
Weight Loss Surgery: High Protein Meal Ideas

Chicken Options

- **27 grams protein**
1/3 cup green peas (2g)
2 oz. chopped deli chicken (16g) (can choose any low-fat deli meat)
1 oz. Low-fat cheese (6g)
1 slice toast (3g)
1 tsp. mustard
- **27 grams protein**
3 oz. grilled chicken (24g)
½ cup cooked greens (3g)
- **24 grams protein**
3 oz chicken breast (24g)
¼ cup asparagus tips with ½ tsp olive oil
- **24 grams protein**
1 cup salad with 1 Tbsp light dressing
3 oz chicken breast (24g)
- **31 grams protein**
3 oz grilled chicken breast (24g)
Mixed salad greens with light dressing
¼ cup black beans (4g) and 2 TBSP shredded low fat cheese (3g)

Pork and Beef Options

- **24 grams protein**
3oz baked pork (24g)
2 oz green beans
2 oz apple sauce
- **28 grams protein**
3 oz. meatloaf (24g)
1/3 cup soft green beans (2g)
1/3 cup mashed potatoes (2g)
- **25 grams protein**
3 oz pork tenderloin (24g)
¼ cup sweet potato (1g)

Seafood Options

- **26 grams protein**
3 oz salmon (24g)
2 oz greens (2g)
- **26 grams protein**
3 oz shrimp (24g)
2-3 oz broccoli or carrots (2g)
- **19 grams protein**
2 oz. haddock, baked or broiled (16g)
½ cup cooked broccoli
2 oz. baked potato with fat-free sour cream (3g)
- **29 grams protein**
½ cup low-fat cottage cheese (13g)
2 oz. canned tuna with low-fat mayo (14g)
1/3 cup carrots
6 crackers (2g)

Meatless Options

- **15 grams protein**
½ cup refried beans (8g)
½ flour tortilla (1g)
1 oz. Low-fat cheese (6g)
1/3 cup chopped tomatoes
- **14 grams protein**
½ cup beans (8 g)
1 oz of low fat cheese (6g)
- **23 grams protein**
2 egg whites with 1 oz of cheese (13g)
1 vegetarian sausage patty (10g)
½ cup berries
- **20 grams protein**
3 oz egg omelet
(1 scrambled egg (7g), 2 egg whites (7g), and 1 oz reduced fat cheese (6g) with sautéed onions and green peppers)
- **20 grams protein**
6 oz Greek yogurt (20g)
2 oz Melon
- **19 gram protein**
½ cup cooked oatmeal made with skim milk and 2 TBSP of nonfat dry milk powder (12g)
1 boiled or scrambled egg (7g)
½ small banana