

LWAS Weekly Meal Plan

This meal plan is for one. The recipes in here make one serve or enough for leftovers. Remember though, depending on your stage, you may have extra left over so get creative with leftovers and the freezer!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Toasted Muesli	Soft boiled egg on green toast	Toasted Muesli	Soft boiled egg on green toast	Toasted Muesli	Soft boiled egg on green toast	Spinach & ricotta quesadilla
Lunch	Tuna & Quinoa salad	Tuna & Quinoa salad	Leftover Crispy salmon with smashed peas & Zucchini salad	Roast vegie salad: leftover best roast vegies with your choice of protein	Beef & pumpkin soup	Beef & pumpkin soup	Your favourite salad or leftovers from last night
Dinner	Chicken skewers with hummus & yoghurt dressing	Crispy salmon with smashed peas & Zucchini salad	Best roast vegies with a chicken skewer with hummus & yoghurt dressing	Beef & pumpkin soup	Fish with XO sauce	Something fun from your favourite takeaway or restaurant!	Loaded sweet potatoes
Snacks (If hungry)	If hungry between meals, you can choose from the snacks list here . To balance your snacks, make sure you are topping up your protein, vegies, fruit or dairy for the day.						

Shopping List

This shopping list is if you are making your meals just for one. Sometimes you might need to freeze for later due to how products are sold. Shopping in the butcher or the deli is a great idea as often you can buy smaller portions.

PANTRY STAPLES

Cinnamon
Cumin
Allspice
Nutmeg
Oregano
Beef stock
Honey
Grapeseed or macadamia oil
Olive oil
Salt & pepper
Semi-dried tomatoes
Xo sauce
Grated parmesan
Grated cheese

MEAT, FISH, EGGS & POULTRY

Eggs – half dozen
Chicken breast – 1 small
Salmon fillet – 1 small
White fish fillet – 1 small
Chuck steak – 200g

BITS FROM THE FRIDGE/FREEZER

Frozen peas – small bag
Ricotta – 1 mini tub
Hummus – 1 mini tub
Feta – 100g
Greek yogurt – 500g

FRUIT & VEGES

Tomato – 1 small
Baby spinach – 1 bag
Lemons – 4
Mint – 1 bunch
Parsley – 1 small bunch
Garlic
Zucchini – 2 small
Sweet potato – 1 medium
Pumpkin – 300g
Red onion – 1 small
Baby red capsicum – 1-2
Button mushrooms – small handful

Bok choy
Carrot – 1
Celery – 1 stalk

OFF THE SHELF

Bread – multigrain or sourdough is best
Mini Tortillas
Quinoa – 1 quick cup
Tuna – 185g can
Pesto – small jar
Four Bean Mix – mini cans
Rolled oats – 1 bag
Sunflower seeds – 100g
Pepitas – 150g
Slivered almonds – 100g
Shredded coconut – ½ cup
Wheat germ – ½ cup
Dried figs – ½ cup

Also, don't forget to buy some extra things for snacks! See the snacks list for some ideas.

Toasted muesli

Serves at least 20 (¼ cup per serve)

Time: 40-60 minutes

Make this once and enjoy it for weeks. It seems expensive when you make it but is a lot cheaper per serve than muesli off the shelf. And it tastes better. It'll keep well in an airtight container. You can buy the ingredients from the self-serve section if your supermarket has one.

Ingredients

2.5 cups of rolled oats

100g sunflower seeds

150g pepitas (pumpkin seeds)

100g slivered almonds

½ cup shredded coconut

½ cup wheat germ

½ cup of dried figs, chopped

½ heaped tsp of ground cinnamon

¼ tsp of allspice

¼ tsp nutmeg

¼ cup of honey

40ml of grapeseed or macadamia oil

Method

1. Preheat your oven to 160°C. Line 2-3 baking trays with baking paper or foil.
2. Heat the honey and oil together in a saucepan over low heat until they're warm and runny. You can also do this in the microwave on low. Make sure that they don't boil. Remove from the heat and add cinnamon, allspice and nutmeg.
3. Combine oats, sunflower seeds, pepitas, slivered almonds, coconut and wheat germ in a very large bowl. Pour over the honey mixture and mix well.
4. Spread the mixture over your trays and bake them for 10 minutes. Remove from the oven, stir, and then return them to the oven for another 10 minutes. Keep going until your muesli is golden – it usually takes 40-60 minutes.
5. Remove your muesli from the oven and leave it to cool completely. Then stir through the figs and keep in an airtight container.
6. ¼ - ½ cup of this muesli is one serve. Top with your favourite milk, spoon of yoghurt and a serving of any fresh fruit.

Tip: If you want to squeeze in a little extra protein sprinkle over some Beneprotein before serving and if you want to add some more fibre, sprinkle over some psyllium husks, LSA or Benefibre.

Soft-boiled eggs on green toast

Serves: 1 bariatric serve

Time: 10 minutes

Ingredients

1 egg

1 small slice of bread, preferably sourdough or multigrain

Fresh pesto, to serve

A small handful of baby spinach, to serve

Method

1. Bring a small pot of water to the boil.
2. When it's boiling rapidly, dip a spoon into the water. Use this spoon to lower your egg into the water (heating the spoon up first stops them from cracking).
3. Set a 6-minute timer, with the water boiling rapidly.
4. Get ready for work and throw the bread in the toaster.
5. When your 6 minutes is up, put your pot under the tap and run cold water into it until it's overflowing. Remove the eggs and peel them.
6. Spread your toast with pesto and top with the egg and baby spinach to serve.

Tip: This one is a great base. Make it your own by adding a little cheese (feta goes really well) or a slice of ham.

Tip: If you struggle with bread, or you are worried, toast it extra toasty so it's crunchier! You can also use something like Ryvitas if you prefer or go without the bread and make it more of a green salad with boiled egg and a dollop of pesto.

Spinach & Ricotta Quesadilla

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

Handful of baby spinach leaves

¼ tsp lemon zest

1 tbs ricotta

1 tbs hummus

½ tbs grated parmesan

½ small tomato, thinly sliced

1 mini tortilla

Method

1. Place the spinach in a heat-proof bowl and pour over boiling water. Leave it for a minute, and then drain, squeezing out the water.
2. Add the lemon rind, ricotta, parmesan and some salt & pepper to the spinach. Mix it well.
3. Spread the mixture over the base of 2 wraps. Top with tomato slices & the remaining wraps.
4. Spray a little olive oil in a large non-stick frying pan and cook the quesadilla over medium heat for about 4 minutes each side.
5. Slice into quarters and serve.

Tip: To freeze your left-over tortillas just stack them with a sheet of waxed paper between each one and then put the stack into a Ziploc bag and store in the freezer for up to 2 months.

Tuna & Quinoa salad

Serves 2 bariatric serves

Time: 5 minutes

Ingredients

½ cup cooked quinoa (you can use a 'quick cup' if you like)

¼ cup flat leaf parsley, shredded

¼ cup mint, shredded

½ punnet cherry tomatoes, halved

1 tsp lemon zest

¼ cup of feta (crumbled)

185g tin tuna in oil

Dressing: ½ tbsp lemon juice, ½ tbsp olive oil, salt & pepper

Method

1. Combine the dressing ingredients and set aside.
2. Combine all other ingredients in a large bowl.
3. Divide salad into 2 tuppaware containers, and dressing into 2 tiny containers.
4. Combine salad with dressing to serve

Tip: if you need any other ideas for salads you can make at home, see the [Your favourite salad recipe here](#).

Grilled Lemon Chicken Skewers with Yoghurt-Hummus Sauce

Serves: 2 bariatric serves

Time: ~30 minutes (depending on rest-time for marinade)

Ingredients

Chicken:

1 small skinless chicken breast (or chicken tenderloins if easier)

1 tbsp lemon juice

½ tbsp olive oil

¼ tsp ground cumin

Baby spinach or lettuce leaves, to serve

Sauce:

1/3 cup Greek yogurt (nonfat or regular)

2 tbsp hummus

½ tablespoon fresh lemon juice

¼ tsp crushed garlic (about ½ clove)

¼ tsp ground cumin

Instructions

1. Slice the chicken breasts lengthwise into about 4 thin strips.
2. In a small bowl, whisk together the lemon juice, olive oil, cumin, salt and pepper for the marinade. Add the chicken and toss to combine. Leave to rest for at least 10 minutes if you have time).
3. Thread the chicken accordion-style onto 2 metal skewers (2 chicken strips per skewer).
4. Preheat a BBQ or grill pan to medium-high then grill the chicken 3-4 minutes per side, until cooked through.
5. Meanwhile, combine all the sauce ingredients in a bowl and whisk together until smooth. Add hot water a teaspoon at a time to thin the sauce, if needed.
6. Let the chicken rest for 5 minutes before serving. Serve on top of leaves, if desired, and drizzle with the sauce.

Remember to save the other skewer for dinner with the roast vegies.

Crispy salmon w. smashed peas & zucchini salad

Serves: 2 bariatric serves

Time: 20 minutes

Ingredients

1 small salmon fillet (skin on)

½ cup frozen peas

1 small zucchini, cut into fine ribbons (use a vege peeler)

Dressing: ¼ cup mint leaves, roughly chopped, 1 tbsp olive oil, 1 tbsp lemon juice, salt & pepper.

Method

1. Combine the dressing ingredients and set aside.
2. Place an ovenproof pan over high heat. Pre-heat your grill to high. Bring a small pan of water to the boil.
3. Rub your salmon with a little olive oil, salt and pepper. Place them in the pan, skin-side down, when the pan is hot. Leave them in the pan for 2 minutes.
4. Meanwhile put your peas in the pot of boiling water. As soon as the water returns to the boil, drain and return them to the pot, but leave it off the heat.
5. After 2 minutes, flip your salmon and place it under the grill. It'll need about 5 minutes here, until cooked to your liking. Keep an eye on it to make sure it doesn't burn.
6. While the salmon is under the grill, add half of your dressing to the peas and smash them roughly with a potato masher or a fork.
7. Add the other half of your dressing to the zucchini and toss to combine.
8. Serve your salmon on a bed of smashed peas with your zucchini salad as a side.

Best Roast Vegies

Serves: 3-4 bariatric serves

Time: 60 minutes

Ingredients

½ medium sweet potato, peeled and cut into 2cm cubes

150g pumpkin, peeled and cut into 2cm cubes

½ small red onion, peeled and cut into wedges

1 baby red capsicum, cut into 2cm cubes

1 zucchini, cut into 2cm cubes

A small handful of button mushrooms, halved

50g semi-dried tomatoes, thinly sliced

50g feta, crumbled

Handful of basil, shredded

Dressing: 1.5 tbsp olive oil, 1.5 tbsp red wine vinegar, salt & pepper.

Method

1. Preheat your oven to 190°C. Combine the dressing.
2. Put sweet potato, pumpkin, red onion and half of the dressing into a roasting pan lined with baking paper. Roast for 20-30 minutes.
3. Remove from the oven and toss them. Add the red pepper, zucchini and mushrooms. Return to the oven for another 20-30 minutes.
4. Remove from the oven and stir through the semi-dried tomatoes, feta, basil and remaining dressing.
5. Serve vegies with chicken skewer from earlier in the week and portion the rest into small containers for lunches.

Tip: This is a really versatile recipe that will go with any number of protein options. The vegies will keep well too, so pair them with any leftover meat, beans, fish or eggs you have in the fridge.

Fish with XO sauce

Serves 1 bariatric serve

Time: ~20 minutes

Ingredients

1 small white fish fillet (any firm fish)

1 bok choy, halved

¼ cup cooked brown rice (optional)

1 tsp lemon juice

½ tsp sesame oil

1 tsp XO sauce

Method

1. Put the rice on, according to packet directions.
2. Preheat oven to 200°C. Place a sheet of baking paper as long as your forearm on the bench.
3. Top the sheet with the bok choy and fish. Sprinkle over lemon juice and sesame oil.
4. Fold the paper over the fish into a tight parcel, tucking the ends underneath to trap the steam.
5. Bake for 12-15 minutes. Serve with XO sauce and brown rice if you're having some.

Beef & Pumpkin Soup

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 lumpier you can have it.

Tip: Play with the texture of this a little. You can blend it or not, or just a little so it's still a little chunky. If you need to, add a little more stock when blending to make it a little less thick.

This recipe is brought to you by Forever After Recipes which is a fabulous recipe membership site for those with a sleeve. You can search for recipes depending on the stage you are at in your WLS journey – from pre-op to long term after your sleeve. If you want to know more, you can find them at www.foreverafterrecipes.com.

Loaded Sweet Potatoes

Serves: 1-2 bariatric serves

Time: 20 minutes

Ingredients

½ small sweet potato (or one of the small purple ones)

1 mini can of four bean mix

1 tbsp pesto

1 spring onion, chopped (optional)

25g grated cheese

Method

1. Preheat the oven to 220C. Meanwhile, prick the sweet potato with a fork and microwave on high for 4-6 minutes or until just soft. Halve lengthways and set aside to cool for 5 minutes.
2. Scoop out a little flesh to make a boat. Dice the flesh and place in a bowl. Stir in the beans, pesto and spring onion. Season to taste.
3. Put the potato boats on a baking tray and divide the bean mixture between them. Top with the cheese. Bake in the oven for 10 minutes until the cheese is melted.

Tip: You may be satisfied with just one half depending on the size of your sweet potato. Save the other for lunch tomorrow: they reheat beautifully.