

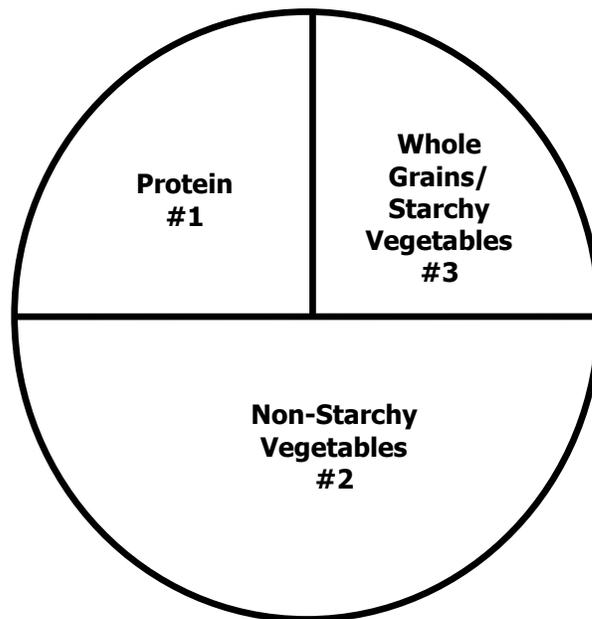


Stage 4: Regular Textures

Tips for Stage 4

- Always eat your protein first and then focus on vegetables. Eat your starch last.
- Work on creating an eating schedule – if you are not hungry, take a few bites of a protein food to stay on schedule.
- Avoid picking or grazing which can lead to weight gain. Stick to planned meals and snacks.
- Take tiny bites and chew thoroughly!

Portion sizes will vary depending on your stomach capacity. Just remember to listen to your body and stop eating when full.



How to Use this Handout:

We hope this handout can serve as a jumping off point towards becoming more comfortable with meal preparation and basing your meals around protein. Use these ideas to get started and explore the recipe websites and cookbooks for further instructions and ideas. Don't be afraid to experiment with new foods, seasonings, and cooking methods. You never know when you'll find a favorite new recipe!

Egg Ideas

(1 whole egg or 2 egg whites or ¼ cup egg substitute = **1 Protein**)

- **Scrambled, Poached, or Hard-boiled** – Don't overcook!
- **Over Easy or Sunny Side Up** – Pan-fry with cooking spray
- **Crustless Mini Quiches** – Look for 'Bites' recipes at theworldaccordingtoeggface.blogspot.com
- **Eggs in a Mug** – Microwave egg substitute; can add seasonings, cheese, deli meat, etc.
- **Omelet or Frittata** – Add your favorite veggies and reduced-fat cheese
- **Simple Breakfast Sandwich** – Egg & reduced-fat cheese on sandwich thin or English muffin



Fish Ideas

(1 ounce cooked fish, such as fresh or frozen cod, flounder, haddock, halibut, salmon, tuna = **1 Protein**)

- **Teriyaki Salmon** – Try low-sodium teriyaki sauce as marinade or for dipping
- **Lemon Pepper Cod** – Sprinkle with lemon pepper seasoning or DIY with lemon juice and pepper
- **Broiled Haddock** – Use the broiler to keep your fish moist on the inside but crisp on the outside
- **Salmon Burger** – Find it frozen at Trader Joe's



Poultry Ideas

(1 ounce cooked poultry = **1 Protein**)

- **Roasted Turkey** – Add fat-free gravy for extra moisture and use leftovers throughout the week
- **Turkey Meatloaf or Meatballs** – Substitute ground turkey in your meatloaf or meatballs recipe
- **Chicken Stir-fry** – Cook up extra chicken, cut into strips, and stir-fry with your favorite veggies
- **Crockpot Pulled Chicken** – Let your crockpot do the work to make moist, tender, flavorful chicken
- **Chicken or Turkey Burger** – Grill or pan-fry and top with veggies and/or cheese
- **Chicken Sausage** – Grill or pan-fry; brands include Al Fresco, Thin 'n Trim, Trader Joe's, and Nature's Promise

Vegetarian Meal Ideas

(1/2 cup beans or 2 ounces firm tofu = **1 Protein**; veggie burgers vary)

- **Lentils, Chickpeas, or Beans** – Make a stew or chili; toast chickpeas on stovetop and season with garlic and lemon juice
- **Tofu** – See Stage 3A handout for recipe ideas
- **Soy Crumbles** – Use instead of ground meat; brands include Morningstar Farms and Trader Joe's
- **Meatless Meatballs** – Use it like a meatball; brands include Morningstar Farms and Trader Joe's
- **Veggie Burgers** – See veggie burger handout for guidance

Explore these websites for healthy recipes using the ideas in this handout:

- www.cookinglight.com
- www.eatingwell.com
- www.emilybites.com
- recipes.sparkpeople.com
- www.skinnytaste.com
- theworldaccordingtoeggface.blogspot.com
- www.yummly.com

CookingLight

skinnytaste.com
delicious low fat recipes from my family to yours

Some great bariatric surgery cookbooks include:

- Recipes for Life After Weight-Loss Surgery
- The Complete Idiot's Guide to Eating Well after Weight Loss Surgery
- Weight Loss Surgery Cookbook for Dummies
- The Everything Post-Weight Loss Surgery Cookbook

