

### LAP GASTRIC BYPASS SURGERY 7 DAY DIET PLAN

Each meal should be NO MORE THAN 1 CUP and BE EATEN OVER 45 MINUTES

The skin of fruits and vegetables can be difficult to digest. It is preferable to peel them and to eat them cooked.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>8h30</b> BREAKFAST 1 scramble egg 1/3 c. applesauce	<b>8h30</b> BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk	<b>8h30</b> BREAKFAST 2 Ryvita crackers. 1/3 cup of Ricotta (5% fat) ½ banana	<b>8h30</b> BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk	<b>8h30</b> BREAKFAST 1 scramble egg 1 tsp. Margarine 1 small peach	<b>8h30</b> BREAKFAST 2 Ryvita crackers or 4 melba toast, 1 tsp. margarine 1/3 c. Cottage cheese 2% M.F.	<b>8h30</b> BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk
<b>9h30</b> 1 cup of 1 % milk	<b>9h30</b> 1 cup of 1% milk	<b>9h30</b> 1 cup of 1 % milk	<b>9h30</b> 1 cup of 1 % milk	<b>9h30</b> 1 cup of 1 % milk	<b>9h30</b> 1 cup of 1 % milk	<b>9h30</b> 1 cup of 1 % milk
<b>10h30</b> SNACK 1 pear 1 oz low fat cheese	<b>10h30</b> SNACK 1/3 c. apple sauce ½. cup vanilla yogurt	<b>10h30</b> SNACK 1 small peach 1 oz low fat cheese	<b>10h30</b> SNACK ½ c. Fruit salad ½ c low fat yogurt	<b>10h30</b> SNACK 1 small pear 1 oz low fat cheese	<b>10h30</b> SNACK 1small apple 1 oz low fat cheese	<b>10h30</b> SNACK ½ c low fat yogurt ½ c of cantaloupe
<b>12h30</b> LUNCH ½ cup whole wheat Pasta and ¼ c. tomato sauce with 3 oz. ground meat 1 tbsps grated parmesan cheese	<b>12h30</b> LUNCH 3 oz Grilled salmon Lemon juice ½ c. Green beans ¼ c. squash	<b>12h30</b> LUNCH ½ cup of Tuna in water 2 tsp low fat mayonnaise 2 tomato slices 5 baby carrots	<b>12h30</b> LUNCH 2 tsp low fat mayo and 1 oz low fat mozzarella cheese, 1 oz of ham ½ cup of lettuce	<b>12h30</b> LUNCH ½ cup of sautéed roasted peppers 3 oz grilled chicken 1 tsp olive oil	<b>12h30</b> LUNCH 2 oz Tuna in water and 2 tsp low fat mayo ½ c mixed salad (lettuce, tomato, cucumber) and lemon juice	<b>12h30</b> LUNCH ½ c salad with 2 tsp low fat salad dressing 3 oz Salmon canned
<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk	<b>13h30</b> 1 cup of 2% milk
<b>15h00</b> SNACK ½ cup low fat yogurt	<b>15h00</b> SNACK ½ cup low fat yogurt ½ cup cantaloupe	<b>15h00</b> SNACK ½ cup low fat yogurt 1 peach	<b>15h00</b> SNACK ½ cup low fat yogurt 1 pear	<b>15h00</b> SNACK ½ cup low fat yogurt A small apple	<b>15h00</b> SNACK ½ cup of low fat yogurt	<b>15h00</b> SNACK ½ cup low fat yogurt 1 pear
<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water	<b>17h00</b> 1 cup of water
<b>18h30</b> SUPPER 2 oz. boneless baked chicken, 1 tsp Margarine or oil ¼ c Mixed vegetables ½ c Fruit salad	<b>18h30</b> SUPPER 1/3 c Mashed turnip with 1 tsp. margarine 2 oz. Baked or roasted turkey 1/3 c peas	<b>18h30</b> SUPPER Shepherd's Pie: 1/3 cup potatoes, 2 oz. lean beef, 1/3 c. mixed vegetables	<b>18h30</b> SUPPER ½ cup of stir fried broccoli and 1 tsp olive oil 3 oz Roast veal	<b>18h30</b> SUPPER 1/3 cup of mashed carrots with 1 tea spoon of margarine 2 oz Meatloaf, 1/3 c cooked vegetables	<b>18h30</b> SUPPER ½ cup of green beans 3 oz. Roast veal	<b>18h30</b> SUPPER 3 oz of grilled or baked sole. Lemon wedge. ½ cup of boiled carrots
<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water	<b>19h30</b> 1 cup of water
<b>20h30</b> SNACK ½ cup of 1 % milk ½ banana	<b>20h30</b> SNACK ½ cup of 1 % milk ½ cup fruit salad	<b>20h30</b> SNACK ½ cup of 1 % milk 1 small apple	<b>20h30</b> SNACK ½ cup Low fat yogurt 1 apricot	<b>20h30</b> SNACK ½ c Low fat fruit yogurt ½ banana	<b>20h30</b> SNACK ½ cup of 1% milk ½ cup Strawberries	<b>20h30</b> SNACK ½ cup of 1 % milk 1 pear