

Stage 1 (Liquid Diet) Recipes

Please note: These recipes are only appropriate for post-operative use and cannot be used during the 14 day VLCD (pre-surgery) liquid diet. Please contact us with any questions.



Banana Blast Shake

1 packet Medifast® Banana Crème protein shake
8 ounces water
½ banana, frozen

In a blender, combine one packet of Medifast® banana crème protein shake, ½ frozen banana and 8 ounces of water. Blend at high speed for 30 seconds.

Per 8 ounce serving: Calories: 160, Total Fat: 0.5g, Carbohydrate: 26g, Fiber: 4.5g, Protein: 14g

Orangey Banana Smoothie

Recipe adapted from Kraft at Kraftfoods.com

1 cup (8 oz.) low-fat cottage cheese such as Breakstone's 2%®
½ cup skim milk or soymilk
1 banana cut into chunks
3 Tbsp. reduced-sugar or sugar-free orange marmalade
1 cup ice cubes

Place all ingredients in blender; cover. Blend until smooth. Serve immediately.

Makes 3 (8oz servings), per serving: Calories: 120, Total Fat: 1.5g, Carbohydrate: 22g, Fiber: 1g, Protein: 10g

**For an extra protein boost, add 2 scoops Beneprotein® powder which provides an additional 4g protein and 15 calories per 8 oz serving.*

Sunshine Lemon Smoothie

Recipe adapted from the Bariatric Innovations Cookbook by Dawn Boxell, RD

1 cup skim or 1% milk (or soymilk)
1 cup sugar-free lemon yogurt
½ cup ice
1 "to-go" packet of Crystal Light® lemonade (just the powder, do not add water)
1 scoop 100% whey or soy protein powder (I used 100% Whey Gold Vanilla protein powder from Optimum Nutrition®)

Place all ingredients in blender; cover. Blend until smooth. Serve immediately.

Makes 3 (8oz servings), per 8 oz serving: Calories: 102, Total Fat: 0g, Carbohydrate: 11g, Fiber: 0g, Protein: 12g

**Note: Nutritional data may vary depending on the type of protein powder you use.*

Egg White Berry Protein Smoothie

Recipe adapted from www.betterneggs.com

1/3 cup AllWhites® pasteurized egg substitute product (*note: you must use a pasteurized egg product such as AllWhites®, regular raw eggs are not safe to consume*)

1/2 cup Crystal Light® lemonade (already mixed with water, not just the powder)

1 cup fresh or frozen raspberries (or any frozen berry of your choice)

1 container (6 ounces) nonfat Greek Yogurt (such as Fage® or Oikos®)

Combine all ingredients in blender. Cover and blend on medium speed until smooth. Serve immediately.

Makes 2 (8oz servings), per serving: Calories: 115, Total Fat: 0g, Carbohydrate: 13g, Fiber: 0g, Protein: 14g

Apple Cinnamon Protein Smoothie

Recipe adapted from www.betterneggs.com

1/3 cup AllWhites® pasteurized egg substitute product (*note: you must use a pasteurized egg product such as AllWhites®, regular raw eggs are not safe to consume*)

1 sweet, crisp apple (medium size) peeled, chopped red apple (about 1 1/4 cups)

1 cup skim milk

1/4 teaspoon ground cinnamon

Combine all ingredients in blender. Cover and blend on medium speed until smooth. Serve immediately. *Note: Apples recommended for this recipe include Braeburn, Red Delicious or Gala varieties.*

Makes 1 (8oz serving): Calories: 210, Total Fat: 1g, Carbohydrate: 35g, Fiber: 4g, Protein: 17g

Chocolate Covered Strawberry Shake

1 (11 oz) can of Slim Fast® Low Carb Diet or Atkins Advantage® Chocolate Shake

1/2 cup frozen strawberries

Combine all ingredients in blender. Cover and blend on medium speed until smooth. Serve immediately.

Makes 2 (6-8 ounce servings), per serving: Calories: 95, Total Fat: 4.5g, Carbohydrate: 6g, Fiber: 3g, Protein: 7.5g

