

POST-OP STAGE 5 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. We also have notes to help guide you to buy the right products.

Eggs, Dairy, Fish and Poultry

Ingredient	Amount	Serving size	Grams	Notes
Cottage cheese, lowfat 2%	4	oz	113	Low-fat 2%
Greek yogurt, non-fat, plain	5	oz	142	Non-fat and plain
Eggs	4	large	132	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	14	oz	400	Fresh or frozen and unfreeze when needed
Ground turkey, 90%+ lean, uncooked	10 1/2	oz	300	Fresh or frozen and unfreeze when needed

Frozen

Ingredient	Amount	Serving size	Grams	Notes
Peas, frozen	1	cup	134	

Fruit

Ingredient	Amount	Serving size	Grams	Notes
Avocado	1/2	small-medium	50	
Banana	2	medium	240	
Blueberries	3 1/4	oz	90	Fresh or frozen and unfreeze when needed
Dates, medjool	3	medium	72	
Strawberries	3	oz	85	Fresh

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Grains

Ingredient	Amount	Serving size	Grams	Notes
Quinoa, uncooked	1/5	cup	34	
Rolled oats, uncooked	2 1/4	cup	216	

Legumes

Ingredient	Amount	Serving size	Grams	Notes
Black beans, cooked	2/3	cup	115	No salt added or low sodium if canned.

Other

Ingredient	Amount	Serving size	Grams	Notes
Agave syrup	1	tsp	7	
Almond butter	7	tbsp	112	Unsalted, no added sugar. Ingredient list should only say roasted almonds.
Applesauce, unsweetened	1/2	cup	123	No added suagr.
Baking powder	1	tsp	5	Recommended brand: Bob's Red Mill.
Coconut oil	1 1/2	tsp	7	
Olive oil	2	tbsp	27	
Pure maple syrup	2	tbsp	40	
Pure vanilla extract	1/2	tsp	2	
Raisins, unsweetened	5	oz	142	No added sugar.
Sundried tomatoes	20	grams	20	
Vanilla-flavored protein powder	3 1/4	oz	92	Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)

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Juice & Other Liquids

Ingredient	Amount	Serving size	mL	Notes
Soy milk, unsweetened	40	oz	1200	Organic if possible. Recommended brand: Silk.
100% Fruit juice	14	oz	420	No added sugar or artificial sweeteners. Amount to be divided between each as desired.
Low-sugar electrolyte drink	56	oz	1680	Recommended brands: Gatorade G2, Propel

Seeds

Ingredient	Amount	Serving size	Grams	Notes
Hemp seeds	2	tbsp	20	

Spices

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

Vegetables

Ingredient	Amount	Serving size	Grams	Notes
Carrot	1	medium	80	
Green bell pepper	1/2	medium	70	Or any color.
Red onion	1/4	medium	40	
Spinach, fresh	3 1/4	oz	90	

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