



Bariatric Meal Plan & Recipes

***Adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery
by Megan Moore, RD, CSOWM, CD**

TLC Bariatric Meal Plan

TLC Surgery recommended and approved bariatric meal plan for weight loss surgery patients. Recipes are adapted from *The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery* by Megan Moore, RD, CSOWM, CD

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Farmers' Market Scramble (page 3)	Low-Fat Greek Yogurt	Low-Fat Cottage Cheese with Soft Fruit	Farmers' Market Scramble (page 3)	Low-Fat Greek Yogurt	Sweet Maple Protein Oatmeal (page 4)	Farmer's Market Scramble (page 3)
			PROTEIN SHAKE			
Curried Chicken Salad (page 5)	Soy-Ginger Salmon with Bok Choy (page 6)	Slow Cooker Salsa Chicken (page 7)	Tomato-Basil Cod en Papillote (page 8)	Deli Meat and Cheese Roll-Up	Mom's Turkey Meatloaf (page 9)	Lentil Sloppy Joes (page 10)
			PROTEIN SHAKE			
Soy-Ginger Salmon with Bok Choy (page 6)	Slow Cooker Salsa Chicken (page 7)	Tomato-Basil Cod en Papillote (page 8)	Leftovers	Mom's Turkey Meatloaf (page 9)	Lentil Sloppy Joes (page 10)	West Coast Crab Cakes (page 11)
Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Rest	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching



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DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Breakfast Pizza (page 12)	Perfectly Soft Scrambled Eggs (page 13)	Low-Fat Greek Yogurt	Sweet Maple Protein Oatmeal (page 4)	Breakfast Pizza (page 12)	Perfectly Soft Scrambled Eggs (page 13)	Low-Fat Greek Yogurt
			PROTEIN SHAKE			
West Coast Crab Cakes (page 11)	Classic Turkey Chili (page 14)	Zucchini Lasagna Roll-Ups (page 15)	Halibut with Creamy Parmesan-Dill Sauce (page 16)	Low-Fat Cottage Cheese with Soft Fruit	Jambalaya with Vegetarian Sausage (page 17)	Spaghetti Squash with Chow Mein (page 18)
			PROTEIN SHAKE			
Classic Turkey Chili (page 14)	Zucchini Lasagna Roll-Ups (page 15)	Halibut with Creamy Parmesan-Dill Sauce (page 16)	Leftovers	Jambalaya with Vegetarian Sausage (page 17)	Spaghetti Squash Chow Mein (page 18)	Mom's Turkey Meatloaf (page 9)
20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	10 to 15 minutes of light to moderate resistance exercises, plus 5 to 10 minutes of gentle stretching	Rest	20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	10 to 15 minutes of light to moderate resistance exercises, plus 5 to 10 minutes of gentle stretching	20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	Rest



FARMERS' MARKET SCRAMBLE

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Ingredients

- 8 large Eggs
- 1/4 cup Low-Fat Milk
- 4 ounces sharp Cheddar cheese, plus more for topping
- 1/2 teaspoon extra-virgin olive oil
- 1/2 cup mushrooms, sliced
- 1/2 pound extra-lean turkey breakfast sausage
- 1 cup firmly packed baby spinach
- 1 medium ripe tomato, seeded and diced

Serves 4/ Prep Time: 10 minutes/ Cook Time: 20 minutes/ Total Time: 30 minutes

1. In a large bowl, whisk together the eggs, milk and cheese.
2. In a large skillet over medium heat, heat the oil. Add the mushrooms, and saute for 2 to 3 minutes, or until soft. Transfer to plate.
3. Add the turkey sausage to the skillet. Using a rubber spatula, break the sausage into smaller pieces and cook until browned and no longer pink, 5 to 8 minutes.
4. Reduce heat to medium-low, and add the egg mixture to the skillet with the sausage. Gently push the eggs around the pan, cooking halfway through before adding the spinach and tomato.
5. Continue cooking until the eggs are fluffy and the spinach has wilted.
6. Return the mushrooms to the skillet, and gently mix until combined.
7. Top with cheese, divide among four plates, and serve.



SWEET MAPLE PROTEIN OATMEAL

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 2 cups low-fat milk
- 1 pinch salt
- 1 cup old-fashioned rolled oats
- 1 scoop (1/4 cup_ unflavored protein powder
- 1/4 teaspoon maple extract
- 1 teaspoon brown sugar substitute

Serves 2/ Prep Time: 5 minutes/ Cook Time: 15 minutes/ Total Time: 20 minutes

1. In a small saucepan over medium heat, heat the milk and salt until boiling.
2. Add the oats, and cook for 10 minutes.
3. Remove from the heat and cool to 140 degrees F, using a liquid, meat or candy thermometer to check the temperature.
4. Mix in the unflavored protein powder and flavorings, stirring well until powder has dissolved, and serve.



CURRIED CHICKEN SALAD

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 1/2 cup low-fat, plain Greek yogurt
- 1/2 cup loose cilantro leaves, coarsely chopped
- 2 tablespoons curry powder
- 1 tablespoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- Meat of 1 rotisserie chicken, shredded, skin removed (roughly 3 cups)

Serves 6/ Prep Time: 20 minutes/ Total Time: 20 minutes

1. In a large bowl, mix the yogurt with the cilantro leaves, curry powder, turmeric, salt, and pepper. Taste, and adjust spices if necessary.
2. Mix in the chicken, stir well until combined, and serve.



SOY-GINGER SALMON WITH BOK CHOY

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 1/4 cup low-sodium soy sauce
- 1 teaspoons rice vinegar
- 1 tablespoon brown sugar
- 2 teaspoons grated ginger
- 1 garlic cloves, minced
- 1 chopped scallions
- 1 pound boneless, wild-caught Alaskan salmon fillet, cut into four pieces
- 4 baby bok choy, quartered lengthwise
- 2 teaspoons extra-virgin olive oil
- Salt
- Freshly ground black pepper

Serves 4/ Prep Time: 20 minutes/ Cook Time: 10 minutes/ Total Time: 20 minutes

1. In a reusable bag, combine the soy sauce, vinegar, brown sugar, ginger, garlic and scallions.
2. Add the salmon, and mix to coat. Chill for 15 to 30 minutes.
3. Preheat the oven to 400 degrees F. Line a baking sheet with aluminum foil.
4. Remove the salmon from the bag, reserving any marinade, and place the salmon skin-side down on one side of the baking sheet.
5. Place the bok choy on the other side of the baking sheet, drizzle on the olive oil, and toss to coat. Season with salt and pepper to taste.
6. Bake for 10 to 12 minutes, or until the internal temperature of the salmon reaches 125 to 145 degrees F and the bok choy is tender.
7. Meanwhile, in a small saucepan, heat the reserved marinade to a boil. Simmer on low until thickened and reduced by half, 5 to 10 minutes.
8. Transfer the salmon and bok choy to four plates, cover the salmon with warm marinade, and serve.



SLOW COOKER SALSA CHICKEN

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 4 chicken breasts (about 2 pounds total)
- 2 cups of your favorite salsa

Serves 8/ Prep Time: 5 minutes/ Cook Time: 4 hours/ Total Time: 4 hours 5 minutes

1. Place the chicken breasts in a slow cooker, and cover with salsa. Stir around to make sure the chicken is coated.
2. Cover and cook on high for 4 hours or on low for 6 to 8 hours.
3. Once cooked, shred the chicken in the slow cooker with 2 forks. Stir with the salsa and juices in the crock pot until well mixed, and serve.



TOMATO-BASIL COD EN PAPILOTE

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1 shallot, thinly sliced
- 1/4 cup dry white wine
- 1 tablespoon freshly squeezed lemon juice
- 4 (6-ounce) boneless cod fillets
- Salt
- Freshly ground black pepper
- 1 pint cherry tomatoes
- 1/2 cup chopped fresh basil

Serves 4/ Prep Time: 15 minutes/ Cook Time: 15 minutes/ Total Time: 30 minutes

1. Preheat the oven to 400 degrees F.
2. In a small saucepan over medium heat, heat the oil. Add the garlic and shallot, and saute until the shallot is softened and the garlic is fragrant, 3 to 5 minutes. Add the white wine and lemon juice, and bring to a gentle simmer. Remove from the heat, and let cool.
3. Season the cod fillets with salt and pepper.
4. Lay out a 16-inch sheet of parchment paper with a long side facing you. Place one cod fillet in the middle of the paper, and pile with a quarter of the tomatoes and a quarter of the basil.
5. Bring the two long ends of the paper together and begin folding in small increments until tightly sealed. Then, roll and tightly crimp the open ends.
6. Open the paper back up, as the fold lines have now been established, and pour in 1/4 of the lemon-garlic liquid. Refold the paper so that no steam can escape. Repeat with the 3 remaining fillets.
7. Transfer the packets to a baking sheet, and bake for 10 to 15 minutes, or until the fish is opaque and flakes easily with a fork (10 minutes for half-inch fillet, 15 minutes for a one-inch fillet).
8. Remove from the oven and allow to rest for 5 minutes before serving.



MOM'S TURKEY MEATLOAF

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 1/4 cup plus 2 tablespoons ketchup, divided
- 2 teaspoons Worcestershire sauce
- 1 pound lean ground turkey
- 1/2 medium onion, minced
- 1 garlic clove
- 1/2 cup old-fashioned rolled oats
- 1 large egg
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Nonstick cooking spray

Serves 4/ Prep Time: 10 minutes/ Cook Time: 1 hour/ Total Time: 1 hour 10 minutes

1. Preheat the oven to 350 degrees F.
2. In a small bowl, combine 2 tablespoons of ketchup and the Worcestershire sauce.
3. In a medium bowl, combine the turkey, onion, garlic, oats, egg, the remaining 1/4 cup of ketchup, and the Italian seasoning, salt, and pepper. Make sure not to overwork the meat.
4. Place the mixture in a greased loaf pan or shape into a loaf and place on a baking pan. Spoon the sauce on top.
5. Bake uncovered for 55 to 60 minutes, or until an instant-read thermometer registers 165 degrees F.
6. Remove the oven and allow to sit for 5 minutes before slicing and serving.



LENTIL SLOPPY JOES

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 2 cups vegetable broth
- 1 cup green lentils, well rinsed
- 1 tablespoon extra-virgin olive oil
- 1/2 medium yellow onion, minced
- 1/2 green bell pepper, minced
- 2 garlic gloves, minced
- 1 (15-ounce) can tomato sauce
- 1 to 2 tablespoons sugar substitute
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Lettuce leaves and sliced jalapeños and red onion, for serving

Serves 6/ Prep Time: 5 minutes/ Cook Time: 35minutes/ Total Time: 40 minutes

1. In a small saucepan over medium-high heat, combine the broth and lentils. Bring to a boil, then reduce to a simmer and cook uncovered for about 18 minutes, or until tender. Drain any excess liquid.
2. In a large skillet over medium heat, heat the oil. Add the onion, bell pepper, and garlic, and cook for 4 to 5 minutes, until tender and onions are slightly brown.
3. Add the tomato sauce, sugar substitute, Worcestershire, chili powder, cumin, paprika and lentils. Stir to combine.
4. Continue cooking for 5 to 10 minutes over medium heat, until warmed through and thickened.
5. Serve in lettuce leaves with sliced jalapeños and red onion.



WEST COAST CRAB CAKES

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- Nonstick cooking spray
- 1 large egg, lightly beaten
- 1 teaspoon Dijon mustard
- 2 tablespoons low-fat, plain Greek yogurt
- 1 garlic clove, minced
- Juice of 1/2 lemon
- 1/2 teaspoon ground cayenne
- A few dashes hot sauce
- 1 (&-ounce) cans limp crab meat, drained
- 1/2 cup whole wheat panko bread crumbs, divided

Makes 6 cakes/ Prep Time: 10 minutes, Plus 20 minutes to chill/ Cook Time: 25 minutes/ Total Time: 55 minutes

1. Preheat the oven to 400 degrees F.
2. Spray a baking sheet with nonstick cooking spray.
3. In a large mixing bowl, mix the egg, mustard, yogurt, garlic, lemon juice, cayenne, and hot sauce until well combined.
4. Gently fold in the crab meat and 1/4 cup of bread crumbs.
5. Chill the mixture in the refrigerator for 20 minutes.
6. Place the remaining 1/4 cup of bread crumbs on a plate.
7. Using a 1/3 cup measuring cup, scoop the crab mixture from the bowl and gently pack to form into a cake. Transfer to the bread crumb plate by turning the measuring cup upside down and allowing the cake to slide out. Carefully dredge both sides of the cake with crumbs.
8. Gently transfer the cake to the baking sheet. Repeat the process with the remaining crab mixture.
9. Bake for 10 to 12 minutes, or until the cakes are lightly brown on bottom. Carefully flip, and bake for 10 to 12 more minutes, or until golden and crisp, and serve.



BREAKFAST PIZZA

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Ingredients

- 4 large egg whites (or 1/2 cup liquid egg whites)
- Nonstick cooking spray
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/4 cup pizza sauce
- 1/4 cup shredded mozzarella cheese
- 1 tablespoon chopped fresh basil (optional)

Serves 1/ Prep Time: 5 minutes/ Cook Time: 5 minutes/ Total Time: 10 minutes

1. In a small bowl, whisk together the egg whites.
2. Over medium-low heat, lightly spray an 8-inch saute pan with cooking spray. Pour the egg whites into the pan.
3. Allow the egg whites to cook for 1 to 2 minutes.
4. Using a rubber spatula, gently lift the edges of the egg and tilt the pan, allowing the unsear white to run underneath and start to cook. Repeat until no liquid remains.
5. Sprinkle with Italian seasoning and garlic powder. Once the egg is almost cooked through, top with the sauce and cheese. Cook for another minute, until the cheese has melted.
6. Slide the pizza onto a plate and serve immediately, topping with fresh basil (if desired).



PERFECTLY SOFT SCRAMBLED EGGS

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 2 large eggs
- 2 tablespoons low-fat milk
- 1 tablespoon shredded cheese of your choice
- Salt
- Freshly ground black pepper

Serves 1/ Prep Time: 5 minutes/ Cook Time: 10 minutes/ Total Time: 15 minutes

1. In a small bowl, whisk together the eggs and milk.
2. Heat a small skillet over low heat.
3. Pour the egg mixture into the pan, add the cheese, and gently stir with a rubber spatula, scraping the sides of the pan as needed while it cooks. Season with salt and pepper to taste.
4. Cook for roughly 8 to 12 minutes, until the eggs form soft and fluffy small curds. The eggs should not brown.
5. Transfer to a plate, and enjoy.



CLASSIC TURKEY CHILI

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Ingredients

- 1 pound lean ground turkey
- 2 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 green bell peppers, finely chopped
- 4 teaspoons minced garlic
- 1 teaspoon dried oregano
- 2 tablespoons ground cumin
- 3 tablespoons chili powder
- 1 (28-ounce) can diced tomatoes
- 1 (8-ounce) can tomato puree
- 2 tablespoons tomato paste
- 1 (14.5-ounce) can kidney beans

Serves 8/ Prep Time: 10 minutes/ Cook Time: 30 minutes/ Total Time: 40 minutes

1. Heat a large skillet over medium-high heat. Place the ground turkey in the skillet. Using a wooden spoon, break it into smaller pieces and cook until browned, 7 to 9 minutes.
2. Meanwhile, in a medium to large pot over medium heat, heat the olive oil.
3. Add the onions, bell pepper, garlic, and spices to the pot, and saute until soft, 5 to 7 minutes.
4. Add the turkey to the pot, and break into smaller pieces.
5. Mix in the diced tomatoes, tomato puree, tomato paste, and kidney beans. Bring to a boil.
6. Reduce to a simmer, cook for 15 to 20 minutes, and serve.



ZUCCHINI LASAGNA ROLL-UPS

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 3 large zucchini, trimmed and sliced lengthwise into 1/8-inch thick strips
- 1 teaspoon salt
- Nonstick cooking spray
- 1 (10-ounce) bag fresh spinach
- 1 cup part-skin ricotta
- 1/2 cup Parmesan cheese
- 1 large egg
- 2 garlic cloves, minced
- 2 teaspoons Italian seasoning
- 1 1/2 cups marinara sauce, divided
- 1 cup part-skin shredded mozzarella

Serves 6/ Prep Time: 30 minutes/ Cook Time: 30 minutes/ Total Time: 1 hour

1. Preheat the oven to 400 degrees F.
2. Lay the zucchini slices flat on a paper towel-lined baking sheet, and sprinkle with salt. Let sit for 15 minutes.
3. Meanwhile, spray a small skillet with nonstick cooking spray, and set over medium heat.
4. Add the spinach and cook for 2 minutes, or until wilted. Remove from the heat.
5. In a medium bowl, mix the ricotta, Parmesan, egg, garlic, and Italian seasoning until well combined.
6. Pat the zucchini dry, removing excess salt.
7. Spread 1 cup of marinara in the bottom of a 9-by-9-inch baking dish.
8. Spread each zucchini slice with a spoonful of ricotta mixture, then gently roll up. and place in the prepared baking dish, seam-side down. Repeat with the remaining zucchini and filling.
9. Top with the remaining 1/2 cup of marinara, and sprinkle with the mozzarella cheese.
10. Bake for 25 to 30 minutes, or until the lasagna rolls are heated through and the cheese begins to brown.
11. Serve immediately.



HALIBUT WITH CREAMY PARMESAN DILL SAUCE

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 4 (6-ounce) fresh halibut fillets (1-inch thick)
- Juice of 1/2 lemon
- Salt
- Freshly ground black pepper
- 1/3 cup low-fat sour cream
- 1/3 cup low-fat, plain Greek yogurt
- 1/3 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried dill
- 3 scallions, finely chopped

Serves 4/ Prep Time: 5 minutes/ Cook Time: 20 minutes/ Total Time: 25 minutes

1. Preheat the oven to 400 degrees F.
2. Place the halibut fillets in a large baking dish, and add the lemon juice. Season with salt and pepper to taste.
3. In a small bowl, mix the sour cream, yogurt, cheese, garlic powder, dill, and scallions. Spread the mixture over the fish.
4. Bake for 15 to 20 minutes, or until the internal temperature reaches 145 degrees F, the fish is opaque and flakes easily with a fork, and the cheese is golden, and serve.



JAMBALAYA WITH VEGETARIAN SAUSAGE

Recipes are adapted from The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery by Megan Moore, RD, CSOWM, CD

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1/2 package (7 ounces) vegetarian andouille sausage, sliced into quarter-inch-thick rounds
- 1 green bell pepper, diced
- 1/2 small onion, diced
- 3 garlic cloves, minced
- 1 tablespoon Cajun seasoning
- 1 (14.5-ounce) can diced tomatoes
- 4 ounces jumbo shrimp, tails removed, peeled, and deveined
- 1 cup cauliflower rice

Serves 6/ Prep Time: 10 minutes/ Cook Time: 25 minutes/ Total Time: 35 minutes

1. In a large skillet over medium-high heat, heat 1 tablespoon of oil. Add the sliced sausage, and cook until browned on both sides, about 10 minutes total. transfer the sausage to a plate.
2. Heat another tablespoon of oil in the pan, and add the bell pepper, onion, celery, and garlic. Saute for 5 minutes. Add the Cajun seasoning, and stir well.
3. Add the tomatoes, sausage, and shrimp. Cook for 2 to 3 minutes, until the shrimp is opaque and cooked through, then add the cauliflower rice. Cook for another 5 to 7 minutes, until the cauliflower is hot and soft, and serve.



SPAGHETTI SQUASH CHOW MEIN

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Ingredients

- Nonstick cooking spray
- 1 small (3-to-4-pound) spaghetti squash
- 1/4 cup low-sodium soy sauce
- 3 garlic cloves, minced
- 1 tablespoon oyster sauce
- 1 inch ginger root, peeled and minced
- 2 tablespoons extra-virgin olive oil
- 1 small white onion, diced
- 3 celery stalks, thinly sliced
- 2 cups shredded cabbage (or coleslaw mix)

Serves 3/ Prep Time: 10 minutes/ Cook Time: 55 minutes/ Total Time: 1 hour

1. Preheat the oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. Have the spaghetti squash, remove and discard the seeds, and place the halves cut-side down on 45 minutes, or until the flesh is tender and can be scraped with a fork.
3. Remove from the oven, and let cool. Scrape out the flesh with a fork, creating small noodles. Set aside.
4. In a small bowl, whisk together the soy sauce, garlic, oyster sauce, and ginger.
5. In a large skillet over medium heat, heat the oil. Add the onion and celery and cook, stirring, until tender, 3 to 4 minutes. Add the cabbage and cook, stirring, until heated through, 1 to 2 minutes.
6. Add the spaghetti squash and sauce the mixture. Continue cooking for another 2 minutes.
7. Serve immediately.





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