



Bariatric High Fiber Meal Plan



[Sheri Burke](#)

<http://international-patient-facilitators.com>

A bariatric meal plan that helps boost fiber intake for optimal health.









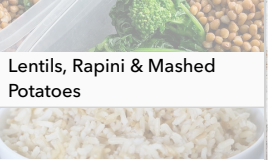





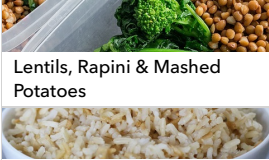






Most adults do not meet the recommended daily intake of fiber.

This balanced program helps clients reach the goal by providing over 25 grams of fiber daily from whole grain products, fruits, vegetables, lentils and nut butter.

Enjoy!

Sheri Burke

RHN Specializing in Bariatric Nutrition

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Avocado Toast with Hard Boiled Eggs & Strawberries	 Avocado Toast with Hard Boiled Eggs & Strawberries	 Blueberry Coconut Chia Pudding	 Blueberry Coconut Chia Pudding	 Chocolate Strawberry Chia Pudding	 Post Workout Green Smoothie	 Post Workout Green Smoothie
Lunch	 Sheet Pan Dijon Chicken Thighs & Broccoli	 Brown Rice	 Sheet Pan Dijon Chicken Thighs & Broccoli	 One Pan Everything Salmon & Brussels Sprouts	 Lentil, Rice & Squash Bowl	 Smashed Avocado & Lima Bean Toast	 Mayo-Dijon Salmon with Broccoli
Dinner	 Lentils, Rapini & Mashed Potatoes	 Sheet Pan Dijon Chicken Thighs & Broccoli	 One Pan Everything Salmon & Brussels Sprouts	 Lentil, Rice & Squash Bowl	 Sheri's Shrimp Stuffed Avocado	 Mayo-Dijon Salmon with Broccoli	 Smashed Avocado & Lima Bean Toast

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	28%	Fat	28%	Fat	50%	Fat	36%	Fat	30%	Fat	42%	Fat	42%
Carbs	48%	Carbs	48%	Carbs	18%	Carbs	42%	Carbs	50%	Carbs	31%	Carbs	31%
Protein	24%	Protein	24%	Protein	32%	Protein	22%	Protein	20%	Protein	27%	Protein	27%
Calories	1180	Calories	1180	Calories	1081	Calories	1212	Calories	938	Calories	1004	Calories	1004
Fat	38g	Fat	38g	Fat	61g	Fat	50g	Fat	33g	Fat	49g	Fat	49g
Carbs	144g	Carbs	144g	Carbs	49g	Carbs	131g	Carbs	123g	Carbs	80g	Carbs	80g
Fiber	33g	Fiber	33g	Fiber	20g	Fiber	28g	Fiber	29g	Fiber	25g	Fiber	25g
Sugar	18g	Sugar	18g	Sugar	15g	Sugar	21g	Sugar	15g	Sugar	9g	Sugar	9g
Protein	72g	Protein	72g	Protein	87g	Protein	68g	Protein	51g	Protein	69g	Protein	69g

Fruits

- 5 Avocado
- 1 Banana
- 1 1/2 cups Blueberries
- 1 Lime
- 1/2 tsp Lime Juice
- 2 1/4 cups Strawberries

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 3/4 tsp Dried Parsley
- 2 tbsps Everything Bagel Seasoning
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Alfalfa Sprouts
- 4 cups Baby Spinach
- 13 cups Broccoli
- 3 cups Brussels Sprouts
- 2 cups Butternut Squash
- 1 tbsp Cilantro
- 3 Garlic
- 4 ozs Rapini
- 1 tbsp Red Onion
- 2 Russet Potato
- 1/2 tsp Thyme
- 1/2 Yellow Onion

Boxed & Canned

- 1 cup Brown Rice
- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Dry Green Lentils
- 1 cup Green Lentils
- 2 cups Lima Beans
- 1 3/4 cups Vegetable Broth

Baking

- 1 tbsp Cocoa Powder
- 3 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/8 lbs Chicken Thighs
- 1 1/2 lbs Salmon Fillet
- 4 ozs Shrimp, Cooked
- 7 ozs Sourdough Bread
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 1/8 tbsps Dijon Mustard
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Hot Sauce
- 2 2/3 tbsps Mayonnaise

Cold

- 2 Egg
- 1/2 cup Plain Coconut Milk

Other

- 2/3 cup Vanilla Protein Powder
- 5 cups Water



Avocado Toast with Hard Boiled Eggs & Strawberries

2 servings

15 minutes

Ingredients

- 2 Egg
- 2 slices Whole Grain Bread (toasted)
- 1 Avocado (sliced or mashed)
- 2 cups Strawberries

Nutrition

Amount per serving	
Calories	388
Fat	22g
Carbs	38g
Fiber	13g
Sugar	11g
Protein	15g

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
- 2 Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

More Flavor: Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings: Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.



Blueberry Coconut Chia Pudding

3 servings

35 minutes

Ingredients

- 1 1/2 cups Canned Coconut Milk
- 1 1/2 cups Blueberries (plus extra for garnish)
- 1 1/2 tsps Vanilla Extract
- 1/3 cup Chia Seeds
- 3 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving	
Calories	407
Fat	32g
Carbs	25g
Fiber	10g
Sugar	9g
Protein	6g

Directions

- 1 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter: Add maple syrup or honey.

More Flavor: Add cardamom.



Chocolate Strawberry Chia Pudding

1 serving
30 minutes

Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Plain Coconut Milk (unsweetened, from the carton)
- 2 tbsps Vanilla Protein Powder
- 1/4 cup Strawberries (halved)
- 1 tbsp Cocoa Powder

Nutrition

Amount per serving	
Calories	226
Fat	12g
Carbs	20g
Fiber	9g
Sugar	5g
Protein	15g

Directions

- 1 In a small bowl, or mason jar, combine the chia seeds with the coconut milk, cocoa and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead, regular milk, or any alternative milk.

Additional Toppings: Add granola or cacao nibs on top for crunch.



Post Workout Green Smoothie

2 servings

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 2 cups Water (cold)
- 1/2 Avocado
- 1/2 Banana (frozen)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	156
Fat	8g
Carbs	13g
Fiber	5g
Sugar	4g
Protein	12g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Sheet Pan Dijon Chicken Thighs & Broccoli

3 servings

40 minutes

Ingredients

- 1 1/8 lbs Chicken Thighs (boneless, skinless)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tpsps Dijon Mustard
- 6 cups Broccoli (florets, chopped)

Nutrition

Amount per serving	
Calories	330
Fat	14g
Carbs	12g
Fiber	5g
Sugar	3g
Protein	39g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 3 Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 4 Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about three cups.

More Flavor: Add maple syrup and/or honey to the chicken.



Smashed Avocado & Lima Bean Toast

2 servings

5 minutes

Ingredients

- 1 Avocado (medium)
- 1 cup Lima Beans (cooked)
- 1/2 Lime (medium, juiced)
- 1/4 tsp Sea Salt
- 3 1/2 ozs Sourdough Bread (sliced, toasted)
- 1 cup Alfalfa Sprouts
- 1/4 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	387
Fat	15g
Carbs	52g
Fiber	14g
Sugar	1g
Protein	13g

Directions

- 1 In a bowl, smash the avocado until smooth. Add the lima beans to the bowl, lightly smash the beans and mix with avocado. Add the lime juice and sea salt, adjusting the seasoning to your taste.
- 2 Add the bean mixture to the toast. Top with alfalfa sprouts and chili flakes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one toast.

More Flavor: Add red onion and chopped tomato to the bean mixture.

Gluten-Free: Use gluten-free bread instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Lentils, Rapini & Mashed Potatoes

2 servings

25 minutes

Ingredients

- 3/4 tsp Sea Salt (divided)
- 2 Russet Potato (medium, peeled and chopped)
- 4 ozs Rapini (chopped, divided)
- 1 cup Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	292
Fat	1g
Carbs	59g
Fiber	13g
Sugar	4g
Protein	15g

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy: Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Serving Size: One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



One Pan Everything Salmon & Brussels Sprouts

2 servings

35 minutes

Ingredients

- 3 cups Brussels Sprouts
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Everything Bagel Seasoning (divided)
- 12 ozs Salmon Fillet
- 2 tps Dijon Mustard

Nutrition

Amount per serving	
Calories	344
Fat	15g
Carbs	12g
Fiber	5g
Sugar	3g
Protein	42g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
- 3 Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
- 4 Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

No Brussels Sprouts: Use broccoli or cauliflower instead.

No Salmon: Use another fish, like trout, instead.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Lentil, Rice & Squash Bowl

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

Nutrition

Amount per serving	
Calories	461
Fat	3g
Carbs	94g
Fiber	13g
Sugar	9g
Protein	20g

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
- 3 Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
- 4 Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add other dried or fresh herbs to the lentils.

Additional Toppings: Butter or olive oil for the vegetables.

No Broccoli: Use cauliflower or green beans instead.

No Brown Rice: Use quinoa, white rice, or millet instead.



Sheri's Shrimp Stuffed Avocado

2 servings

10 minutes

Ingredients

- 4 ozs Shrimp, Cooked (small, roughly chopped)
- 2 tsps Mayonnaise
- 1 tbsp Red Onion (diced)
- 1/2 tsp Hot Sauce
- 1 tbsp Cilantro (finely chopped)
- 1/2 tsp Lime Juice
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (large, pit removed)

Nutrition

Amount per serving	
Calories	251
Fat	18g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	16g

Directions

- 1 In a bowl, combine the shrimp, mayonnaise, red onion, hot sauce, cilantro, and lime juice. Stir well to combine and season with salt and pepper.
- 2 Spoon the shrimp mixture into the avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one half avocado.



Mayo-Dijon Salmon with Broccoli

2 servings

15 minutes

Ingredients

- 2 tbsps Mayonnaise
- 1 tbsp Dijon Mustard
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 5 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	461
Fat	26g
Carbs	15g
Fiber	6g
Sugar	4g
Protein	44g

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the mayonnaise and dijon mustard.
- 3 Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
- 4 Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
- 5 Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.