

# FUEL YOUR LIFE BARIATRIC E-BOOK (PRE-SURGERY)



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

Having nutritious, tasty and simple recipes on hand that suit the pre-surgery requirements can be a life-saver in those weeks prior to surgery.

It is also a vital phase to set up good nutrition habits and allow for the greatest success before you undertake surgery. What you eat before is not only important to reduce your surgical complications, but it can also affect your recovery.

These recipes are tailored to ensure your nutrition goals are achieved but also increasing the essential nutrients that are crucial to your recovery.

Each recipe has been carefully analysed and reviewed by a team of dietitians to guarantee all boxes are ticked and the goals of pre-surgery nutrition are achieved.

# ABOUT US - FUEL YOUR LIFE

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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.



## DIETARY TRANSITION POST SURGERY

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After bariatric surgery it is important that you slowly transition from liquids, to pureed/blended foods, to soft foods and finally back onto solids. The time that you stay on each phase depends on the type of bariatric procedure that you have undergone and your individual tolerance to the food textures. This slow transition gives your body the best chance of healing properly and can help to prevent uncomfortable gastrointestinal symptoms. Below is the general timeline for each phase but remember that this will vary for everyone and it is always best to consult your doctor and dietitian.

### Common Phase Lengths

- Fluids - 7-10 days
- Pureed/blended - 3-4 weeks
- Soft foods - 2 weeks
- Normal solids – ongoing

### Nutrition post-surgery

After surgery the most important consideration for your nutrition will be dictated by the type of surgery you had. Whilst we are advocates for health and adequacy through good nutrition this can be difficult to achieve after weight loss surgery. Nutrition support and regular blood tests can ensure you are in your utmost state of health after this procedure and guarantees to keep you on top of your game.

We will discuss specific nutrients of concern and ways to improve your nutrition after surgery.



# ROASTED VEGETABLE SALAD WITH ZINGY DRESSING

Serves: 6

Prep: 50 minutes

Cost: \$4.40 per serve

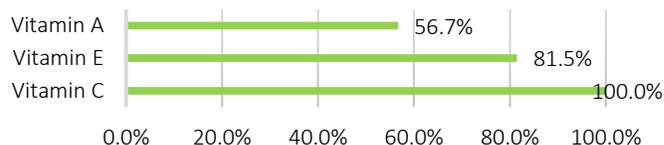


This roast vegetable salad is super easy to prepare, full of flavour and includes a range of key nutrients that are essential for wound healthy post-surgery, meeting **100% of your vitamin C and over 50% of your vitamin A requirements**. This dish is also packed full of pre-biotic fibres that help with good healthy bowels during this phase and beyond, so if you are struggling with a change in diet this recipe is definitely for you.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	944kJ	605kJ
PROTEIN	2.7g	1.7g
CARBOHYDRATES	8.7g	5.6g
FAT (TOTAL)	19.6g	12.6g
SATURATED	2.9g	1.8g
DIETARY FIBRE	3.5g	2.3g

## DAILY TARGET



## INGREDIENTS

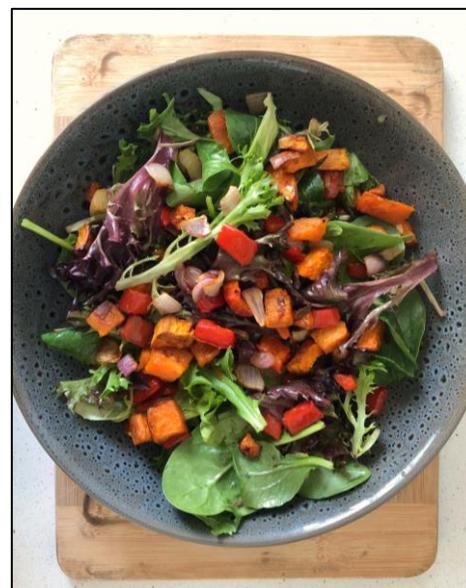
- 350g of pumpkin, diced into 2cm cubes
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- 1 large red capsicum, roughly diced
- 1 large red onion, roughly diced
- 120g mixed lettuce leaves
- ¼ cup of olive oil
- 1 clove of garlic, minced
- 1 teaspoon of honey
- 2 teaspoons of Dijon mustard
- ¼ cup apple cider vinegar
- Salt and pepper

## INSTRUCTIONS

**Step 1:** Preheat oven to 220°C. Coat pumpkin in olive oil and 1 ½ cloves of minced garlic. Roast on a lined baking tray for 15 minutes. Place capsicum and red onion on the tray, return to oven and roast for a further 10 minutes.

**Step 2:** In the meantime, make the dressing by whisking 1/3 cup of olive oil, ½ clove of garlic, honey, Dijon mustard, vinegar, salt and pepper.

**Step 3:** Place mixed lettuce leaves on a plate, top with roasted vegetable mixture and drizzle salad dressing on top. You can serve this on individual side plates or make a large bowl and share between 6 serves.



# CLASSIC DEVILLED EGGS

**Serves:** 4

**Prep:** 20 minutes

**Cost:** \$1.80 per serve



It can be hard to get through the pre-surgery phase as you reduce your energy intake by at least 50%, a simple snack such as these devilled eggs can renovate your boring boiled egg as well as adding in those vital wound and recovery nutrients such as protein, **vitamin E and selenium**. These guys may be an oldie but certainly a goodie.

## INGREDIENTS

- 4 large eggs
- 1 tablespoon of 97% fat free mayonnaise
- ½ teaspoon of Dijon mustard
- Paprika to garnish (optional)
- Chives to garnish (optional)

## INSTRUCTIONS

**Step 1:** Place eggs in a medium saucepan, cover with water and bring to the boil. Simmer for 10 minutes. Remove from saucepan, cover with cold water and allow to cool.

**Step 2:** When eggs are cooled, slice them in half lengthways with a sharp knife. Gently remove halved egg with a teaspoon.

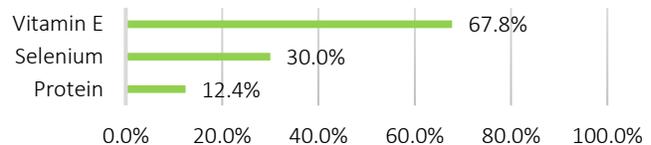
**Step 3:** Scoop out the yolk, add to a bowl and mash with a fork, add in Dijon mustard, salt and pepper to taste.

**Step 4:** Carefully place the mashed yolk mixture back into the egg white, sprinkle with paprika and chives if desired.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	320kJ	588kJ
PROTEIN	5.7g	11.2g
CARBOHYDRATES	1.5g	3.0g
FAT (TOTAL)	4.6g	8.8g
SATURATED	1.2g	2.3g
DIETARY FIBRE	0.5g	1.1g

## DAILY TARGET



# MISO-ROASTED EGGPLANT

Serves: 2

Prep: 40 minutes

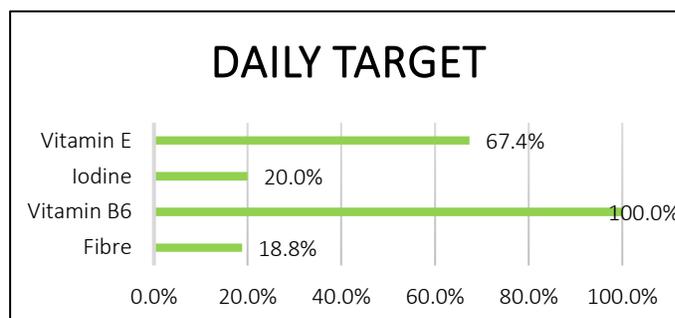
Cost: \$1.10 per serve



Eggplant is an underrated vegetable but with the right cooking method and flavour, it can be absolutely delicious! This recipe has just the right balance of sweet and savoury to make your taste buds sing. This dish boasts **20% of your daily iodine requirements** in one serve. Iodine is essential to form thyroid hormones which are essential in regulating the use of energy within the body. Our body cannot make iodine, so we need enough from our diet to meet our requirements. This can be a challenge with iodine poor soil as is common in countries. In addition, this meal will **provide 100% of your vitamin B6 requirements**, which is important in nutrient uptake and stress hormone production, which are often elevated post-surgery.

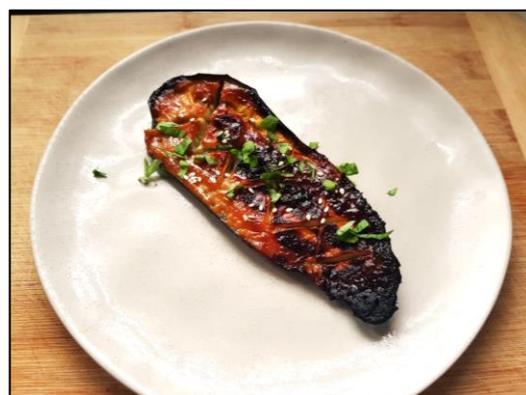
## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	519kJ	266kJ
PROTEIN	4.4g	2.2g
CARBOHYDRATES	13.5g	6.9g
FAT (TOTAL)	3.4g	1.7g
SATURATED	0.4g	0.2g
DIETARY FIBRE	4.7g	2.4g



## INGREDIENTS

- Olive oil spray
- 1 small eggplant
- 2 tablespoons of white miso paste
- 1 tablespoon of honey or rice malt syrup
- 2 tablespoons of mirin
- 1 tablespoon of sake
- 2 tablespoons of water



## INGREDIENTS

**Step 1:** Preheat oven to 180°.

**Step 2:** Cut eggplant long ways and score a diamond pattern in the flesh of the eggplant and spray with olive oil

**Step 3:** In a small saucepan add water, miso paste, honey, mirin and sake and stir to combine. Bring to a simmer for 5-8 min while constantly stirring

**Step 4:** Place eggplant in lined oven dish and pour sauce over eggplant evenly.

**Step 5:** Bake eggplant for 30 minutes until browned.

# RAINBOW RATATOUILLE

Serves: 4

Prep: 20 minutes

Cost: \$1.75 per serve



Ratatouille is a fantastic way to reach your recommended daily vegetable intake. With a mixture of different colours, this recipe provides a variety of nutrients. The high veggie content contributes over 20% of your daily fibre needs, which is crucial during this phase to keep your bowels moving. This recipe also provides **~25% of your potassium** which is important when losing weight, as muscle spasms and cramps that are often experienced during this phase.

## INGREDIENTS

- 2 teaspoons of olive oil
- 1 small brown onion, diced
- 2 cloves of garlic, minced
- 1 cup of mushrooms, halved
- 1 medium red capsicum, sliced in large chunks
- 1 medium zucchini, thickly sliced
- ½ eggplant thickly sliced
- ½ cup fresh basil, torn + whole leaves for garnishing
- 1 x 400g can of chopped tinned tomato
- ½ cup of water

## INSTRUCTIONS

**Step 1:** Heat frying pan on low to medium heat, add olive oil and sauté the onion, garlic, mushrooms and capsicum until tender. Remove and set aside

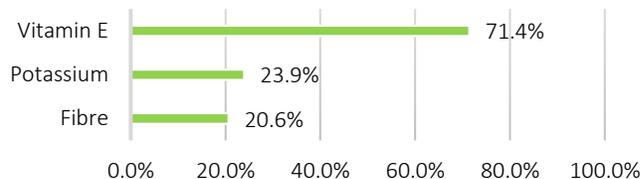
**Step 2:** Add another spray of olive oil to the pan and sauté zucchini and eggplant in the frying pan.

**Step 3:** Return the capsicum mixture to the frying pan. Add basil and tomatoes and ½ cup water and simmer for 8-10 minutes over low heat, stirring occasionally. Top with fresh basil leaves.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	384kJ	117kJ
PROTEIN	4.0g	1.2g
CARBOHYDRATES	9.1g	2.8g
FAT (TOTAL)	3.1g	0.9g
SATURATED	0.6g	0.1g
DIETARY FIBRE	5.1g	1.6g

## DAILY TARGET



# QUICK STIR-FRIED VEGGIES

Serves: 4

Prep: 20 minutes

Cost: \$1.80 per serve



This quick veggie stir fry is a great way to get a wide range of nutrients and antioxidants into your diet. In one serve you reach your Vitamin A and C requirements and more than **50% of vitamin E**. These are essential during recovery and when combined with the other key additions of garlic and ginger furthers the anti-inflammatory effect of this dish, with phytonutrients including **gingerol, shogaol, paradols** and **Sulphur compounds** that can assist the body during the recovery phase.

## INGREDIENTS

- 1 medium red capsicum, roughly diced
- 1 medium carrot, halved and sliced diagonally
- 1 medium zucchini, diced
- 1 medium broccoli, cut into florets
- 15 snow peas, trimmed and halved
- 2 small stalks of celery, diced
- 2 cloves of garlic, peeled and crushed
- 2 teaspoons of fresh ginger, peeled and grated
- 1 tablespoon of soy sauce
- 1 tablespoon of rice bran oil

## INSTRUCTIONS

**Step 1:** Heat wok to medium high heat. Once fully heated, add vegetables and stir until heated through ~1-2 minutes.

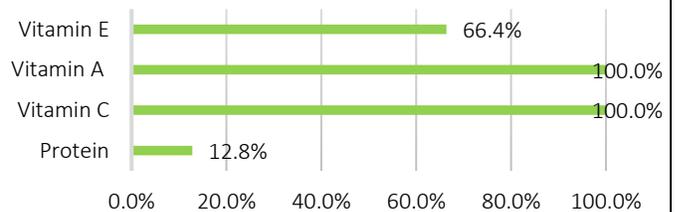
**Step 2:** Once heated through, add a small amount of water and cover with a lid. Allow to steam under the lid until slightly tender ~2 minutes

**Step 3:** Remove lid and add ginger, garlic and soy sauce. Stir through thoroughly until well combined.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	411kJ	169kJ
PROTEIN	5.9g	2.5g
CARBOHYDRATES	5.9g	2.5g
FAT (TOTAL)	4.3g	3.3g
SATURATED	0.8g	0.3g
DIETARY FIBRE	5.8g	2.4g

## DAILY TARGET



# RAW ZOODLE PUNCHY PASTA

Serves: 4

Prep: 20 minutes

Cost: \$2.0 per serve



This vibrant raw pasta can be an addition to your meal replacement, ensuring you get those vegetables into your day. It packs a punch with flavor but also nutritionally knocks the traditional pasta out of the park. The cooked tomato and fresh carrot releases **potent antioxidants** that will give your liver what it needs to detox the body from the surgery and counteract the effects of rapid weight loss.

## INGREDIENTS

- 2 teaspoons of olive oil
- 1 clove of garlic, minced
- 1 onion chopped finely
- 1 x 400g tin of diced tomatoes
- 1 tablespoon of balsamic vinegar
- 1 tsp dried chili
- ½ tsp dried chili flakes
- ½ cup of fresh basil
- 250g zucchini (spiralized) OR 250g packet of zucchini noodles
- 250g carrot (spiralized) OR 250g packet of carrot noodles

## INSTRUCTIONS

**Step 1:** Heat oil in a saucepan over medium heat. Add the garlic and onion and cook for 3-4 minutes until softened but not browned

**Step 2:** Add the tomatoes, vinegar, dried herbs and chili, simmer for 6-8 minutes.

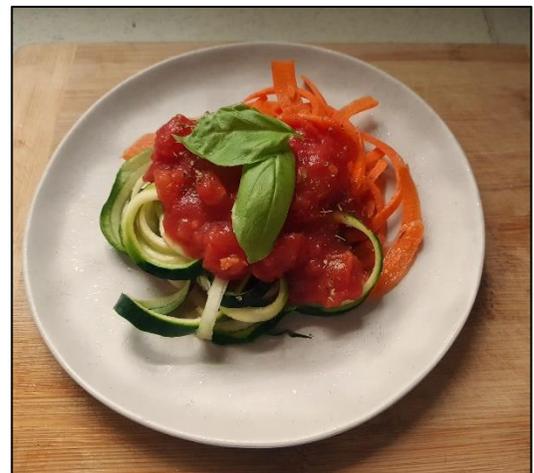
**Step 3:** Stir in fresh basil, season with salt and pepper. Steam zucchini and carrot in microwave for 2-4 minutes or until tender.

**Step 4:** Place zucchini and carrot noodles on a plate, top with hot tomato pasta sauce to soften slightly and some fresh basil to serve.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	324kJ	128.4kJ
PROTEIN	2.1g	0.9g
CARBOHYDRATES	8.1g	3.2g
FAT (TOTAL)	2.8g	1.1g
SATURATED	0.3g	0.1g
DIETARY FIBRE	5.0g	2.0g

## DAILY TARGET



# GUT FRIENDLY CURRY

Serves: 4

Prep: 25 minutes

Cost: \$1.41 per serve

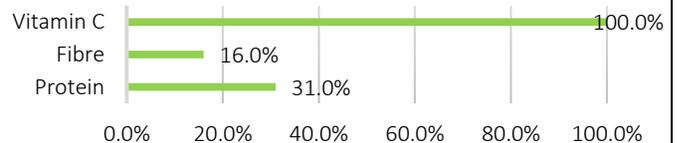


This fragrant cauliflower curry is loaded with flavour and packed full of veggies with lots of undigestible **fibres** that help to keep you regular and feed those **good gut bugs** prior to surgery. Regular curries can be high in kilojoules and saturated fat from coconut cream. This option has  $\frac{1}{4}$  of the kilojoules of a regular green curry but loaded with fibre and more than **14g of protein per serve** it will leave you satisfied.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	521kJ	226kJ
PROTEIN	14.3g	6.2g
CARBOHYDRATES	4.4g	1.9g
FAT (TOTAL)	4.7g	2.0g
SATURATED	0.9g	0.4g
DIETARY FIBRE	4.0g	1.6g

## DAILY TARGET



## INGREDIENTS

- 2 teaspoons of olive oil
- 1 small onion, roughly diced
- 2-4 teaspoons of green curry paste (to taste)
- 1 cup of chicken or vegetable stock
- 2 cups of cauliflower chopped into small florets
- 15 sugar snap peas, cut in halves
- 1 medium zucchini, diced
- 1 cup cabbage, shredded
- 150g of cooked, skinless shredded chicken



## INSTRUCTIONS

**Step 1:** Heat frying pan with 2 teaspoons of olive oil. Sauté the onion and cook until soft and then add the paste and fry for a further 1-2minutes until it is fragrant.

**Step 2:** Add stock and bring to the boil.

**Step 3:** Add cauliflower and sugar snap peas, then cover and cook for 5 minutes.

**Step 4:** Stir in zucchini, cabbage and cooked chicken, cover and cook for a further 5 minutes. Remove the lid and simmer until cabbage is soft and sauce thickens.

# OPTI-NUTTER SMOOTHIE

Serves: 1

Time: 5 minutes

Cost per serve: \$4.90 per serve



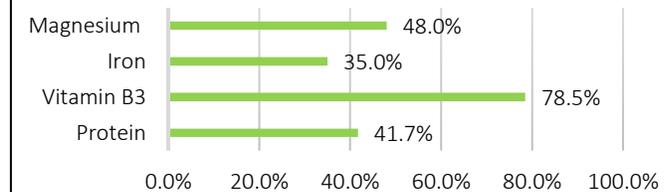
Looking for a recipe to jazz up your Optifast shakes but don't want to break your kilojoule or carb budget. This smoothie is well balanced with a taste of banana for flavour whizzed up with a dose of nut butter and chia to give your body that dose anti-inflammatory fats to assist with lowering inflammation after surgery.

This recipe also provides a whopping dose of **B3** nearly **80% of your requirements**. This nutrient can assist with mitigating hair loss and dry skin due to the surgery and is therefore a good smoothie to include in your daily regime.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	988kJ	345kJ
PROTEIN	19.1g	6.9g
CARBOHYDRATES	22.9g	8.0g
FAT (TOTAL)	6.6g	2.3g
SATURATED	1.2g	0.4g
DIETARY FIBRE	2.9g	1.0g

## DAILY TARGET



## INGREDIENTS

- 150mL of water
- ½ small frozen banana
- 1 teaspoon of peanut butter
- 1 sachet of vanilla Optifast
- 4 ice cubes
- 1 teaspoon of chia seeds to garnish

## INSTRUCTIONS

**Step 1:** Add all ingredients and ½ tsp of the chia seeds to a blender or food processor. Blend until smooth, pour into a large glass, sprinkle with the remaining chia seeds, serve ice cold.



# REJUVENATION SOUP

Serves: 4

Prep: 20 mins

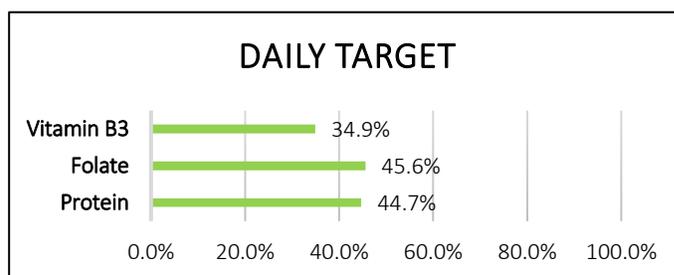
Cost: \$1.80 per serve



This warming and filling soup is ready in 20 minutes and it is a great go to on those cold days while still keeping the kilojoules low. You can also add some extra protein powder or lean chicken if you have higher needs. This meal includes edamame beans and tofu that are high in both protein and folate, **providing 45.6% of recommended daily folate requirements per serve.**

With the changes happening in your body, nourishing it with these nutrients helps you to maintain good skin health and body repair.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	1071kJ	233kJ
PROTEIN	20.6g	4.5g
CARBOHYDRATES	22.1g	4.8g
FAT (TOTAL)	10.7g	2.3g
SATURATED	1.9g	0.4g
DIETARY FIBRE	5.0g	1.2g



## INGREDIENTS

- 1 litre of vegetable stock
- 2 cloves of garlic, minced
- 1 cup of sliced mushrooms
- 1 tablespoon of soy sauce
- 2 tablespoons of rice vinegar
- 1 teaspoon of siracha sauce
- 1 teaspoon of sugar
- 200 grams of enoki mushroom
- 1 tablespoon of miso paste
- ¼ cup of water
- 3 spring onions, thinly sliced
- 150g of fried tofu
- 1 cup of defrosted edamame beans

## INSTRUCTIONS

**Step 1:** In a large pot, heat up the vegetable stock, add garlic and chopped mushrooms. When boiling, lower to simmer and add soy sauce, rice vinegar, siracha, sugar and enoki mushrooms. Cook for about 5-7 minutes.

**Step 2:** In a cup, combine miso with ¼ cup water. Stir to dissolve. Add this to the soup. heat gently and do not boil. Add fried tofu and defrosted edamame beans, heat on low for ~5 minutes, add spring onion before serving.

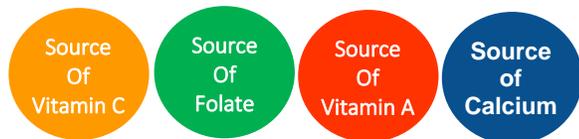


# HERBY GREEK SALAD

Serves: 4

Prep: 10 mins

Cost: \$2.80

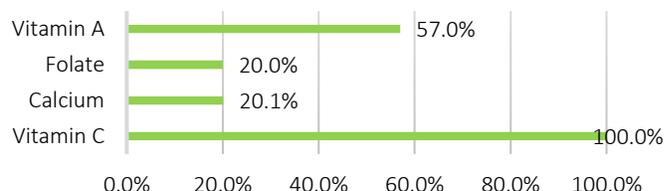


This fresh Greek salad with aromatic herbs and sharp feta adds a nice crunch to accompany the pre-surgery, Optifast phase. This salad provides a decent dose of vitamin A, at 57% per serve. This vitamin provides you with an anti-inflammatory boost which may assist in maintaining a healthy immune system and healing post-surgery. The fresh veggies and parsley also provide a decent dose of **vitamin C with more than 100% of requirements** met in one serve. Like vitamin A, this nutrient is essential for a good immune system and may also assist in healing.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	638kJ	262kJ
PROTEIN	12.0g	4.9g
CARBOHYDRATES	5.0g	2.1g
FAT (TOTAL)	8.2g	3.4g
SATURATED	3.8g	1.6g
DIETARY FIBRE	3.9g	1.6g

## DAILY TARGET



## INGREDIENTS

- 1 medium red capsicum, largely diced
- 1 small cucumber, diced
- 12 kalamata olives, cut in halves
- 250g of cherry tomatoes, cut in halves
- 150g of reduced fat feta, diced into 2cm cubes
- ½ cup of fresh parsley, finely chopped
- ½ cup of fresh basil leaves, torn

## INSTRUCTIONS

**Step 1:** In a medium mixing bowl, combine all ingredients, gently toss. Serve.

