

### POST-OP STAGE 3 MEAL PLAN #1 SHOPPING LIST:

- We have listed everything you need for your meal plan to try to make grocery shopping as easy as possible. The following is a weekly grocery list. Every ingredient is listed in medium or standard sizes but also in grams so that in case you can only find smaller or larger sizes you can still get the exact amount you need.

#### Eggs, Dairy, Fish and Poultry

Ingredient	Amount	Serving size	Grams	Notes
Cottage Cheese, low-fat	6	oz	170	Low-fat 2%
Greek yogurt, non-fat, plain	13	oz	368	Non-fat and plain
Eggs	12	medium	396	Or equal amount of egg whites. We will only use egg whites.
Salmon, skinless, uncooked	8 1/2	oz	240	Fresh or frozen and unfreeze when needed
Chicken breast, skinless, uncooked	6	oz	170	Fresh or frozen and unfreeze when needed

#### Fruit

Ingredient	Amount	Serving size	Grams	Notes
Banana	5	medium	540	
Strawberries	2	cup	288	Fresh or frozen and unfreeze when needed

#### Juice & Other Liquids

Ingredient	Amount	Serving size	mL	Notes
Soy milk, unsweetened	68	oz	2040	Organic if possible. Recommended brand: Silk
100% fruit juice or coconut water	28	oz	840	No added sugar or artificial sweeteners. Amount to be divided between each as desired.
Low sugar electrolyte drink	28	oz	840	Recommended brands: Gatorade G2, Propel

### Other

Ingredient	Amount	Serving size	Grams	Notes
Almond butter	6	tbsp	96	Unsalted, no added sugar. Ingredient list should only say roasted almonds.
Applesauce, unsweetened	2	tbsp	31	No added suagr.
Olive oil	3	tsp	14	
Peanut butter	1	tbsp	16	Unsalted, no added sugar. Ingredient list should only say roasted peanuts.
Peanut powder	3	tbsp	18	Recommended brand: PBfit
Pure maple syrup	2	tbsp	40	
Raw cacao powder	2	tbsp	11	No added sugar. Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)
Vanilla-flavored protein powder	7 1/2	oz	211	
Vegetable stock cube, low sodium	1	cube	10	Low sodium

### Seeds

Ingredient	Amount	Serving size	Grams	Notes
Hemp seeds	2	tsp	7	

### Spices

Ingredient	Amount	Serving size	Grams	Notes
Sea salt	1 1/2	tsp		

### Vegetables

Ingredient	Amount	Serving size	Grams	Notes
Spinach, fresh	9 1/2	oz	270	
Sweet potato	1	medium	300	
Zucchini	1	medium	200	

Plus your choice of tea and water to stay hydrated! Make sure all liquids do not have added sugars.