

LWAS Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • Bircher Muesli or • Protein boosted raspberry smoothie (P) 	<ul style="list-style-type: none"> • Bircher Muesli or • Protein boosted raspberry smoothie (P) 	<ul style="list-style-type: none"> • Bircher Muesli or • Protein boosted raspberry smoothie (P) 	<ul style="list-style-type: none"> • Bircher Muesli or • Protein boosted raspberry smoothie (P) 	<ul style="list-style-type: none"> • Bircher Muesli or • Protein boosted raspberry smoothie (P) 	<ul style="list-style-type: none"> • Egg soldiers – 1 egg and 1 piece of toast with butter and vegemite or • soft boiled egg with avo (P) 	<ul style="list-style-type: none"> • Honey & ricotta apricots (P)
Lunch	<ul style="list-style-type: none"> • Mini wrap (or soft taco) with protein and veg (e.g. tin tuna and handful of baby spinach or • Tuna & cannellini bean puree (P) 	<ul style="list-style-type: none"> • Leftover Portuguese chicken with purple slaw or • Tuna, avo & ricotta mash (P) 	<ul style="list-style-type: none"> • Leftover Sweet potato & rocket frittata (P) 	<ul style="list-style-type: none"> • Beef chilli soft tacos or • Beef & pumpkin puree (P) 	<ul style="list-style-type: none"> • Moroccan Lamb pilaf with baked eggplant or • Leftover Sweet potato & rocket frittata (P) 	<ul style="list-style-type: none"> • Beef chilli on 1 piece of toast (use frozen leftovers from Wednesday night) or • Beef & pumpkin puree (P) 	<ul style="list-style-type: none"> • Vita-Weat “sandwich” with cheese, avocado and tuna or • Tuna, avo & ricotta mash (P)
Dinner	<ul style="list-style-type: none"> • Portuguese chicken with purple slaw or • Sweet potato & rocket frittata (P) 	<ul style="list-style-type: none"> • Sweet potato & rocket frittata (P) 	<ul style="list-style-type: none"> • Beef chilli soft tacos or • Beef & pumpkin puree (P) 	<ul style="list-style-type: none"> • Moroccan Lamb pilaf with baked eggplant • Tuna & Cannellini bean Puree (P) 	<ul style="list-style-type: none"> • Spinach & Parmesan salmon on mash (P) 	<ul style="list-style-type: none"> • Something fun from your favourite takeaway or restaurant! 	<ul style="list-style-type: none"> • Leftover Sweet potato rocket & asparagus frittata (P)
Snacks	If hungry between meals, choose from the snacks list here .						

Notes:

- You’ll find all of these recipes available on the [members section](#) of the LWAS site.
- If you’re on a puree or soft diet, please see the notes on how to modify available on each recipe denoted with a (P).

Easy Peasy Bircher Muesli

Serves: 5 bariatric serves (yes - enough for a work week!)

Time to make: 10 minutes

Ingredients

- 1 apple, grated
- 1 cup rolled oats
- 1/2 cup milk of your choice
- 1/2 cup Greek yoghurt, plus extra to serve
- Pinch of ground cinnamon
- 1/4 cup (25g) flaked almonds
- 2 tablespoons pepitas (pumpkin seeds)
- 1 tbsp chia seeds
- 3 tbsp whey protein isolate powder
- Fruit of your choice, to serve

Instructions

1. Combine all ingredients and divide between five 1-cup containers. Refrigerate for up to four days.
2. Prior to serving, add a little extra yoghurt or milk if desired and fruit of your choice (berries are a great choice because they're small and don't require chopping!).

Note: if you're on the puree stage, omit the nuts, and blend prior to serving. You may need to add a little more milk to ensure the texture isn't too thick.

You can also mix and match anything you have in the cupboard once you get confident. Try your own combination of nuts, seeds and fruit to change things up and keep it seasonal.

Raspberry Protein Boost Smoothie

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- 1/4-1/2 cup frozen raspberries
- 1/2 cup milk of your choice
- 2-3 tbsp Greek yoghurt
- 30g Boomers Whey Protein Isolate (or your favourite protein powder)
- A little honey to taste
- A handful of ice

Method

1. Throw everything in your blender and away you go! You'll get approximately 30g of protein in this smoothie.

If you can't have dairy then a vegetarian option such a rice or pea protein is the next best. Boomers have a brown rice protein with 25g protein per serve, but I haven't tried it yet. I will let you know when I do! I'd love to hear if you have tried it or if you have a favourite smoothie recipe – please comment below.

Tuna & Cannellini Bean Puree

Serves: 2-4 bariatric serves (1/2-1 cup)

Time: 10 minutes

Ingredients

- 95g can tuna with chilli (optional) in olive oil
- 400g can butter beans or chickpeas, rinsed, drained
- 1 tablespoon capers, rinsed
- Juice of 1/2 lemon
- 1/2 clove garlic
- 1 tbsp extra virgin olive oil, plus extra if needed

Instructions

1. Process in a food processor until a smooth puree forms. Add a little more oil or lemon juice if necessary. Transfer to a bowl and season to your liking.
2. Serve as is for puree phase or with crackers/toast/vegie sticks if longer term after surgery.

Portuguese Chicken with Purple Slaw

Serves: 4 bariatric serves or 2 regular serves

Time: 15 minutes

Ingredients

- 1/4 cup low fat Greek yoghurt
- 1 teaspoon Harissa
- 1/2 tablespoon extra virgin olive oil
- 4 chicken tenderloins
- 1 tablespoon Portuguese chicken seasoning
- 1 cup shredded purple cabbage
- 1 radish, finely sliced
- 8 snow peas, finely sliced
- 1 teaspoon sesame seeds
- 1/2 tablespoon extra virgin olive oil
- 1/2 tablespoon lemon juice

Instructions

1. Mix the yoghurt and Harissa in a small bowl. Set aside.
2. Heat the olive oil in a non-stick frying pan. Coat the chicken with seasoning. Add chicken to the pan and cook for 2-3 minutes each side or until done to your liking. Remove from pan.
3. Meanwhile, combine the purple cabbage, radish and snow pea together in a small bowl. Top with lemon juice, olive oil and sesame seeds and set aside.
4. To serve, place 1/4 of the slaw on a small plate (larger if making normal portions), top with one chicken tenderloin and a spoon of yoghurt dressing.

Note: If you buy a 500g pack of tenderloins, either freeze some to use again later, or increase the seasoning, cook them all and use them for lunches over the week.

Adapted from [Australian Healthy Weight Week Cookbook 2017](#)

Sweet Potato & Rocket Frittata

Serves: 8 bariatric serves or 4 regular serves

Time: 35 minutes

Ingredients

- 350g sweet potato, peeled, cut into 3cm pieces
- 1 bunch of asparagus, woody ends removed OR 1 zucchini, chopped into 1 cm pieces
- 60g baby rocket leaves
- cooking oil spray
- 6 eggs
- 1/2 cup reduced-fat milk
- 2 tablespoons grated parmesan

Instructions

1. Boil sweet potato for 8–10 minutes, or until tender, adding asparagus or zucchini to pan for last 3 minutes of cooking. Drain well.
2. Preheat grill to high. Spray a large, ovenproof frying pan with oil and place over medium-high heat. Add sweet potato, asparagus or zucchini and rocket. Cook, stirring occasionally, for 2 minutes or until rocket wilts.
3. Whisk together eggs and milk. Pour eggs into frying pan over sweet potato mixture. Cook for 4–5 minutes over medium heat, or until frittata is almost set. Sprinkle with cheese and place under preheated grill for 3–4 minutes until golden brown and just set. Cut into appropriate individual serves (about 1/2-1 cup depending on what you can manage).

Note: You can use whatever vegies you like in this one, it's perfect for using up leftover or dying veg from the fridge!

Note: This will be suitable towards the end of the puree phase, but omit the rocket. Also, remove the frittata slightly earlier from the grill so it is a little softer, mash with a fork before you eat and chew well.

Recipe adapted from [Healthy Food Guide](#)

Beef Chilli Soft Tacos

Serves: 4 bariatric serves or 2 regular serves, plus leftover chilli to freeze

Time: 30 minutes

Ingredients

- 1/2 Lebanese cucumber, diced
- 1/2 avocado, flesh scooped out and diced
- 1/8 iceberg lettuce, shredded
- 1/2 punnet of cherry tomatoes, quartered
- 1 spring onion, sliced finely
- Juice of 1/2 lime
- 4 soft tacos
- Fresh coriander leaves, to serve

Beef chilli

- 1 1/2 tablespoon canola oil
- 500g lean beef mince
- 2 long red chillis, sliced
- 1 red onion, diced
- 2 medium red capsicum, deseeded, diced
- 4 cloves garlic, peeled, finely sliced
- 3 teaspoons paprika
- 2 x 400g cans chopped tomatoes

Method:

1. Heat oil in a large pan over medium-high heat. Add beef mince and brown for 3-4 minutes. Add the chilli, onion, capsicum and garlic. Stir until onion becomes translucent. Stir in paprika and tomatoes. Cook for 10–15 minutes or until sauce has thickened and slightly darkened in colour. Set aside.
2. Meanwhile, combine cucumber, tomato, avocado, lettuce, and lime juice. Set aside to serve.
3. Spoon some of the beef chilli over the tacos, top with salads of your choice. Serve immediately. Freeze leftover chilli in single portions so you can defrost and use for lunches or dinners later.

Pureed beef with pumpkin

Ingredients

- 1 tablespoon olive oil
- 1 garlic clove finely diced
- 1 onion, diced
- 1 celery stalk, diced
- 200 grams chuck steak, diced
- 1 cup diced pumpkin
- 1 carrot, diced
- 1 1/2 cups beef stock
- 1 pinch dried oregano

Method

1. Heat oil in a large saucepan over low heat. Add garlic, onion and beef and cook, moving constantly until beef is browned and garlic and onion are soft.
2. Add all other ingredients and bring to the boil, stirring regularly.
3. Reduce heat, cover and simmer gently for 45 minutes.
4. Reserving the cooking liquid, remove the solids from the pot and place into a blender.
5. Blend on low speed slowly adding the cooking liquid until you have the desired consistency – the longer you are out from surgery, the more lumpy you can have it.

Recipe thanks to [Forever After Recipes](#)

Moroccan lamb pilaf with baked eggplant

Serves: 8 bariatric serves or 4 regular serves

Time: 20 minutes

Ingredients

- 2 small eggplants, cut into 2cm-thick rounds
- Olive oil spray
- 250g sachet of microwaveable brown rice
- 1 tablespoon extra virgin olive oil (I used garlic-infused for extra flavour)
- 1 small brown onion, finely chopped
- 500g lamb mince
- 1-2 teaspoons Moroccan seasoning
- 1 red capsicum, chopped
- 1/4 cup plain Greek-style yoghurt
- 1 tablespoon lemon juice
- 1 pomegranate, halved, seeds removed
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 2 tablespoons chopped fresh mint leaves

Method

1. Preheat oven to 200C with the grill function on. Line a large baking tray with baking paper.
2. Spray both sides of eggplant with oil. Place on prepared tray. Season with salt and pepper. Grill for 10 minutes each side or until golden and tender.
3. Meanwhile, heat oil in a frying pan over medium-high heat. Add onion. Cook, stirring for 5 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned and cooked through. Add spice mix and capsicum and rice. Toss to combine and cook for 2-3 minutes or until fragrant.
4. Serve lamb mixture with eggplant and topped with lemon juice, yoghurt, mint and pomegranate seeds.

Spinach & Parmesan Salmon on Mash:

This delicious recipe is from one of our LWAS Community members, Laurel. It's packed with vegies and protein, takes only about 20 minutes to make, and is perfect for anyone from around 6-8 weeks post op. Laurel says this is one of her favourites not only because it's delicious, but also because there is usually have enough to have for lunch the next day also, with some fresh wilted spinach added. Thank you for sharing Laurel!

Serves: 1 (with some leftovers).

Time to make: 20-25mins.

Ingredients

- ¼ cup mashed cauliflower (or mashed or sliced potato, for those who prefer that instead). I steam it or microwave it if in a hurry and shove in my blender/food processor – easy as, with a light seasoning of pepper and a bit of salt to taste.
- 80g piece salmon
- Handful of baby spinach
- ¼ cup low-fat Greek yoghurt with 1 tsp crushed garlic stirred through (original recipe was for light sour cream, but I prefer the yoghurt)
- Sprinkling of parmesan cheese

Method

1. Heat oven to 180 deg C. Place spinach in base of small baking tray and place salmon on top, skin up.
2. Lightly season w salt/pepper and pour garlic yoghurt mixture over all of it.
3. Sprinkle parmesan on (as much or little as you please, as it's a strong flavour).
4. Cook until salmon is cooked (15-20 min) and parmesan looks golden.
5. Place on top of mashed cauliflower or vegies of your choice.

Note: If you're on the puree phase, this may be suitable towards the end. Make sure you don't overcook the salmon and you chew well before you swallow. See [this post](#) on the puree phase to remind yourself of what you should and shouldn't be eating.

This recipe was originally modified from a Best Recipes recipe.

Honey & Ricotta Apricots

Serves: 4 bariatric serves or 2 regular serves

Time: 15 minutes

Ingredients

- 4 apricots, halved, stones removed
- 125g smooth ricotta
- 1 tbsp honey
- 2 tbsp pistachios, chopped, to serve

Instructions

1. Preheat a frying pan or BBQ. Lay apricots cut side down into the hot pan (or onto the BBQ) and cook until warmed and charred.
2. Stir together the ricotta and honey and spoon into apricot halves.
3. Place on a serving plate, drizzle over a little extra honey if desired and top with chopped pistachios.

Notes:

- If you prefer, just use fresh apricots instead of cooking them!
- Make up the ricotta and honey on a case by case basis depending on the number of apricots you have.
- These are delicious as a snack, too, just have half or one instead of two :)
- If you're in the puree phase, cook apricots until soft and tender then mash with a fork prior to eating.

Recipe adapted from [Australian Healthy Weight Week Cookbook](#).