

POST-OP STAGE 4 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	8	oz	226	Low-fat 2%
Greek yogurt, non-fat, plain	4	oz	113	Non-fat and plain
Eggs	9	medium	297	Or equal amount of egg whites. We will only use egg whites.
Salmon, uncooked	7 3/4	oz	220	Fresh or frozen and unfreeze when needed
Chicken thigh, skinless and boneless, uncooked	8 1/2	oz	240	Fresh or frozen and unfreeze when needed
Ground turkey, 90%+ lean, uncooked	10 1/2	oz	300	Fresh or frozen and unfreeze when needed

Fruit

Ingredient	Amount	Serving size	Grams	Notes
Avocado	1	small-medium	100	
Blueberries	3/4	cup	120	Fresh or frozen and unfreeze when needed

Grains

Ingredient	Amount	Serving size	Grams	Notes
Rolled oats, uncooked	1	cup	96	

Legumes

Ingredient	Amount	Serving size	Grams	Notes
Red kidney beans, cooked	1	cup	177	No salt added or low sodium if canned.

Juice & Other Liquids

Ingredient	Amount	Serving size	mL	Notes
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
Soy milk, unsweetened	62	oz	1868	Organic if possible. Recommended brand: Silk
Vegetable broth, low sodium	4	oz	119	Low sodium

Spices

Ingredient	Amount	Serving size	Grams	Notes
Black pepper, ground	3/4	tsp		
Cinnamon, ground	1	tsp		
Cumin, ground	1/4	tsp		
Nutmeg, ground	1/2	tsp		
Onion powder	1/4	tsp		
Oregano, dried leaves	1/4	tsp		
Sea salt	2 1/2	tsp		

Vegetables

Ingredient	Amount	Serving size	Grams	Notes
Sweet potato	1	medium	300	
White potato	2	small	240	

Other				
Ingredient	Amount	Serving size	Grams	Notes
Agave syrup	1 1/2	tsp	11	
Almond butter	6	tbsp	96	Unsalted, no added sugar. Ingredient list should only say roasted almonds (a bit of salt is ok).
Applesauce, unsweetened	1	cup	246	No added suagr.
Chocolate-flavored protein powder	1/4	cup	26	Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)
Nutritional yeast	1	tsp	1	Recommended brand: Bob's Red Mill.
Olive oil	3	tbsp	41	
Peanut butter	5	tbsp	80	Unsalted, no added sugar. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Peanut powder	2	tbsp	12	Recommended brand: Pbfit.
Pure maple syrup	3	tbsp	60	
Pure vanilla extract	1/2	tsp	2	
Vega Clean Protein, Vanilla	1	cup	104	Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)

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