

Lifestyle checklist:

- Make protein the main event for meals and snacks.
- All drinks should be calorie and sugar free.
- Avoid caffeine, carbonated drinks (drinks with bubbles) & straws for the first 6 weeks after surgery.
- Take vitamins daily as prescribed.

Daily accountability questions:

- Am I sticking to the nutrition guidelines closely?
- Am I following the diet progression as instructed?
- Am I getting enough protein?
- Am I drinking enough to stay hydrated?
- Am I exercising enough?

Use the SMART format to set goals:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**ealistic
- **T**ime bound



BLENDED & SOFT FOOD RECIPES

Reviewed by UVA Bariatric Surgery Dietitian Team April 2023



Connect with us via MyChart

<https://mychart.healthsystem.virginia.edu>



OR



Call us

(434) 924-2121

Guidelines

- Consume 60 (women) - 70 (men) grams protein each day.
- PLAN your meals.
- Eat every 3-4 hours.
- Eat protein foods first.
- Meals may be 1-2 bites up to ½ cup total. Listen to your fullness cues.
- Use protein supplements if you can't eat enough protein.
- Drink 48-64 ounces of fluid daily.
- Do not drink during or for 30 minutes after each meal and snack.
- Take vitamins every day.

Tips on Pureed Foods

- Chop larger foods into smaller pieces before blending to make it smoother and easy to blend.
- Puree individual items e.g. Broccoli, meat by themselves
- Adding a food slowly into the blender can make sure there will be no lumps
- Thin out pureed foods with a little broth to get the right texture and consistency. If it becomes too thin, add more food.
- Partially freeze protein shakes to make a slushie.
- Can puree frozen meals: Prepare these meals according to the package and blend it—may need to add broth as needed

***Protein grams per serving are estimates the total grams of protein per serving may change with different products use and if any substitutions are made**

Soft Foods

Glazed Salmon (19g protein/serving)

- 1 salmon filet (3 oz.)
 - 1 Tablespoon maple syrup
 - 1 Tablespoon soy sauce
 - 1 teaspoon Dijon mustard
 - Garlic powder or minced garlic (optional)
1. Preheat oven to 375 degree F and line a baking sheet with parchment paper
 2. In a small bowl, whisk together the maple syrup, soy sauce, Dijon mustard and garlic
 3. Coat the salmon in the sauce, marinate for 30 minutes in the refrigerator
 4. Place salmon on the baking sheet and pour any glaze left in the container over the salmon
 5. Bake salmon for 15-20 minutes until soft and flakey

Recipe makes 1 serving

Chili-Lime Shrimp (14g protein/serving)

- ¾ cup chopped green onions, divided
 - 1 ½ pounds peeled and deveined large shrimp, finely chopped
 - 1 teaspoon chili powder
 - 2 tablespoons fresh lime juice (about 1 lime)
 - 2 tablespoons butter
 - ½ teaspoon salt
1. Coat skillet with cooking spray and add ½ cup onions; coat onions with cooking spray. Sauté one minute.
 2. Add shrimp and chili powder; cook until translucent.
 3. Add remaining ingredients and stir gently.

Recipe makes 8 servings. Serving size is ½ cup.

Soft Foods

Zesty Salmon Cakes (14g protein/serving)

- 1 (14.74 oz.) can salmon, drained
 - 1/3 cup fat free milk
 - 2/3 cup whole grain bread crumbs
 - 2 eggs
 - 1 teaspoon salt
 - Pinch of cayenne pepper
 - 1 tablespoon lemon juice
 - 3 tablespoons fresh parsley (or 1 tablespoon dried parsley)
 - Lemon juice
1. Preheat broiler. Spray baking sheet with cooking spray.
 2. Flake fish and mix with milk, bread crumbs, eggs, salt, pepper, lemon juice, and parsley.
 3. With floured hands, shape into 9 patties and place on baking sheet.
 4. Put baking sheet on the top rack of the oven (about 4 inches from heat source). Broil for 2 minutes, turn patties over and broil for another 2 minutes.
 5. Serve salmon cakes with extra lemon juice.

Recipe makes 9 servings. Serving size is 1 salmon cake.

Blended/Pureed Foods

High Protein Coffee (6g protein/serving)

- 1 cup decaffeinated coffee (can use flavored beans)
- 4 tablespoons nonfat dry milk

1. Combine all ingredients and mix well.

Recipe makes 1 serving.

High Protein Hot Cocoa (14g protein/serving)

- 1 cup hot skim milk
- 1 packet sugar free hot cocoa mix
- 2 tablespoon nonfat dry milk

1. Combine all ingredients and mix well.

Recipe makes 1 serving.

High Protein Soy Milk Cocoa (12g protein/serving)

- 1 tablespoon unsweetened cocoa powder
- 2 cups light vanilla soy milk
- 1 packet sugar substitute

1. Whisk together the cocoa, sugar substitute and soy milk until well mixed.

2. Heat gently over medium heat for 4 to 5 minutes or microwave until hot. Cover and refrigerate any leftovers.

Recipe makes 1 serving.

Blended/Pureed Foods

Peanut Butter Shake (13g protein/serving)

- 1 tablespoon peanut butter
 - ½ banana (frozen)
 - ½ cup skim milk
 - 2 tablespoons nonfat milk powder
1. Mix ingredients and blend until smooth.
- Can add a scoop of protein powder for additional protein

Recipe makes 1 serving.

Banana-Berry Smoothie (11g protein/serving)

- ½ cup plain fat-free Greek yogurt
- ½ banana
- ¼ cup sliced fresh or unsweetened frozen strawberries
- ¼ cup mixed fresh or unsweetened frozen berries
- Add a scoop of protein powder for additional protein

1. Mix ingredients and blend until smooth.

Recipe makes 1 serving.

Soft Foods

Mini Meatloaf (38 g protein/serving) *Recipe adapted from bariatricfood-coach.com*

- 1 lb. lean ground beef
 - 1 1/4 tsp. salt
 - 1/4 tsp. pepper
 - 1/2 Cup green bell pepper, finely diced
 - 1/2 Cup onion, finely diced
 - 1 egg slightly beaten or 1/2 Cup egg substitute
 - 1/2 Cup grated parmesan cheese
 - 8 oz. petite dice tomatoes
 - 2 tablespoon low sugar ketchup or try BBQ sauce
1. Preheat oven to 375 degrees. Lightly spray muffin tins with cooking spray
 2. Add ground beef, salt, pepper, onion, bell pepper, parmesan cheese and egg to a bowl
 3. Add diced tomatoes and part of juice mix until the consistency you want—not moist enough to fall apart
 4. Using clean hands mix ingredients together
 5. Divide mixture into muffin pans and top with ketchup or BBQ sauce
 6. Bake for 30-35 minutes, let cool before serving

Recipes make 12 mini muffins, serving size is 3 oz.

Soft Foods

Turkey Chili (20g protein/serving)

- 1 pound lean ground turkey
 - 1 tablespoon olive oil
 - 1/4 onion, chopped
 - 1 can (28 oz.) can crushed tomatoes
 - 1 cup low sodium chicken broth
 - 1 can kidney beans (rinsed and drained)
 - 1 can black beans
 - 2 tablespoons chili powder
 - 1 teaspoon cumin
 - Salt/ pepper to taste
1. Sauté onion in olive oil until soft and clear– take out of the pan and set aside
 2. Add turkey and cook thoroughly
 3. Add in spices, cooked onion, tomatoes, broth and beans. Cover and let cook on low for 35-40 minutes

Recipe makes 8 servings

Blended/Pureed Foods

Chocolate Coconut Protein Shake (31g protein/serving) *Recipe adapted from bariatricfoodcoach.com*

- 1 scoop of chocolate flavored protein powder
- 1/4 Cup of cottage cheese
- 3 cubes of ice
- 3/4 Cup water
- 1/4 teaspoon coconut extract

1. Combine all ingredients in blender, blend on high until smooth

Recipe makes 1 serving

Banana Cream Protein shake (20-30g protein/serving) *Recipe adapted from bariatricfoodcoach.com*

- 1 Scoop vanilla flavored protein powder
- 1/2 teaspoon banana extract
- 1/4 teaspoon vanilla extract
- 8 oz. milk or milk alternative

1. In a shaker cup, combine ingredients and shake well. Pour over ice
2. To make creamier, place ingredients in blender and add 1/2 cup ice and 1/4 cup low fat cottage. Blend until smooth

Blended/Pureed Foods

High Protein JELL-O® (13g protein/serving)

- 1 box flavored sugar free JELL-O® gelatin (0.3 oz.)
 - 1 cup boiling water
 - 1 cup cold water
 - 2 scoops unflavored protein powder
1. Prepare gelatin according to instructions on the box.
 2. Cool to room temperature, then stir in protein powder until dissolved.
 3. Refrigerate until firm, about 4 hours.

Recipe makes 4 servings. Serving size is ½ cup.

High Protein Pudding (7g protein/serving)

- 2 cups cold skim milk
- 1 box sugar-free, fat-free instant pudding (1 oz.)
- ½ cup nonfat dry milk

Mix ingredients well and chill until pudding thickens.

Recipe makes 4 servings. Serving size is ½ cup.

Soft Foods

Lemon Pepper Chicken (24g protein/serving)

- 4 oz. boneless skinless chicken breast*
 - Lemon pepper marinade packet
 - Marinate chicken breast for at least one hour in the refrigerator.
1. In a 350° oven, bake the chicken on a wire rack until fully cooked (165 ° F on meat thermometer).
 2. Let the chicken cool for 2-3 minutes, then cut into small pieces. Add low fat gravy, if needed.

Recipe makes 1 serving.

Meat usually weighs ~1-2 oz. less after it is cooked.

Mini Buffalo Chicken Meatballs (14g protein/serving) *Recipe adapted from bariatric bits*

- 1/2 pound Ground chicken
 - 1/4 Cup Pepper Jack Cheese Shredded
 - 1/4 Cup Cheddar Cheese Shredded
 - 2 Tbs. cream cheese softened
 - 1/4 Cup Buffalo Sauce
1. Preheat oven to 350 degrees F
 2. In a medium bowl mix all ingredient together
 3. Take about 1 Tbs. of the meat mixture and form small meat balls
 4. Place meatballs into a bake dish
 5. Bake the buffalo meatballs covered for 15-20 minutes

Recipe makes 4 servings. Serving size is 2 meatballs

Soft Foods

Garlicky Broccoli and Ricotta (18g protein/serving)

- 1 bunch broccoli, finely chopped
 - 1 clove garlic, minced
 - 1 cup fat free ricotta cheese
 - ¼ teaspoon ground red pepper
1. Steam broccoli and drain.
 2. Coat pan with cooking spray and sauté broccoli and garlic until golden. Stir in the ricotta and red pepper.

Recipe makes 3 servings. Serving size is ½ cup.

Cheese and Veggie Casserole (10g protein/serving)

- 2 cups low fat cottage cheese
 - ½ cup of low fat shredded cheese
 - 2 eggs, beaten
 - 1 bag frozen broccoli (or broccoli/cauliflower/carrots)
1. Mix all ingredients in a casserole dish. Bake at 350° for 45 minutes.

Recipe makes 8 ½ servings. Serving size is ½ cup.

Spinach Pesto (4g protein/serving)

- ½ cup water
 - 10 oz. frozen, chopped spinach, thawed and drained
 - ⅓ cup low fat cottage cheese
 - ⅓ cup fresh basil (or 2 tablespoons dried basil)
 - 1 tablespoon grated parmesan cheese
 - 1 tablespoon olive oil
 - 2 cloves garlic, minced
1. Combine all ingredients in a food processor until smooth.

Recipe makes 6 servings. Serving size is ¼ cup.

Blended/Pureed Foods

Savory Ricotta Bake (12g protein/serving)

- 1 cup light ricotta cheese
 - ¼ teaspoon Italian seasoning
 - 1/3 cup parmesan cheese, optional
 - Top with marinara (no chunks), optional
1. Stir ingredients and divide into 5 oven-safe bowls.
 2. Bake at 350F for 20 minutes.

Recipe makes 5 servings. Serving size is 1 bowl.

Vanilla Ricotta Crème (10g protein/serving)

- ½ cup light ricotta cheese
 - ¼ teaspoon vanilla extract
 - 1 packet of sugar substitute
1. Stir all ingredients together until mixed well.

Recipe makes 1 serving.

Variation: Add ¼ tsp grated lemon zest and the juice from the lemon.

Blended/Pureed Foods

Cream of Wheat or Oatmeal (12g protein/serving)

- ¼ cup dry instant cream of wheat OR oatmeal OR grits
- ¼ cup hot skim milk
- 1 packet sugar substitute
- 2 tablespoons nonfat dry milk

1. Combine all ingredients and mix well.

Recipe makes 1 serving.

Cottage Cheese and Pineapple (9g protein/serving)

- ⅓ cup low fat cottage cheese
- ¼ cup pineapple
- 2 tablespoons pineapple juice

1. Combine all ingredients in blender and process until smooth.

Recipe makes 1 serving.

Variation: Use your favorite fresh or canned fruit. Canned fruit should be in natural juice without added sugar or syrup.

Recipe makes 1 serving.

Soft Foods

Crustless Turkey Spinach Quiche (14g protein/serving)

- ½ pound ground turkey
- 4 large eggs, beaten
- ½ package (10 oz.) of frozen spinach, thawed and drained
- 1 ½ cups low fat (1%) cottage cheese
- 1 cup low fat shredded cheese (any kind)
- ⅓ cup chopped onion

1. Brown turkey over medium heat. Drain fat.

2. In a medium bowl mix ingredients and pour into an 8 inch pie pan.

3. Bake at 325° for 40 minutes.

Recipe makes 8 servings. Serving size is ½ cup (⅛ of quiche).

Creamy Huevos Rancheros (7.5 g protein/serving)

- ⅓ cup fat free refried beans
- 1 egg white or ¼ cup egg substitute, whisked
- 1 teaspoon low fat cottage cheese
- 1 tablespoon salsa

1. Spread refried beans in a small, microwaveable bowl and make a well in the middle.

2. Add whisked egg to the well and top with cottage cheese.

3. Spoon salsa around the egg and cheese mixture.

4. Microwave 1 minute and stir egg and cheese mixture. Microwave for 1 more minute and serve.

Recipe makes 1 serving

Soft Foods

Egg Muffins 3 ways (6-10g protein/serving) *Recipe adapted from cafedelights.com*

Base:

- 12 large eggs
- 2 Tablespoons finely chopped onion
- Salt and pepper to taste

Tomato Spinach Mozzarella:

- 1/4 Cup Fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 Cup shredded mozzarella cheese

Ham Cheddar:

- 1/4 Cup cooked ham, chopped
- 1/4 Cup shredded cheddar cheese

Garlic Mushroom Pepper:

- 1/4 Cup sliced mushrooms
- 1/4 Cup red bell pepper, diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder

*Try different add ins that you enjoy

1. Preheat oven to 350 F. Lightly spray a muffin tin with nonstick oil spray
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper
3. Add egg mixture halfway up into each tin of greased muffin tin
4. Divide the 3 topping combinations into 4 muffin cups each
5. Bake for 15-20 minutes, until set
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve

Recipes makes 12 servings

Blended/Pureed Foods

Strawberry Greek Yogurt Whip (15-20 g protein/serving)

- 3 Frozen strawberries
- 2/3 Cup plain Greek yogurt (or low sugar flavored Greek yogurt)
- 1 Tablespoon sugar substitute, or to taste
- 1/2 Cup lite whipped topping

*can try other fruits that you enjoy

1. Place frozen strawberries in a small microwave safe bowl. Defrost for 60 seconds
2. Using kitchen shears, dice the strawberries in the bowl until slightly runny and well chopped. Add Greek yogurt and stir
3. Add sweetener and stir. Add lite whipped topping and fold into the Greek yogurt. Serve immediately or cover and refrigerate until serving

Black Bean Puree (8g protein/serving)

- 1 Can of black beans
- 1 can of Rotel Tomatoes
- Juice from 1/2 lime (change to taste)
- 1 Garlic clove, crushed
- Handful of cilantro
- Salt to taste

1. Put all ingredients in a sauce pan and bring to boil
2. Put into blender and puree

Recipes makes 6 servings, serving is able 4 oz.

Blended/Pureed Foods

Tuna or Chicken Salad (15g protein/serving)

- 1 (4 oz.) can tuna or chicken in water, drained
- 2 tablespoons plain, fat-free Greek yogurt
- 1 teaspoon dill relish
- Onion powder, to taste
- Celery salt, to taste

1. Mix ingredients and blend until smooth.

Recipe makes 2 servings. Serving size is ½ cup.

Italian Chicken Puree (16g protein/serving)

- 1/4 Cup canned chicken
- 1 1/2 tablespoon tomato sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 tablespoon low fat ricotta cheese

1. Blend up all ingredients

2. Microwave for 30 seconds

Recipe makes 1 serving

Blended/Pureed Foods

Black Bean Soup (27g protein/serving) *Adapted from Once Upon a Chef*

- 2 tablespoons olive oil
- 2 medium yellow onions, roughly chopped
- 4 large garlic cloves, crushed and peeled
- 2 carrots, peeled and roughly chopped
- 2 (15-ounce) cans black beans, drained and rinsed
- 4 cups low-sodium chicken or veggie broth
- ¾ teaspoon oregano
- 1 teaspoon ground coriander
- 1¾ teaspoons ground cumin
- 1 tablespoon fresh lime juice
- Handful chopped fresh cilantro, optional

1. Heat olive oil in a large soup pan.

2. Add onions, garlic cloves and carrots & cook until onions are soft and translucent, about 8 minutes.

3. Add the black beans, broth, and spices and bring to a boil.

4. Reduce heat, cover, and simmer for 15 minutes.

5. Purée the soup using a hand-held immersion blender until very smooth and creamy. Stir in the lime juice.

Recipe makes 4 servings. Serving size is 1/2 cup.