, salad cream or mayonnaise should **not** be used as part of the pre-surgery diet.

Try using a small amount of the natural 0% or low fat yoghurt from the milk allowance to make an alternative salad dressing. Add ½-1 teaspoon of Dijon or wholegrain mustard to 1-2 dessertspoons of yoghurt for a tasty low fat dressing. Balsamic and other vinegars and lemon juice can be used freely to add to the above or on their own.

## Option two: Combined Meal Replacement Products with “Real Food” Meal Plan

This option can be useful if you are likely to struggle to follow the real food meal. However, remember that following bariatric surgery, you will be on a liquid, mainly milk-based diet for a minimum of 2 weeks. Please consider this when making your choice of pre-operative diet option.

Replace two main meals with two meal replacement products, e.g.

Breakfast:	1 meal replacement shake (max 15g carbs per serving)
Lunch:	1 meal replacement shake (max 15g carbs per serving)
Evening meal:	A ‘Real Food’ meal & 2 portions of fruit <b>OR</b> A ready meal from the ‘healthy range’ that contains <b>no more than 50g of carbohydrate and 400 calories</b>

**You will need to ensure that each meal replacement shake contains no more than 200 calories and no more than 15g of carbohydrate per serving. They should also contain a range of vitamins and minerals.**

### Suitable meal replacement shakes include:

- **Ufit** (Tesco, Holland & Barrett, Ocado, Iceland) – this option is a good choice for diabetes control
- **Grenade Carb Killa Protein Shake** (Grenade website, Amazon, Holland & Barrett, Tesco)
- **For Goodness Shakes Ultimate Protein** (Tesco, Morrison’s, Waitrose). Note – split this into 2 x 240ml servings over the day
- **PhD Nutrition Diet Whey Ready to Drink** (Sainsbury’s, Boots, Holland & Barrett)
- **MaxiNutrition Protein Milk** (Holland & Barrett, Tesco, Sainsbury’s)
- **Sci-MX Pro-2 Go Ready to Drink** (Sainsbury’s, Morrison’s, Tesco, Ocado, Asda). Note – split this into 2 x 250ml servings over the day
- **Myprotein Pro Milk 50 RTD** 500ml (Myprotein website). Note – split this into 2 x 250ml servings over the day

You may find other options that are suitable, including powdered shakes. Please discuss these with your Dietitian.

**Examples of suitable meals from the healthy range include (in no particular order):**

- Tesco Vegetable Butternut Squash Spinach Feta Lasagne 400G
- Tesco Chicken In Mushroom Sauce 370G
- Tesco Cod Mornay With Mash And Peas 380G
- The City Kitchen Chicken Katsu Curry Ready Meal 385G
- ASDA Calorie Counted BBQ Pulled Pork & Sweet Potato Mash
- ASDA Calorie Counted Spaghetti Bolognese
- ASDA Calorie Counted Creamy Prawn Linguine
- Weight Watchers Chicken Leek & Mushroom Pie
- Weight Watchers Creamy Mac & Cheese
- Weight Watchers Hearty Cottage Pie
- Sainsbury's Tomato & Cheese Bake, Be Good To Yourself 400g
- Sainsbury's My Goodness! Kerala Cod & Lime Rice 380g
- Sainsbury's Chilli Con Carne, Be Good To Yourself 400g
- Morrison's Eat Smart Counted Cumberland Pie 400g
- Morrison's Eat Smart Ham In Mustard Sauce 380g
- Morrison's Hi Protein Falafel Feta Beans 400g
- Waitrose LoveLife Beef & Red Wine Casserole 380g
- Waitrose LoveLife Calorie Controlled spinach & ricotta cannelloni 400g
- Waitrose LoveLife Kerala Chicken Biryani 350g
- M&S Balanced For You Spiced Cauliflower Rice and Chargrilled Tikka Chicken
- M&S Balanced For You Aromatic Lamb Curry with a Spiced Rice & Lentil Pilaf
- M&S Count On Us Ham and Mushroom Tagliatelle