

POST-OP STAGE 6 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
Greek yogurt, non-fat, plain	7	oz	198	Non-fat and plain
Egg	4	large	132	Or equal amount of egg whites. We will only use egg whites.
Tuna, canned, cooked	8 1/2	oz	240	In water.
Salmon, skinless, uncooked	7 3/4	oz	220	Fresh or frozen and unfreeze when needed
Chicken breast, skinless, uncooked	19 3/4	oz	560	Fresh or frozen and unfreeze when needed

Frozen

Ingredient	Amount	Serving size	Grams	Notes
Peas	7	oz	201	
Edamame beans	2 3/4	oz	78	Organic if possible. Shelled soybeans, not in pods.

Fruit

Ingredient	Amount	Serving size	Grams	Notes
Banana	1	small-medium	80	
Clementine	1	medium	70	
Dates, medjool	2	medium	48	
Lemon	1/4	medium	12	Will only use juice.
Strawberries	4	oz	113	

Grains

Ingredient	Amount	Serving size	Grams	Notes
Brown rice, uncooked	2/3	cup	120	
Quinoa, uncooked	1/5	cup	34	
Rolled oats, uncooked	1	cup	96	

Juice & Other Liquids

Ingredient	Amount	Serving size	mL	Notes
Soy milk, unsweetened	32	oz	960	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
Chia seeds	2	tsp	8	
Hemp seeds	4	tsp	13	

Spices

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

Vegetables

Ingredient	Amount	Serving size	Grams	Notes
Carrot	1	medium	80	
Garlic clove	5	medium	20	Or equal amount minced garlic.
Green bell pepper	1/2	medium	70	Or any color.
Red onion	1/4	medium	40	
Spinach, fresh	2	oz	60	
Yellow onion	1/4	medium	40	

Nuts

Ingredient	Amount	Serving size	Grams	Notes
Almonds, raw	3	oz	85	
Cashews, raw and unsalted	5	oz	142	
Walnuts, raw	1	oz	28	

Other

Ingredient	Amount	Serving size	Grams	Notes
Agave syrup	1/2	tsp	7	
Almond butter	3	tbsp	48	Unsalted, no added sugar. Ingredient list should only say roasted almonds (a bit of salt is ok).
Applesauce, unsweetened	1/2	cup	123	No added suagr.
Dijon mustard	1	tsp	5	
Maple syrup	1/2	tsp	3	
Olive oil	1	tbsp	14	
Peanut butter	2	tsp	11	Unsalted, no added sugar. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Peanut powder	1	tbsp	6	Recommended brand: Pbit.
Pure maple syrup	4	tsp	26	
Raisins, unsweetened	2	oz	57	No added sugar.
Raw cacao powder	1	tbsp	11	No added sugar.
Sesame oil, toasted	2	tbsp	28	Toasted (should be dark colored).
Soy sauce, low sodium	2	tbsp	30	Organic if possible. Low sodium.
Vanilla-flavored protein powder	3/4	cup	78	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.