

LWAS Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Magic Egg Muffins	Peanut Butter is Better Smoothie	Magic Egg Muffins	Peanut Butter is Better Smoothie	Magic Egg Muffins	Easy Feta Scrambled Eggs	Protein Pancakes
Lunch	Your favourite salad	Leftover Chicken Lettuce Cups	Your favourite salad	Leftover Pumpkin & Lentil Soup	Leftover Miso Salmon & Greens	Your favourite salad	Vita-Weats with cheese, avocado and tuna or ham.
Dinner	Chicken lettuce cups	Slow Cooked Beef Sliders	Pumpkin & Lentil Soup	Miso Salmon & Greens	Slow Cooked Beef Brisket (from Tuesday) with Sweet Potato Mash	Something fun from your favourite takeaway or restaurant!	Lemon Feta Chicken
Snacks (If hungry)	2 Vita-Weats with 2 slices of cheese A small tub of yoghurt	1/4 cup dried fruit & nuts Vegie sticks with 2tbsp Chobani dip	½ apple with 2 slices of cheese Hardboiled egg with tomato salsa	2 Vita-Weats with 2 slices of cheese 1/4 cup dried fruit & nuts	A small tub of yoghurt A mini protein bar	2 Vita-Weats with 2 slices of cheese ½ cup high-fibre cereal with milk	Hardboiled egg Chocolate coated strawberry!

If hungry between meals, you can also choose from the [snacks list here](#).

Magic Egg Muffins

Serves: 6 bariatric serves

Time: 20 minutes

Ingredients

- 6 eggs
- 1/2 cup cooked chopped spinach, squeezed to remove excess water
- 1/2 cup chopped ham or cooked middle bacon
- 1/4 cup shredded cheddar cheese

Instructions

1. Preheat the oven to 180 degrees.
2. Spray 6 cups of a muffin tin with cooking oil spray.
3. Whisk the eggs in a large bowl until the yolk and white are blended. Add the spinach, ham or bacon and cheese and stir to combine.
4. Divide the egg mixture evenly among the muffin cups and bake for 15-18 minutes or until eggs are set.
5. Serve immediately or store in the refrigerator for 3-4 days or in the freezer for up to 2 months.

Note: This is a great way to use dying vegies you have in the fridge. Try roast pumpkin or sweet potato, capsicum, fresh herbs or a few chopped tomatoes. Also experiment with the types of protein and cheese you use to alter the flavour - smoked salmon and feta is a great one! Note: These are not suitable for a puree diet.

Note: Boost the protein further by adding some clear protein powder at the last minute before baking.

Peanut Butter is Better Smoothie

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- 1/2 scoop chocolate whey protein powder
- 1/4 banana (or 1/2 small banana)
- 1 tbsp natural peanut butter
- A few ice cubes

Instructions

1. Add all ingredients to a blender and blitz!

Note: If you prefer, swap out the chocolate protein powder for plain and add a dash of vanilla essence.

Easy Feta Scrambled Eggs with Mushies

Serves: 1 bariatric serve (double for a regular serve)

Time: 15 minutes

Ingredients

- 2 tsp butter or olive oil
- 1/2 cup mushrooms, chopped
- 1 large egg
- 20g feta
- salt & pepper to taste

Instructions

1. Heat 1 tsp of the butter or olive oil in a small frying pan over medium low heat. Add the chopped mushrooms and cook, stirring occasionally until brown and soft (~5 mins). Remove the mushrooms to a plate
2. Meanwhile, beat the eggs well. Crumble in the feta and season with salt and pepper to taste.
3. Add the remaining butter or oil to the pan. Add the egg and feta mixture and cook, stirring constantly, until the eggs are cooked (~5 mins). Stir through mushrooms at the last minute and serve with a small piece of toast if you prefer.

Notes:

- If you're in the puree phase, remove eggs from the pan early so they are very soft and still quite runny and serve without the mushrooms and toast. Chew carefully. If you overcook the eggs and they get a bit rubbery, you will not be able to eat them until you are on the soft phase.
- If you'd like to add extra protein, stir through some clear protein powder such as Beneprotein just prior to the eggs being cooked.
- Recipe adapted from [All Recipes](#).

Protein Pancakes

Serves: 1 bariatric serve

Time: 15 minutes

Ingredients

- 1 egg
- 2 tbsp whole wheat or coconut flour
- ¼ cup high protein, low-fat yogurt
- 1 scoop vanilla or chocolate protein powder
- 1/2 tsp baking powder
- A pinch of salt
- A pinch of cinnamon

Instructions

1. Whisk together the egg, flour, yoghurt, protein powder, baking powder, salt and cinnamon until smooth.
2. Spray a frying pan with cooking spray or add a little butter and place the pan over high heat.
3. Spoon the pancake batter into the pan to make 4 small pancakes.
4. Cook for 2-3 minutes until browned then flip and cook for a further 1-2 minutes.
5. Serve warm with berries, extra yogurt or honey as desired.

Note: I've made this using Boomers Whey Protein Isolate and it worked really well, but you might need to play around a little with your protein powder to find the best combination.

This recipe adapted from [Bariatric Cookery](#)

Your Favourite Salad

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- Your choice of protein from the list below (1/2 cup total)
- Your choice of salad vegies from the list below (1/2 cup total)
- Your choice of salad toppers
- Your choice of dressing from the list below

Instructions

1. Combine your choice of protein, vegies, topping and dressing from the list below and enjoy!

Protein	Vegies	Topping	Dressing
<ul style="list-style-type: none">• 1 mini can of beans (or ~100g) e.g. Chickpeas, Kidney beans, Lentils, 4 bean mix• 1 boiled egg, sliced• 50-100g grilled chicken, turkey, ham or leftover meat• 1 can sardines• 50-100g hot smoked or smoked salmon• 1 small can tuna	<ul style="list-style-type: none">• 1/2 cup of the following in total:• Asparagus, chopped• Artichoke hearts• Bean sprouts• Beetroot• Capsicum• Broccoli florets• Carrots, shredded• Celery, chopped• Corn kernels• Cucumber slices• Onion• Peas, boiled• Radishes, slices• Tomato slices• Greens (lettuce, baby spinach, rocket or mixed leaves)• 1/4 small avocado	<ul style="list-style-type: none">• 1 tablespoon crumbled Blue cheese• 1 tablespoon crumbled Feta cheese• 20g fresh Mozzarella cheese, sliced• 20g cheddar, cubed• 1 tablespoon of your choice of nuts and/or seeds	<ul style="list-style-type: none">• French• Balsamic• Honey Mustard• Minty Yoghurt <p>Want more good ideas? Try this post from BBC Good Food</p>

Chicken Lettuce Cups

Serves: 4 bariatric serves or 2 regular serves

Time: 25 minutes

Ingredients

- 1 tablespoon light soy sauce
- 1 tablespoon honey
- 1/2 teaspoon sesame oil
- 1/2 teaspoon finely grated ginger
- 1 small spring onion, chopped finely
- 250g chicken mince
- 1/4 cup small mint leaves
- 4 large butter lettuce leaves

Instructions

1. Combine the honey, soy and grated ginger in a small bowl and set aside.
2. Heat sesame oil in a frying pan or wok over medium heat. Add garlic and spring onion and cook for 2-3 minutes or until spring onion is translucent.
3. Add chicken mince and cook for 5-6 mins or until brown.
4. Add the honey soy mixture to the chicken at the last minute and stir to combine.
5. Divide chicken mixture evenly among lettuce leaves. Sprinkle with sesame seeds to serve.

Notes:

- You might like to add some extra vegetables such as bean sprouts, carrot (cut into matchsticks) or capsicum to the lettuce cups before serving.
- This recipe also works well with pork mince.
- Portion the mince into 1 cup containers and take to work with lettuce leaves for lunch the next day

Slow Cooked Beef Brisket Sliders

Serves: 4 bariatric-sized sliders plus lots of leftover brisket

Time: 6 hours for the brisket plus 10 minutes for the sliders

Ingredients

For the brisket

- 2 tablespoons extra virgin olive oil
- 1.5kg beef brisket, trimmed and cut into 4 pieces
- 1 onion, finely chopped
- 3 cloves garlic, thinly sliced
- 1 cup (250ml) red wine
- 2 cups (500ml) beef stock
- 2 cups (500ml) water
- 3 cups (750ml) tomato puree (passata)
- 6 bay leaves

For the sliders

- 4 small dinner rolls
- 1 carrot, cut into matchsticks
- 1/4 small red cabbage, shredded
- 1/2 small Granny Smith apple, grated
- 2 tablespoons light coleslaw dressing

Instructions

For the brisket (make a day ahead or start the morning of)

1. Heat half the oil in a large ovenproof heavy-based saucepan over medium heat. Add the beef and cook for 4–5 minutes each side or until browned. Remove from the pan and add to slow cooker.
2. Add the remaining oil, the onion and garlic to the pan and cook, stirring, for 4–5 minutes or until softened.
3. Add the wine and cook for 3–4 minutes or until reduced by half. Add the stock, water, puree and bay leaves, season, and stir to combine. Transfer to the slow cooker with the beef.
4. Cook on high in the slow cooker for 6–8 hours (8 is better if you have the time). Remove the lid for the last 30 minutes of cooking, to allow the sauce to reduce.
5. Remove the beef from the sauce and place on a tray. Shred the meat using two forks then return to the sauce and stir to combine.

For the sliders

1. Open the dinner rolls and spread lightly with butter.
2. Combine the coleslaw ingredients with dressing in a small bowl.
3. Add a scoop of beef, followed and top with coleslaw, before serving.

Notes:

- If bread doesn't agree with you, this is still delicious with just the beef and coleslaw; or add it to a soft mini taco instead.
- If you're still on soft, use the beef brisket but serve with mash instead.
- The brisket will freeze for 3-4 months - just freeze it in 1 cup portions and defrost as necessary.
- The brisket recipe is adapted from [Donnay Hay](#) for use in a slow cooker, but you can use the oven as per the original recipe if you don't have a slow cooker.

Pumpkin and Red Lentil Soup

Serves: 4 bariatric serves or 2 regular serves

Time: 30 minutes

Ingredients

- 1/2 brown onion, finely chopped
- 1 garlic clove, crushed
- 1/2 teaspoon finely grated fresh ginger
- 1 teaspoon curry powder
- 500g butternut pumpkin, peeled, deseeded, cut into 1cm-pieces
- 1/2 cup red lentils, rinsed
- 2.5 cups vegetable stock

Instructions

1. Heat a large saucepan with a dash of olive oil over medium-low heat. Add the onion and cook, for 3-5 minutes or until soft and translucent. Add the garlic, ginger and curry powder and cook, stirring, for 1 minute or until aromatic.
2. Add the pumpkin, lentils and stock. Bring to the boil. Reduce heat and simmer, partially covered, for 15-20 minutes or until the pumpkin and lentils are soft. Set aside to cool.
3. Blend the soup with a stick blender or food processor until smooth. Season with salt and pepper and serve with a dollop of Greek yoghurt.

Recipe adapted from [Taste](#)

Easy Miso Salmon and Greens

Serves: 2 bariatric serves

Time: 25 minutes

Ingredients

- 1/2 tablespoon miso paste
- 1/2 tablespoon honey
- 1 medium salmon fillet with skin on
- 2 teaspoons sesame seeds
- 2 teaspoons sesame oil
- 2 cups of chopped greens of your choice (e.g. broccolini, bok choy, snow peas)

Instructions

1. Preheat the oven to 180 degrees.
2. Mix the miso, honey and 1 teaspoon of the sesame oil in a small bowl.
3. Place the salmon, skin side down on a baking tray lined with baking paper. Brush the miso mixture over the salmon and sprinkle sesame seeds over.
4. Switch the oven to a medium grill, then place the salmon in the top of the oven for 15-20 minutes or until just cooked through.
5. While the salmon is cooking, heat the remaining sesame oil in a frying pan over high heat. Add the greens and stir fry for 3-5 minutes until bright green and tender crisp. Serve with the salmon once done.

Note: You can mix up the stir fry by adding any vegies you like. You can also add some carbohydrate in the form of noodles or sweet potato mash if you prefer.

Lemon Feta Chicken

Serves: 2 bariatric serves

Time: 25 minutes

Ingredients

- 1 medium chicken breast fillet, trimmed
- 50g feta, thickly sliced
- 2 sprigs oregano
- 1/2 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1/2 punnet of cherry tomatoes
- 5 kalamata olives
- 1 cup sweet potato mash, to serve

Instructions

1. Preheat the oven to 180C.
2. Place chicken in a baking dish then top with the feta, oregano, tomatoes, olives, lemon zest and juice. Season and sprinkle with olive oil.
3. Bake for 18 minutes, or until chicken is cooked through. Serve with mash.