

FUEL YOUR LIFE BARIATRIC E-BOOK (PUREE PHASE)



The Fuel Your Life Bariatric E-book is a collection of flavoursome and nutritious recipes developed and tested by Dietitians.

In the initial stages post-surgery, it is important to remember to slowly transition from fluid, to puree, to soft foods. Be prepared to trial different foods as see how you tolerate them in consultation with your Dietitian.

Nutrient deficiencies are important to consider post-surgery, in particular vitamin B12, folate, iron, vitamin A and E. With this in mind, each recipe has been created and carefully analyzed, with tags used to inform you of the key nutrients each meal provides!

With recipes bursting with flavour and packed with nutrition, this book is for you if you have had or are considering bariatric surgery!

ABOUT US - FUEL YOUR LIFE

Fuel Your Life is a nation-wide, Australian dietetic company with a strong client-centred focus. All of our Dietitians have completed 4+ years of university study and are the experts in nutrition.

We can assist with conditions including irritable bowel syndrome, healthy ageing, diabetes, heart disease, cancer, weight management and nutrition for mental health conditions such as PTSD. We also have a keen interest in improving the athletic and mental performance of individuals and teams across Australia.

Our Dietitian consults are guided by our clients and what they want to achieve. There is no one-size fits all approach and every one of our consults are supported by evidence and individualised education and intervention strategies. Our service provides in-depth nutrition analysis, body composition tracking, supermarket shopping tours, meal plan development, recipe modification and cooking tips. We will provide you with the information, support and tools to succeed.



Fuel Your Life Dietitians provide one-on-one nutrition consultations either in-clinic or in the comfort of your own home. Consultations involve setting your health and nutrition goals and discussing your motivation behind this, whether it be increasing your energy to keep up with kids or grandkids, or increasing muscle mass to reach your performance goals. We take into consideration all aspects that affect food intake including time, budget, family, emotional and social wellbeing, cooking facilities and skills. We will carefully analyse your current nutritional intake and discuss achievable, sustainable changes to reach your goals. We provide ongoing support and long-term follow-up to ensure you maintain life-long goals.



CHICKEN CACCIATORE WITH BASIL PESTO

Serves: 4

Prep: 40 minutes

Cost: \$3.75 per serve

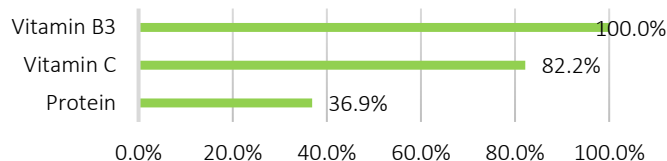


This twist on regular chicken cacciatore is suitable to consume as part of a puree diet post-surgery and still packs all the traditional flavours in for a satisfying meal. It is vital that you reach your protein requirements post-surgery to repair but also build and maintain muscle mass. This classic dish provides over **36% of your protein requirements**, giving you a good hit of protein to keep you full and satisfied for longer.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1071kJ	480kJ
PROTEIN	17.0g	8.0g
CARBOHYDRATES	7.0g	3.0g
FAT (TOTAL)	16.0g	7.5g
SATURATED FAT	3.0g	1.0g
DIETARY FIBRE	2.0g	1.0g

DAILY TARGET



INGREDIENTS

Chicken Cacciatore

- 250g chicken breast cut into large cubes
- 2 tablespoons of plain flour
- 1 tablespoon of olive oil
- ¼ each of onion & red capsicum, diced
- 50g of button mushrooms, sliced
- ½ a teaspoon of Italian mixed herbs
- 200g (½ a tin) tinned cherry tomatoes
- ¼ cup of chicken stock
- ¼ cup of green olives (approx. 10)

Basil Pesto

- 12g of pine nuts
- ½ a bunch of fresh basil
- ½ a clove of garlic
- 15g grated parmesan cheese
- 1 ¼ tablespoons of olive oil



INSTRUCTIONS

Step 1: Coat chicken pieces in plain flour. Heat half of the olive oil in a saucepan over a medium to high heat. Fry chicken pieces for 5 minutes or until browned. Remove chicken and place on a plate.

Step 2: Heating the rest of the oil over a medium heat, add the onion, capsicum and mushrooms and cook for 8 minutes or until softened.

Step 3: Add herbs, tinned tomatoes and chicken stock and bring mixture to the boil. Turn down heat to a simmer and add chicken. Continue to simmer for 8 minutes or until chicken cooked through. Add olives for a further 2 minutes then take off the heat.

Step 4: To make the basil pesto, place all the dry ingredients into a small food processor and pulse until finely chopped. Then add the oil and lemon juice and blend until mixed.

Step 5: Puree the Chicken Cacciatore until smooth and serve with a heaped teaspoon of Basil Pesto.

NUTRIENTS AT RISK OF DEFICIENCY POST-SURGERY

Nutrient deficiencies can be common after bariatric surgery. This is due to a combination of anatomical changes from surgery leading to reduced absorption capacity as well as reduced overall food intake.

Vitamin B12: Due to structural changes in surgery, the normal absorption process for b12 is limited. Therefore, putting the nutrient at risk. It is often advised that a b12 supplement be taken post-surgery which your Doctor and Dietitian should advise on. However, it is still vital to ensure you are optimizing your intake through food as well. B12 rich food sources include seafood, red meat, poultry, dairy, fortified plant-based milks.

Iron: Similar to B12, iron absorption function may be altered after surgery. Iron is essential for transporting oxygen around the body with deficiency leading to fatigue, weakness as well as potentially heart palpitations and shortness of breath. Iron rich foods include red meat, offal, legumes, dark leafy vegetables fortified breakfast cereals.

Folate: A folate deficiency can occur through decreased dietary intake and can be exacerbated through a vitamin b12 deficiency. Vitamin b12 is required for metabolism of folate, without a sufficient supply, this may result in deficiency. Sources of folate include dark leafy vegetables, fortified bread and cereals, legumes.

Protein: Throughout weight loss, consuming enough protein is vital to retaining muscle. Protein is required for building, maintaining as well as repairing muscle. Without adequate protein intake, there is a risk of losing muscle mass rather than fat mass during weight loss. Losing muscle can have poor outcomes on energy, strength and mobility in future.

Dietary fat: Post weight loss surgery, individuals can experience poor absorption of dietary fat. A side effect of this may be steatorrhea (fatty stools). This may also inhibit absorption of fat-soluble vitamins A, D, E and K. Therefore, higher amounts of these nutrients are needed daily to prevent deficiency. Healthy fats from oily fish, olive oil, nuts and seeds are essential and should still be consumed, however high doses of fats, particularly unhealthy fats found in high fats meats, deep fried or highly processed foods should be avoided.

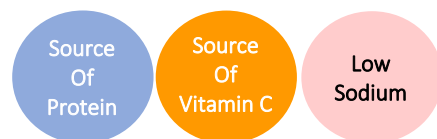


TROPICAL YOGHURT CUP

Serves: 2

Prep: Less than 5 minutes

Cost: \$1.10

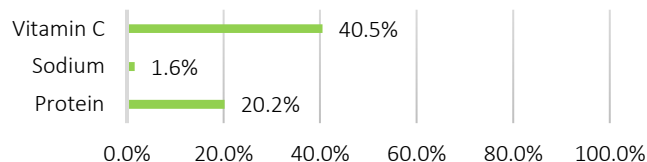


This simple yoghurt cup is ready in minutes for a quick and satisfying breakfast or snack. Greek yoghurt is a fantastic source of protein which leaves you feeling fuller for longer, powering you through the day. This recipe also provides **40% of vitamin C requirements**. Vitamin C acts to protect the immune system and ensure adequate healing, therefore meeting your requirements post-surgery may help recovery along.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	600kJ	300kJ
PROTEIN	9.3g	4.6g
CARBOHYDRATES	22.3g	11.1g
FAT (TOTAL)	1.7g	0.8g
SATURATED FAT	1.1g	0.5g
FIBRE	1.2g	0.5g

DAILY TARGET



INGREDIENTS

- 100g tinned peaches
- 100g tinned mango
- 200g of reduced fat, no added sugar Greek yoghurt e.g. Chobani

INSTRUCTIONS

Step 1: Puree the peaches in a food processor or blender, set aside. Puree the mango in a food processor or blender and set aside separately.

Step 2: In a small glass, layer the yoghurt and pureed fruit. Serve cold.

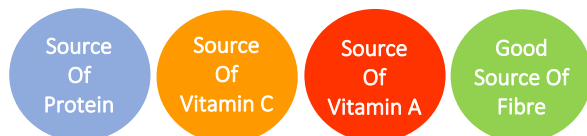


ITALIAN STYLE VEGETABLE AND LENTIL SOUP

Serves: 4

Prep: 30 minutes

Cost: 95c per serve



This soup is packed full of nutrients and very affordable **at less than \$1 per serve**. The combination of vegetables and lentils make this soup good source of fibre with a decent hit of protein.

This dish is also high in antioxidants **especially vitamin A and C** which act to reduce stress in the body which may be particularly useful post-surgery. They also help to your immune system, skin and eyes healthy.

INGREDIENTS

- ½ tablespoon of olive oil
- 1 medium carrot, diced
- 1 small brown onion, diced
- 1 stick of celery diced
- 2 garlic cloves, finely sliced
- 1 ¼ cups of vegetable stock
- ½ a tin of Italian diced tomatoes
- ½ cup of dried red lentils
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- 1 small zucchini, diced
- 1 tablespoon of balsamic vinegar
- Salt and pepper to taste

INSTRUCTIONS

Step 1: Heat olive oil in a medium pot over a medium heat.

Step 2: Sauté carrots, onion and celery for 5 mins, stirring regularly. Add garlic and sauté for a further 2 mins.

Step 3: Pour in stock, tomatoes, lentils, dried herbs and zucchini and stir well.

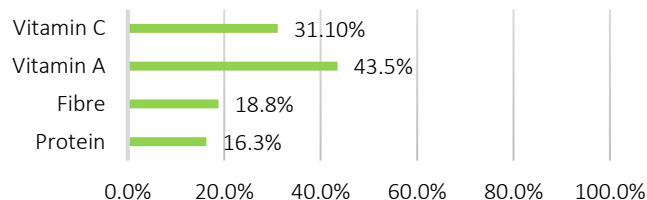
Step 4: Bring soup to the boil and then turn heat down and simmer, covered, for 10 mins or until ingredients softens.

Step 5: Blend soup with a stick blender, then stir in balsamic vinegar and add salt and pepper to taste.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	603kJ	259kJ
PROTEIN	7.5g	3.2g
CARBOHYDRATES	18.1g	7.8g
FAT (TOTAL)	3.1g	1.3g
SATURATED FAT	0.5g	0.2g
DIETARY FIBRE	4.7g	2.0g

DAILY TARGET

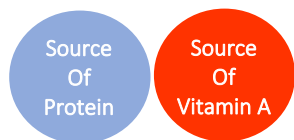


WARMING CHICKEN BROTH

Serves: 8

Prep: 6 hours (10 minutes hand on)

Cost: \$0.70 per serve



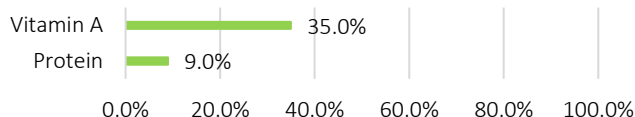
This chicken bone broth is a comforting, nourishing liquid, perfect for a chilly winter's day or for healing post-surgery. This recipe is a great option for cooking and freezing, meaning you can always have some ready to go when you need it most or use it as a homemade stock. The broth also contains a hefty amount of **vitamin A, 35% of recommended daily intake**. This fat-soluble vitamin acts as an antioxidant reducing inflammation and stress post-surgery.

Vitamin A many also be at risk of deficiency due to changes in fat absorption so it's important to reach your target!

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100ML
ENERGY	311kJ	249kJ
PROTEIN	4.1g	3.2g
CARBOHYDRATES	7.4g	5.6g
FAT (TOTAL)	2.3g	1.6g
SATURATED	0.9g	0.7g
DIETARY FIBRE	2.8g	2.2g

DAILY TARGET



INGREDIENTS

- Bones from a whole chicken (carcass of whole chicken)
- 2 medium sized brown onions, quartered
- 2 stalks of fresh celery, roughly chopped
- 2 large carrots, roughly chopped
- 2 cloves garlic, peeled and minced
- 1-2 tablespoons apple cider vinegar (optional)
- Fresh or dried herbs (parsley, thyme)
- Water to cover the chicken carcass

INSTRUCTIONS

Step 1: Place all ingredients in a large stockpot and cover with water.

Step 2: Bring to a low boil. Once boiling, reduce to the lowest setting.

Step 3: Partially cover the pot and simmer for 6 hours or longer.

Step 4: Strain and store in the refrigerator once cool.



STRAWBERRY DELIGHT SMOOTHIE

Serves: 2

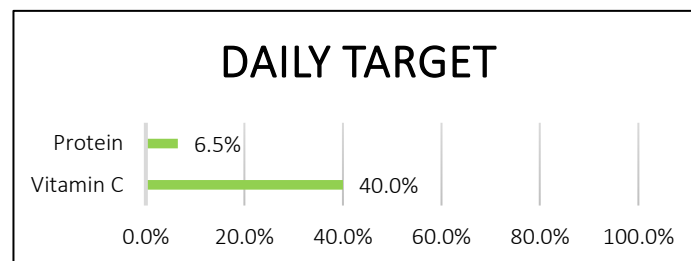
Prep: Less than 5 minutes

Cost: \$1.20 per serve



Looking for something sweet that will also nourish your body and leave you feeling satisfied? Give this luscious strawberry smoothie a try! Ready in minutes, bursting with strawberry goodness and a hidden green veggie hit, this will become your go to snack. With only **177kJ per serve** this is a much more satisfying option than reaching for a sugary drink when that 3pm slump hits. Each serve contains **18mg of Vitamin C, meeting 40% of your recommended daily intake**. Vitamin C assists with iron absorption which is at risk of deficiency post-surgery due to intestinal changes.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	177kJ	159kJ
PROTEIN	3.0g	2.6g
CARBOHYDRATES	6.2g	5.6g
FAT (TOTAL)	0.3g	0.3g
SATURATED FAT	0.1g	0.1g
DIETARY FIBRE	1.6g	1.4g



INGREDIENTS

- ½ cup of strawberries (fresh or frozen)
- ¼ small banana
- ½ cup of baby spinach
- ¼ teaspoon of vanilla essence
- 2 teaspoons of reduced fat plain Greek yoghurt
- 100mL skim milk

INSTRUCTIONS

Step 1: Blend all ingredients together until smooth. Add more skim milk if you prefer a thinner consistency (but keep each portion to ~150mL)

Step 2: Pour in a glass to serve. Store leftovers in a sealed container in the fridge.



HEAVENLY CHOCOLATE MOUSSE

Serves: 3

Prep: 5-10 minutes, 30 minutes refrigeration time

Cost: \$2.25 per serve

Good
Source Of
Protein

Source
Of
Calcium

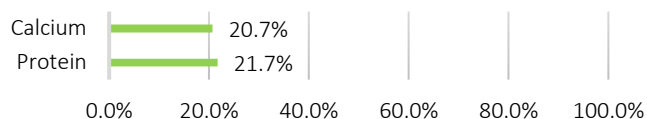
This chocolate mousse is a delicious sweet treat, perfect for serving up when you're craving something rich and creamy while also dishing out a decent serve of calcium and protein! It contains **over 20% of your daily calcium** needs per serve, helping to keep your bones and teeth strong, your muscles working properly and assist in preventing Osteoporosis.

Reaching calcium requirements can be difficult post-surgery due to the small meal sizes so ensuring some snacks and main meals contain sources of dairy daily can help reach this target and prevent adverse outcomes.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1529kJ	1017kJ
PROTEIN	10.0g	6.6g
CARBOHYDRATES	39.0g	25.9g
FAT (TOTAL)	18.9g	12.6g
SATURATED	11.5g	7.7g
DIETARY FIBRE	1.8g	1.2g

DAILY TARGET



INGREDIENTS

- 200g smooth ricotta cheese
- 1/3 cup of dark chocolate, melted
- 2 tablespoons of cocoa powder
- 3 tablespoons of skim milk
- ½ teaspoon of vanilla essence
- 2 tablespoons of maple syrup

INSTRUCTIONS

Step 1: Blend the ricotta in a food processor until smooth. Add the melted chocolate and blend to combine.

Step 2: Add the remaining ingredients to the food processor and blend until smooth and combined.

Step 3: Divide the mixture between 3 small glass jars, set in the fridge for 30 minutes.



PEA AND HAM SOUP

Serves: 4

Prep: 30 minutes

Cost: \$1.50 per serve



Who doesn't love a good pea and ham soup? This recipe has been developed to adhere to a puree diet and ensure it is low kJ to assist with weight loss goals while not skipping on the flavour. With over **21% of your daily fibre needs** per serve, this soup will satisfy. Fibre is important for maintaining gut health and keeping your bowels regular which will likely alter post-surgery. Meeting fibre requirements can be tricky on a puree diet as raw salad and vegetables are not yet allowed so this soup is a great addition.

INGREDIENTS

- ½ a tablespoon of olive oil
- 1 small red onion, diced
- 1 stalk of celery, diced
- 1 carrot, diced
- 1 clove of garlic, finely sliced
- 250g frozen garden peas
- ½ a cup of chicken stock
- 125g of shredded ham off the bone, chopped
- 4 teaspoons of light Greek style natural yogurt (to serve)

INSTRUCTIONS

Step 1: Heat olive oil in a medium pot over a medium heat. Add onion, celery and carrot and cook for 5 mins, stirring regularly. Then add garlic and continue to cook for a further 2 minutes.

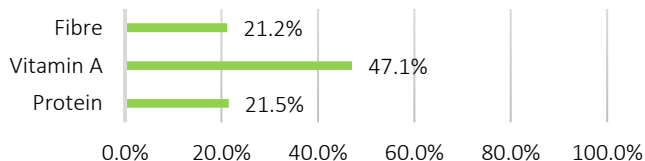
Step 2: Stir in peas and chicken stock to the mixture, bring mixture to the boil, then turn down heat to simmer for 10 minutes or until vegetables are soft.

Step 3: Mix in the ham then blend soup with a stick blender until smooth and serve in a bowl with a teaspoon of natural yogurt and salt and pepper if desired.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	505kJ	214kJ
PROTEIN	9.9g	4.2g
CARBOHYDRATES	8.4g	3.5g
FAT (TOTAL)	3.8g	1.6g
SATURATED FAT	0.8g	0.3g
DIETARY FIBRE	5.2g	2.2g

DAILY TARGET



SATISFYING SALMON MORNAY

Serves: 4

Prep: 30 minutes

Cost: \$1.75 per serve



This satisfying dish is tasty and quick to prepare. **With over 37% of vitamin B12 requirements met in a single serve**, this dish is a great addition post-surgery. Due to anatomical changes post-surgery, the body is not as efficient in absorbing vitamin B12. Ensuring you consume a sufficient amount from your daily food intake can help to mitigate the reduced absorption.

INGREDIENTS

Salmon Mornay

- 15g butter
- ½ tablespoon of plain flour
- 85ml lite milk
- ¼ teaspoon of mustard
- 1 tablespoon (12g) of grated cheddar cheese
- 190g (2 x 95g pots) tinned pink salmon

Mashed Potato and Spinach

- 2 small potatoes (160g)
- 1 teaspoon butter
- 1 tablespoon lite milk
- 1 cup of baby spinach
- 1 lemon cut in wedges
- Salt and pepper to taste

INSTRUCTIONS

Step 1: Place a medium pot on a high heat and boil the potatoes for approximately 20 mins or until soft.

Step 2: While potatoes are cooking, place a small pot on a medium heat. Add butter and flour and continue to stir until for approximately 5 minutes until the flour has mixed in.

Step 3: Add milk to butter and flour and continue to stir until it reaches a boil and mixture thickens. Take off the heat and add mustard, cheese and salmon and stir gently.

Step 4: Make the mash potatoes by adding the milk and butter and mashing until smooth.

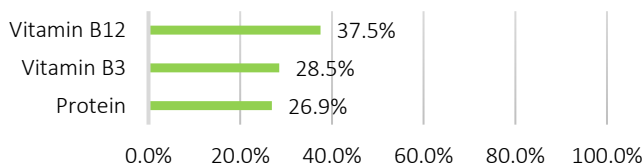
Step 5: Steam the baby spinach for 5 mins or until soft, then drain off any excess liquid.

Step 6: Serve salmon mornay and vegetables with a wedge of lemon and add salt and pepper to taste.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	660kJ	446kJ
PROTEIN	12.4g	8.4g
CARBOHYDRATES	8.0g	5.4g
FAT (TOTAL)	8.0g	5.4g
SATURATED FAT	4.2g	2.8g
DIETARY FIBRE	1.3g	0.9g

DAILY TARGET



VANILLA OATS WITH RASPBERRY SAUCE

Serves: 2 Bariatric serves

Prep: 10 minutes

Cost: \$0.90 per serve

Source
Of
Protein

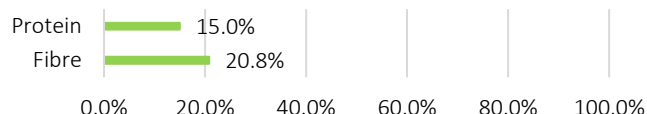
Good
Source Of
Fibre

A nourishing breakfast can really fuel your morning and set you up for the day. This sweet and simple, creamy vanilla and raspberry oat recipe will leave you ready to take on anything. With over **20% of your daily fibre target**, this meal will keep your digestive system happy and healthy. Dietary fibre is paramount to achieving and maintaining a healthy gut. It is important to strive for a healthy gut post-surgery to assist with regular bowels as well as general health.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	567kJ	315kJ
PROTEIN	6.7g	3.7g
CARBOHYDRATES	18.3g	10.2g
FAT (TOTAL)	2.6g	1.4g
SATURATED FAT	1.1g	0.6g
DIETARY FIBRE	5.2g	2.8g

DAILY TARGET



INGREDIENTS

- ½ cup of frozen raspberries
- 1 tablespoon of water
- ½ teaspoon of sugar
- 35g of quick oats (1 sachet)
- 1 teaspoon of vanilla essence
- 200mL reduced fat milk

INSTRUCTIONS

Step 1: To make the sauce: combine mixed berries, water, sugar and 1/2 a teaspoon of vanilla essence in a small saucepan over low-medium heat. Cook until mixture thickens ~5 minutes.

Step 2: In the meantime, combine oats, 1/2 teaspoon of vanilla essence and milk in another saucepan, cook over low-medium heat until cooked ~3 minutes.

Step 3: Pour cooked oats into two bowls, top with raspberry puree.



SOFT EGGS WITH TOMATO AND PESTO

Serves: 2

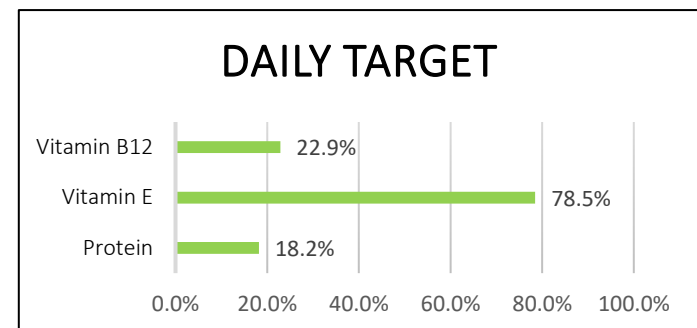
Prep: 5 minutes

Cost: \$.90c



Scrambled eggs are a quick and satisfying breakfast, add some pesto and pureed tomatoes for a real winner. **With 78.5% of vitamin E requirements per serve** this is a good post-surgery brekky option. Vitamin E is a fat-soluble vitamin which is at risk of deficiency after surgery as fat may not be absorbed to the same degree as pre-surgery. Vitamin E, like vitamin A also acts as an antioxidant, protecting the body from stress and damage which is helpful post-surgery.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	871kJ	767kJ
PROTEIN	8.4g	7.4g
CARBOHYDRATES	3.3g	2.9g
FAT (TOTAL)	17.5g	15.8g
SATURATED FAT	2.7g	2.4g
DIETARY FIBRE	1.0g	0.9g



INGREDIENTS

- 2 eggs
- 1 tablespoon of milk
- Salt and pepper
- 1 teaspoon of olive oil
- 2 tablespoons of tomato passata
- 2 tablespoons of store-bought pesto

INSTRUCTIONS

Step 1: Beat the eggs and milk with a pinch of salt and pepper. Heat a small saucepan over medium heat with a teaspoon of olive oil. Add the beaten eggs and scramble using a spatula until just cooked.

Step 2: In the meantime, heat the passata in the microwave for 1 minute until warmed through.

Step 3: Split the eggs, passata and pesto between two bowls.

