Now that you’ve made the decision to have bariatric surgery, it’s critical that you have a good nutrition plan to follow before and after surgery to ensure long-term success. BariatrX Essentials medical food offers a great start. BariatrX Essentials has been developed by a bariatric surgeon and nutritional experts with your health as the primary objective. This guide is filled with information, sample menus, and recipes that can be used along with the BariatrX Essentials program to help facilitate healthy weight loss and maintenance.

**Preoperative Plan:**
1-2 months prior to surgery

Weight loss prior to surgery can help reduce complications and accelerate recovery. For example, with proper nutrition initial weight loss can reduce the size of the liver. (During surgery, the liver must be elevated to expose the stomach; thus, a smaller liver enhances your surgeon’s ability to safely complete your operation). Because your liver is the clearinghouse for nearly everything that enters your body, you’ll want to avoid foods and substances that are harder for your body to process, such as alcohol, caffeine, refined sugar, saturated fats, and heavily processed foods.

A combination of the following medical food and nutraceuticals can be used to help you meet your nutritional needs before and/or after surgery. Your healthcare provider will develop a customized plan.

### Medical Food
- **BariatrX Essentials Medical Food**—Nutritious meal option designed to help maintain muscle while losing fat. Flavors: Vanilla Crème, Banana Supreme, Dutch Chocolate.

### Nutraceutical Support
- **Advanced Protein**—Protein supplement with 16 grams of protein per serving. Flavors: Vanilla, Chocolate.
- **Multivitamin & Mineral**—High quality supplement that provides essential vitamins and minerals that may be lacking due to food restriction.
- **Daily Fiber**—Food-based fiber supplement to help relieve occasional constipation.
- **Zinc Support**—Liquid zinc supplement to provide this essential mineral in a form that is designed to be easily absorbed.
- **Iron Support**—Tablet containing 29 mg of iron with vitamin B₆, thiamin, and folate designed to facilitate better absorption and utilization.
- **EPA/DHA**—Available in capsules or liquid form, this high quality fish oil supplement may help support healthy cardiovascular function.
- **Cal Apatite® Forte**—Combination bone support formula that contains forms of calcium, phosphorous, and vitamin D designed to be highly absorbable.
- **D₃ 1000™**—High potency vitamin D for additional immune system support.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.*
Following are some sample menus and recipes to aid in weight reduction leading up to your surgery. Consider this good training for incorporating nutrient-dense foods into your diet that will help you achieve long-term success with your weight management goals.

**SAMPLE MENU #1**

**Breakfast**
3 scoops BariatrX Essentials medical food with water

**Mid Morning**
1 hard boiled egg and 1 small pear

**Lunch**
¼ cup *Black Bean Sweet Potato Chili*
1-2 cups *Chopped Salad with Balsamic Vinaigrette*

**Mid Afternoon**
¼ cup hummus (garbanzo bean dip) with 10-12 baby carrots

**Dinner**
3-4 ounces grilled salmon, halibut, or tilapia
1 cup *Wild Rice & Roasted Vegetables*

**SAMPLE MENU #2**

**Breakfast**
3 scoops BariatrX Essentials medical food with water

**Mid Morning**
6 ounces lowfat yogurt, 2 tablespoons ground walnuts

**Lunch**
2 *Tuna Salad Lettuce Wraps*
1 sliced tomato

**Mid Afternoon**
1 medium apple

**Dinner**
1 cup *Tuscan White Bean Soup*
1-2 cups mixed greens salad with vinaigrette

**SAMPLE MENU #3**

**Breakfast**
1 cup *Salmon Scramble*
1 slice whole grain toast with 1 tablespoon unsweetened apple butter
½ grapefruit

**Mid Morning**
3 scoops BariatrX Essentials medical food with water

**Lunch**
1 cup lentil soup*
1 small whole grain roll
1 cup mixed berries

**Mid Afternoon**
1 ounce raw almonds

**Dinner**
3 ounces grilled skinless chicken
¾ cup *Barley Risotto*
1 cup *Sautéed Greens*

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* For convenience, you can use healthy canned soups but read the label carefully. Soups should contain beans, vegetables, and broth and not much more. Beware of added salt and sugar, which might also be listed as high fructose corn syrup, cane juice, or corn syrup solids.
SAMPLE MENU #4

Breakfast  3 scoops BariatrX Essentials medical food with water
Mid Morning  1 fresh peach, ¼ cup pumpkin seeds
Lunch  1 cup Barley Minestrone Soup
½ turkey sandwich (3 ounces turkey breast, 1 teaspoon stone ground mustard, lettuce, and tomato)
½ cup lowfat cottage cheese
Mid Afternoon  2 part-skim mozzarella sticks
Dinner  4 ounces Mango Salmon
1 cup I Can’t Believe It’s Not Mashed Potatoes
1 cup mixed greens salad with vinaigrette

SAMPLE MENU #5

Breakfast  1 vegetable omelet with 2 eggs, mushrooms, broccoli, spinach
1 slice whole grain toast with 1 tablespoon unsweetened apple butter
Mid Morning  1 sliced red pepper with ¼ cup hummus dip
Lunch  2 Fish Tacos
½ cup black beans with salsa
1 cup Sautéed Greens
Mid Afternoon  3 scoops BariatrX Essentials medical food with water
Dinner  ½ cup Black Bean Sweet Potato Chili
1-2 cups Chopped Salad with Balsamic Vinaigrette

SAMPLE MENU #6

Breakfast  3 scoops BariatrX Essentials medical food with water
Mid Morning  1 hard boiled egg, 1 cup watermelon chunks
Lunch  1 cup California Cobb Salad
½-1 cup split pea soup
Mid Afternoon  6 ounces lowfat yogurt, ¼ cup frozen berries
Dinner  3 ounces Turkey Meatloaf
1-2 cups spinach salad with vinaigrette
SAMPLE MENU #7

Breakfast  1 Breakfast Burrito
           1 medium orange

Mid Morning  3 scoops BariatrX Essentials medical food with water

Lunch  1 cup black bean soup
        1-2 cups mixed greens salad with vinaigrette

Mid Afternoon  1 slice whole grain toast with 1 tablespoon almond butter

Dinner  1 Grilled Portabella Mushroom Burger on a whole grain bun
        1 cup Sautéed Mixed Greens
        1/4 cup Quick Quinoa Salad

ALTERNATIVE MENU
FOR LIQUID DIETS

Some healthcare providers recommend a full liquid diet in preparation for surgery. When taken as directed, BariatrX Essentials medical food with targeted nutraceutical support provides adequate nutrients to support a short-term liquid diet. This diet should be followed under the care and direction of your healthcare provider.

Upon Rising  Supplement: 1 Iron Support tablet
Breakfast  3 scoops BariatrX Essentials medical food with water
Mid Morning  Supplement: 2 Multivitamin & Mineral
Lunch  3 scoops BariatrX Essentials medical food with water
Mid Afternoon  Supplement: 2 Multivitamin & Mineral
Dinner  3 scoops BariatrX Essentials medical food with water

About Quinoa
Quinoa is one of the most nutritious grains available. It’s gluten-free and has a pleasant, buttery flavor. This tasty grain cooks in 15-20 minutes and can be eaten alone or with soups and salads. (see recipes)

Water & Other Beverages
Try to drink at least 64 ounces of plain water every day. If drinking water throughout the day is not currently a habit, try slicing a lemon into eight sections. Squeeze one section into your glass every time you fill it with water. When all eight sections of the lemon are gone, you’ll know you’ve had an adequate amount of water for the day.
Other beverages may be adding caffeine, sugar, and empty calories to your diet and may be discouraging you from drinking enough water. The following beverages should be reduced and eventually omitted from your diet:

- Caffeinated beverages
  - Soda
  - Energy drinks
  - Coffee
  - Coffee drinks (lattes, mochas, etc.)
  - Caffeinated tea
- Alcohol
- Fruit juices with added sugar
- Fruit punch or fruit drinks with added sugar
- Lemonade and sweetened iced teas

**Physical Activity**

Assess where you are with your current level of physical activity:

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
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</thead>
<tbody>
<tr>
<td>Confined to bed or couch most days</td>
<td>Able to walk but do so infrequently</td>
<td>Engage in some physical activity 1-2 times per week</td>
<td>Engage in some physical activity 3-4 times per week</td>
<td>Engage in moderate to strenuous physical activity 4+ days per week</td>
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</table>

If you are physically able, try moving up one level on the activity scale. Combining a healthy diet with some type of exercise will improve your health, further your weight loss success, and help you maintain your desired body weight after surgery. Consult with your healthcare provider before making changes to your exercise routine and be cautious to not over-exert in the weeks following surgery.
In the weeks following surgery, the primary goal is to supply your body with adequate protein and nutrients needed for healing. It’s important to take it slow and follow the advice of your healthcare provider. Depending on the type of surgery, the size of your stomach has been reduced to the size of a golf ball and may eventually stretch to the size of a baseball. Since this limits the amount of food you are able to eat, it’s critical that you choose foods that are nutrient-dense. **THERE’S NO ROOM FOR JUNK**, so you must make healthy food choices to nourish yourself and maintain the weight loss you achieve.

**Phase I: 1-4 weeks after surgery (as directed by physician)**

You are in the recovery phase, where it’s important to get adequate fluids and protein. Follow your healthcare provider’s instructions carefully for optimal healing and use this information to help guide you.

**Days 1-2:**
- Consume 32-64 ounces of clear, sugar-free liquids each day
- Sip liquids slowly at the rate of approximately two ounces (¼ cup) per hour

**Days 3-4:**
- Continue on liquid diet, adding broths, diluted fruit or vegetable juices (non-sweetened), skim or lowfat milk or milk substitutes (rice, soy, almond, or other nut milks)
- Begin one serving of BariatrX Essentials medical food mixed with water, six times per day, sipping on the beverages throughout the day
- Begin multivitamin supplementation as instructed by physician
- Drink a minimum of 32 ounces of water throughout the day in addition to the medical food shakes

**Days 5-14:**
- Add soft foods that are easy to digest, such as lowfat, plain yogurt (no fruit pieces), Cream of Rice® cereal, strained soups, and **Silken Banana Custard**
- Continue with one serving of BariatrX Essentials medical food mixed with water, six times per day
- Continue multivitamin supplementation
- Drink a minimum of 32 ounces of water throughout the day in addition to the medical food shakes

**Silken Banana Custard**

= 1 serving BariatrX Essentials

1 scoop BariatrX Essentials Banana Supreme
¼ cup silken tofu

Blend with hand mixer or in blender until smooth.
15 Days to 1 Month After Surgery

- Begin to add thicker liquids and soft food into your diet, choosing high-protein, nutrient-dense foods such as:
  - Lowfat yogurt (plain or fruit juice sweetened)
  - Scrambled eggs
  - Applesauce (no sugar added)
  - Pureed bean and vegetable soups
  - Lowfat cottage cheese
  - Mashed, cooked vegetables
  - Fruit smoothies with soy milk or nut milk
- Continue with one serving of BariatrX Essentials medical food mixed with water, six times per day
- Continue multivitamin supplementation
- Drink a minimum of 32 ounces of water throughout the day in addition to the medical food shakes
- Optional: add one serving of Daily Fiber to relieve constipation as needed

Phase II: months 2 and 3 after surgery

In this phase, you are able to add a much wider variety of wholesome, nutritious foods. In order to make room for these new foods, you may start gradually decreasing your medical food intake from six scoops a day to three scoops a day. Be sure to include high quality proteins and a variety of colorful vegetables in your daily diet. As your activity increases, so will your protein needs. See BariatrX Essentials Recipes to get more variety into your supplement routine.

SAMPLE MENU = 4 scoops BariatrX Essentials

Upon Waking
Supplement: 1 Iron Support tablet with 4 ounces pulp-free orange juice or 2-3 fresh strawberries

Breakfast
3 scoops BariatrX Essentials medical food shake

Mid Morning
½ cup lowfat cottage cheese with diced tomatoes
Supplement: 2 Multivitamin & Mineral

Lunch
½ cup lentil soup over ½ cup cooked quinoa
BariatrX Essentials Dutch Chocolate Mousse (= 1 scoop)

Between Meals
Supplement: 1 teaspoon Zinc Support

Mid Afternoon
6 ounces plain yogurt with fresh berries

Dinner
¾ cup chopped spinach salad with 3 large grilled shrimp, 1 tablespoon vinaigrette
Supplement: 1 Multivitamin & Mineral
Phase III: months 4 and 5 after surgery

Now that you are eating a wider variety of foods, you can safely decrease your medical food intake to **three scoops per day**. You can begin using many of the recipes you enjoyed during the preoperative phase, just eat smaller portions. If you feel you are not getting adequate protein, talk to your healthcare provider about supplementing with Advanced Protein.

**SAMPLE MENU = 3 scoops BariatrX Essentials**

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<thead>
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<th>Meal</th>
<th>Details</th>
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<tr>
<td>Upon Waking</td>
<td>Supplement: 1 Iron Support tablet with cantaloupe wedge</td>
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</tr>
<tr>
<td>Breakfast</td>
<td>Salmon Scramble</td>
<td>Supplement: 2 Multivitamin &amp; Mineral</td>
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<tr>
<td>Mid Morning</td>
<td>3 scoops BariatrX Essentials medical food shake</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>1 Tuna Salad Lettuce Wrap</td>
<td>¼ cup lowfat cottage cheese</td>
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<tr>
<td>Between Meals</td>
<td>Supplement: 1 teaspoon Zinc Support</td>
<td></td>
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<tr>
<td>Dinner</td>
<td>2 ounces grilled chicken breast</td>
<td>¼ cup brown rice</td>
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<td></td>
<td>¼ cup steamed broccoli</td>
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<tr>
<td>Evening</td>
<td>1 Baked Apple or Pear with Cinnamon</td>
<td>Supplement: 1 Multivitamin &amp; Mineral</td>
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Phase IV: month 6 after surgery and beyond

Congratulations! You’ve begun a lifelong commitment to making wise food choices, staying active, and maintaining a healthy weight. It’s important to continue to include high quality proteins and a variety of nutrient-dense foods in your daily diet. Continue to experiment with the recipes that were offered preoperatively and eating smaller portions. It’s recommended that you continue to use the BariatrX Essentials and/or Advanced Protein supplements to ensure you are getting adequate protein. Consider occasionally replacing breakfast with one complete BariatrX Essentials serving (3 scoops). This provides nearly half of your nutritional needs in one meal and it’s a healthy way to start your day.

**SAMPLE MENU = 3 scoops BariatrX Essentials**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Details</th>
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<tbody>
<tr>
<td>Upon Waking</td>
<td>Supplement: 1 Iron Support tablet with 2-3 fresh strawberries</td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>3 scoops BariatrX Essentials medical food shake</td>
<td></td>
</tr>
<tr>
<td>Mid Morning</td>
<td>1 hard boiled egg</td>
<td>Supplement: 2 Multivitamin &amp; Mineral</td>
</tr>
<tr>
<td>Lunch</td>
<td>¼ cup Barley Minestrone Soup</td>
<td>¼ sweet potato (no skin) with 2 tablespoons lowfat cottage cheese</td>
</tr>
<tr>
<td>Between Meals</td>
<td>Supplement: 1 teaspoon Zinc Support</td>
<td></td>
</tr>
<tr>
<td>Mid Afternoon</td>
<td>¼ cup plain yogurt with ¼ sliced mango</td>
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<tr>
<td>Dinner</td>
<td>1 cup California Cobb Salad</td>
<td>Supplement: 1 Multivitamin &amp; Mineral</td>
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</table>
Medical Food Recipes

For all smoothie and shake recipes, blend ingredients in a blender or food processor to desired consistency.

**Berry Dream Smoothie**
2-3 scoops BariatrX Essentials Vanilla Crème
½ cup frozen berries
½ cup unsweetened soy milk
½ cup water
For added fiber and omega-3s, add 1 tablespoon ground flaxseed

**German Chocolate Smoothie**
2-3 scoops BariatrX Essentials Dutch Chocolate
½ cup light coconut milk
½ cup water
2-4 ice cubes

**Peach Melba Smoothie**
2-3 scoops BariatrX Essentials Vanilla Crème
½ fresh peach (no skin)
½ cup water
2-4 ice cubes

**Choconana Shake**
2 scoops BariatrX Essentials Dutch Chocolate
1 scoop BariatrX Essentials Banana Supreme
½ banana
½ cup unsweetened chocolate soy milk
½ cup water
2-4 ice cubes

**Strawberry Banana Smoothie**
2-3 scoops BariatrX Essentials Banana Supreme
½ cup fresh or frozen strawberries
½ cup almond milk
2-4 ice cubes

For all custard and pudding recipes, mix with a hand blender or food processor.

**Silken Banana Custard**
1 scoop BariatrX Essentials Banana Supreme
½ cup silken tofu

**Dutch Chocolate Mousse**
1 scoop BariatrX Essentials Dutch Chocolate
½ cup plain yogurt

**Vanilla Rice Pudding**
1 scoop BariatrX Essentials Vanilla Crème
½ cup thoroughly cooked rice
½ cup vanilla rice milk

**Mango Lassi**
1 scoop BariatrX Essentials Vanilla Crème
½ cup frozen mangos
½ cup almond or hazelnut milk

**Oatmeal Chocolate Chip Cookie**
1 scoop BariatrX Essentials Dutch Chocolate
½ cup cooked oatmeal (cooled)
½ cup almond or hazelnut milk
**Chopped Spinach Salad w/ Balsamic Vinaigrette**  
(yields 4 servings)

**Vinaigrette**
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 2-3 garlic cloves
- 1 medium red pepper, diced
- 21/2 tablespoons black beans, drained and rinsed
- 1 tablespoon flaxseed oil
- 2 teaspoons Dijon or stone ground mustard
- 1 teaspoon dried oregano, basil, thyme, or other herbs of choice

Whisk ingredients together or shake to mix in a jar or bottle.

**Salad**
- 1 bunch fresh spinach, thoroughly washed
- 1 hard boiled egg, chopped
- 1 cup grape or cherry tomatoes
- 1/4 cup slivered almonds

Chop spinach into bite-size pieces. Add remaining ingredients and vinaigrette and toss until all spinach is lightly coated with dressing. Serve immediately.

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**Wild Rice & Roasted Vegetables**  
(yields 6 servings)

1 cup wild rice  
2 cups vegetable or chicken stock  
1 large red pepper  
3 medium carrots  
1 small, sweet onion or 2 scallions  
1 zucchini  
1 1/2 cups cremini or button mushrooms  
4 cloves garlic, chopped  
2 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon dried herbs (oregano, basil, thyme, sage, or choice of any herbs)  
1/4 cup balsamic vinaigrette

Preheat oven to 425°F. Place the rice in a bowl of cold water and scrub lightly between your fingers for about five seconds. Pour rice into a fine strainer and drain. Place the rice into a large saucepan and add the stock. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for approximately 50 minutes, until the liquid is absorbed and the grain is tender but not mushy.

While rice is cooking, chop all vegetables coarsely and place in a roaster pan. Drizzle olive oil over the vegetables and add garlic, olive oil, salt, and herbs. Toss until vegetables are coated then spread out in a single layer in the pan. Roast in preheated oven for 20 minutes, turning vegetables after 10 minutes. Combine roasted vegetables with cooked wild rice and toss with balsamic vinaigrette while still warm. Serve warm or cold.

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**Black Bean Sweet Potato Chili**  
(yields 6 servings)

1 1/2 cups black beans, drained and rinsed  
1 10-ounce can diced tomatoes, undrained  
1 4-ounce can chopped mild green chilies  
2 teaspoons ground cumin  
1/2 teaspoon dried oregano  
salt to taste  
fresh cilantro for garnish (optional)

Bake sweet potatoes at 350°F until slightly firm, but not soft. When cool, peel and dice into 1/4 inch cubes. Set aside. Heat oil in soup pot or Dutch oven. Add garlic and onion and sauté over medium heat until golden brown. Add remaining ingredients and heat. Cover and simmer for 15 minutes. Add diced sweet potatoes and continue to simmer until vegetables are tender, 10-15 minutes. Add salt to taste. Taste improves if allowed to stand for 1-2 hours before serving. Reheat and serve with chopped cilantro for garnish.
**Salmon Scramble**  
(yields 4 servings)

1 tablespoon olive oil  
2 large eggs  
1 small red onion, diced  
¼ cup mushrooms, chopped  
½ cup fresh spinach, chopped  
1 medium tomato, chopped  
1 can wild salmon (or smoked salmon)

Heat olive oil in skillet over medium heat. Whisk eggs in small bowl and set aside. Add onions and mushroom to the skillet and sauté until soft. Add the eggs and stir gently with a spatula for 2-3 minutes. Add spinach, tomato, and salmon; heat for another 2-3 minutes.

**Tuna Salad Lettuce Wraps**  
(yields 4 servings)

3 tablespoons Dijon mustard  
2 tablespoons canola mayonnaise  
1 tablespoon olive oil  
2 cans water-packed tuna, drained

1 medium dill pickle, diced  
⅛ cup red pepper  
⅛ head iceberg lettuce

Whisk together mustard, mayonnaise, and olive oil in small bowl and set aside. Combine tuna, pickle, and red pepper in a separate bowl. Stir in the mustard mix until well combined. Separate lettuce head so that the whole leaves remain intact. Separate tuna mixture onto desired number of lettuce leaves and fold or wrap the lettuce around the mixture, similar to a burrito fold.

**Tuscan White Bean Soup**  
(yields 8 servings)

1 tablespoon olive oil  
1 medium scallion, chopped  
1 small red onion, chopped  
1 large red pepper, seeded and chopped  
1 small yellow pepper, seeded and chopped  
2 cloves garlic, minced  
1 teaspoon dried Italian herbs  
1 14.5-ounce can diced tomatoes  
8 cups vegetable or chicken broth  
1 ⅓ - 2 cups water  
1 15-ounce can white cannelloni beans, drained and rinsed  
½ cup brown rice  
3 cups washed and chopped Swiss chard or fresh spinach  
Salt and pepper to taste

Heat olive oil in soup pot over medium heat. Sauté the scallion, onion, peppers, and garlic until the onion is lightly browned. Add the Italian herbs and tomatoes and continue to cook for 2 minutes, stirring constantly. Add broth, water, beans, and rice and bring soup to a boil. Reduce heat to medium-low and simmer for 45 minutes. Stir in the chard or spinach and continue simmering for 10-15 minutes. Season with salt and pepper.

**Barley Risotto**  
(yields 8 servings)

1 cup pearl barley, rinsed and drained  
4 cups vegetable broth  
3 cloves garlic, minced  
1 cup edamame (sweet green soybeans), shelled and frozen  
1 cup chopped broccoli  
2 large carrots, diced  
1 large tomato, diced  
2 tablespoons dried basil  
1 tablespoon dried thyme  
½ cup parmesan cheese, shredded  
Salt and pepper to taste

Place barley in soup pot and add vegetable broth. Bring to a boil and reduce heat to low. Simmer for 50 minutes. Stir in garlic and edamame and simmer for another 3-4 minutes. Add broccoli, carrots, tomato, and herbs and stir until ingredients are combined. Simmer for 10 minutes, stirring occasionally. Stir in parmesan cheese.
Barley Minestrone Soup  
(yields 8 servings)

1 tablespoon olive oil  
1 medium or large onion, chopped  
3 carrots, diced  
1 cup mushrooms, chopped  
2 cloves garlic, minced  
1/3 cup whole barley  
1 bay leaf  
6 cups vegetable or chicken broth

1 28-ounce can diced tomatoes with juice  
1 16-ounce can kidney beans, drained and rinsed  
1 pound fresh green beans, cut into 1-inch pieces or 1 10-ounce package frozen, cut beans

In a heavy 6-quart pot, sauté onion, mushrooms, carrots, and garlic until just softened. Add broth, tomatoes, barley, and bay leaf. Bring to a boil and cover, reducing heat to simmer for 50 minutes, stirring occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more, until vegetables are tender. Remove bay leaf and serve.

“I Can’t Believe It’s Not Mashed Potatoes”  
(yields 4 servings)

1 large head cauliflower  
1 tablespoon olive oil  
1/4 cup lowfat milk  
Salt and pepper to taste

Curry powder and nutmeg or garlic powder (optional)

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes.

Sautéed Greens  
(yields 4 servings)

2 tablespoons olive oil  
1 small yellow onion, diced  
2 cloves garlic, minced  
1 cup mushrooms, sliced

8 cups chopped spinach, collard greens, kale, or Swiss chard  
2 tablespoons tamari sauce or soy sauce

Heat olive oil in large sauté pan. Add onion, garlic, and mushrooms and sauté until soft. Slowly mix in greens. Stir continuously until greens turn bright green and are slightly wilted. Do not overcook. Remove from heat and add tamari or soy sauce. Toss and serve immediately.

Mango Salmon  
(yields 9, 4-ounce servings)

2 tablespoons tamari or soy sauce  
1 tablespoon minced fresh ginger  
1 cinnamon stick  
1 teaspoon rice or cider vinegar  
1 10-ounce bottle of mango nectar

2 pounds wild salmon, divided into fillets  
1 teaspoon olive oil

Preheat oven or grill to 350˚ F. In a small saucepan, stir together all ingredients except the salmon. Bring to a boil, reduce heat and simmer, uncovered, for 20-25 minutes or until reduced to about 1/4 cup. Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan or grill. Place salmon on pan or grill. If broiling, rack should be positioned so the salmon is 5 inches away from heat element. Broil or grill for 5 minutes. Brush salmon with mango mixture and broil 3 minutes longer or until fish flakes with fork. Serve immediately.
Fish Tacos
(yields 6 servings)

1 \(\frac{1}{2}\) pounds firm fish such as halibut or red snapper
2 tablespoons olive oil
\(\frac{1}{2}\) cup rice wine vinegar
\(\frac{1}{4}\) cup lowfat sour cream or silken tofu
6 green onions, chopped

1 teaspoon sea salt
2 cups Napa cabbage, shredded
1 cup red cabbage, shredded
9 corn tortillas or 6 whole wheat tortillas
1 avocado, thinly sliced
Salsa (optional)

Remove skin and bones from fish and cut into 1” cubes. Heat olive oil in large skillet or sauté pan. Add fish to the skillet and sauté for 8-10 minutes, until opaque. Remove from heat and set aside. In small bowl, combine vinegar, sour cream or tofu, green onions, and salt. In large bowl, combine cabbage. Add dressing to the cabbage and mix well, until all cabbage is coated. Fill each tortilla with 4-5 chunks of fish, about \(\frac{1}{3}\) cup of the cabbage mixture and 3-4 avocado slices. Add salsa as desired.

Turkey Meatloaf
(yields 1 large loaf or 2 small loaves)

1 lb ground turkey
1 egg, beaten
\(\frac{3}{4}\) - \(\frac{1}{2}\) cup sautéed mushrooms
\(\frac{1}{4}\) cup shredded carrot
\(\frac{1}{4}\) cup orange juice

1 \(\frac{1}{4}\) cup oats or bread crumbs
2 tablespoons dried parsley
\(\frac{1}{2}\) teaspoon poultry seasoning
Salt and pepper to taste

Preheat oven to 350˚ F. Mix all ingredients together in a medium bowl. Pat into a loaf shape in a 9-inch pie plate or other flat dish. If you prefer, you can make 2 smaller loaves and store one in the freezer after baking. Bake for approximately 35 minutes for 1 loaf. Smaller loaves will take less time. Be careful not to over-bake as it will be too dry.

(Recipe can be doubled to make 2 larger loaves or 4 small)

California Cobb Salad
(yields 4-6 servings)

1 bundle Romaine lettuce (or use 1 bag of pre-washed Romaine for convenience)
\(\frac{1}{2}\) head purple cabbage, ribbon cut
1 cucumber, peeled and chopped
2 carrots, shredded
2 eggs, hard boiled
1 cup shelled edamame, cooked and cooled
4 ounces cubed turkey
\(\frac{1}{4}\) - \(\frac{1}{2}\) cup vinaigrette

Toss all ingredients in a large salad bowl. Add vinaigrette of your choice and toss thoroughly. Enjoy this colorful, protein packed salad!

Breakfast Burrito
(yields 2 servings)

2 eggs
1 tablespoon olive oil
1 scallion or small onion
\(\frac{1}{2}\) cup sliced mushrooms
1 small red pepper, diced
2 whole wheat tortillas
2 tablespoons crumbled feta (optional)
Salsa (optional)

Whisk eggs in a small bowl and set aside. Heat olive oil in a sauté pan over medium heat. Add onion, mushrooms, and peppers and sauté until the peppers start to become softer. Add the eggs and scramble ingredients together for 3-4 minutes, or until eggs are thoroughly cooked but still fluffy. Place egg mixture into tortilla, sprinkle feta and add salsa as desired.
Quinoa Salad
(yields 6-8 servings)
1 cup quinoa
1 teaspoon sea salt
1 1/4 cups vegetable or chicken broth
2 medium carrots, sliced into rounds

Dressing
4 cloves garlic, minced
1/3 cup fresh lemon juice
3 tablespoons olive oil

Rinse quinoa well with warm water and drain in a fine strainer. Quinoa has a bitter coating, so it’s important to rinse well. Place rinsed quinoa in a pot. Add salt and broth and bring to a boil. Reduce heat to low, cover, and let simmer for 15-20 minutes until all the water is absorbed. Cool for approximately 20 minutes. Add carrots, parsley, peas, and sunflower seeds. Combine dressing ingredients and mix with a wire whisk. Drizzle dressing over salad, toss, and add salt and/or pepper to taste. Quinoa salad is delicious served warm or cold.

Baked Apple or Pear with Cinnamon
(yields 6 servings)
1/3 cup golden raisins
2 tablespoons apple juice
6 cooking apples or pears, peeled and cored
1 1/2 cups water

Arrange apples or pears in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350° F for 1 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

Grilled Portabella Mushroom Burger
(yields 2 burgers)
2 portabella mushrooms
2 tablespoons balsamic vinaigrette
2 slices (1 ounce each) part-skim mozzarella cheese
2 whole grain hamburger buns
2 teaspoons stone ground mustard
2 lettuce leaves
1 red onion, sliced
1 small tomato, sliced

Preheat the grill or broiler oven to 325° F. Rinse visible soil from mushrooms and remove the stems. Baste the mushrooms with balsamic vinaigrette. Place on grill or broiler for approximately 15-20 minutes, turning them over in the middle and checking often to make sure they are not getting charred. Flip the mushrooms so they are gills up and add cheese slices. Cook for an additional 2 minutes and remove from grill or broiler. Spread mustard on hamburger buns and then place the mushrooms on the buns. Garnish with lettuce, onion, and tomato.