

# FUEL YOUR LIFE BARIATRIC E-BOOK (SOFT PHASE)



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

Building a healthy diet in to your lifestyle after bariatric surgery is essential for long-term weight loss and health outcomes. It is important to transition through the texture phases and back onto normal eating to ensure food and nutrient diversity.

Nutrient deficiencies are important to consider post-surgery, in particular vitamin B12, iron, calcium, folate and vitamin A. Ensuring sufficient protein is also essential. With this in mind, each recipe has been created and carefully analysed, with tags used to inform you of the key nutrients each meal provides.

With recipes bursting with flavour and packed with nutrients essential for good health after bariatric surgery, this book is for you if you have had or are considering bariatric surgery!

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## 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.



# VEGGIE PACKED PIE

**Serves:** 4

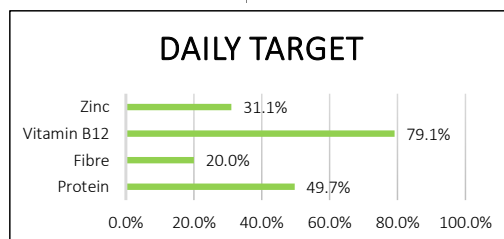
**Prep:** 35 minutes

**Cost:** \$1.50 per serve



This twist on a cottage pie is a comforting meal for those cold winter nights. It is also a great make ahead meal for busy weeknights. Meeting your requirements for fibre can be challenging after bariatric surgery due to the small portion sizes, however, it is very important for your digestive health and gut bacteria to include high fibre foods daily. Providing **20%** of your daily recommended intake **of fibre per serve**, this meal is perfect for helping you reach your target.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	1021kJ	389kJ
PROTEIN	22.9g	8.7g
CARBOHYDRATES	9.0g	3.4g
FAT (TOTAL)	11.7g	4.4g
SATURATED FAT	3.8g	1.4g
DIETARY FIBRE	5.0g	1.9g



## INGREDIENTS

- 2 teaspoons of olive oil
- 1 small carrot, grated
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 250g lean beef mince
- ¼ cup frozen peas
- 50g brown mushrooms, sliced
- 1 tbsp tomato paste
- 1 cup salt-reduced beef stock
- 1 tbsp Worcestershire sauce
- 100g of potato, peeled
- ½ head cauliflower, cut into florets
- ¼ cup skim milk
- 15g margarine
- 30g of grated cheese



## INSTRUCTIONS

**Step 1:** In a frying pan, heat oil on medium. Sauté carrot, onion and garlic, add mince and brown for 4-5 minutes.

**Step 2:** Add peas, mushrooms, tomato paste, stock and sauce. Simmer for 10-15 minutes. Meanwhile, steam potato and cauliflower for 10-15 minutes until tender. Drain. Transfer to a bowl, add milk and margarine. Mash together, until smooth consistency. Season to taste.

**Step 3:** Preheat an oven grill to high. Place beef mixture in a 4-cup casserole dish. Top with mashed cauliflower and potato evenly over the top, sprinkle with cheese. Grill for 8-10 minutes until golden.

# GUT LOVING PULSE PESTO PASTA

Serves: 4  
Prep: 20 mins  
Cost per serve: \$2.60

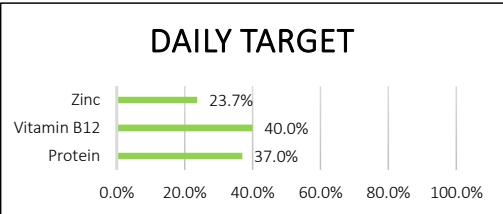
Good Source Of Protein

Source Of B12

Source Of Zinc

This delicious pasta dish is wonderful combination of flavor and nutrients. As bariatric surgery can alter absorption in the gastrointestinal tract, it is vital that nutrients at risk are consumed regularly, such as vitamin B12. This recipe **provides 40% of your daily B12** requirements through the use of nutritional yeast. Use this product regularly to boost intake. The use of lentil pasta in place of wheat pasta boosts the protein content and **prebiotic fibre** intake. Bacteria in your gut eat these fibres and release beneficial chemicals that promote gut health and resilience.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	893kJ	940kJ
PROTEIN	15.5g	12.6g
CARBOHYDRATES	19.5g	19.4g
FAT (TOTAL)	6.5g	8.9g
SATURATED	0.7g	0.2g
DIETARY FIBRE	8.0g	3.2g



## INGREDIENTS

- 2 ½ cups of fresh basil leaves
- 40g of raw cashews
- 3 small garlic cloves
- 1 tablespoon of lemon juice
- 1 ½ tablespoons of olive oil
- 4 tablespoons of nutritional yeast
- 6-8 tbsp of water
- Cracked black pepper
- Pinch of salt
- 200g red lentil pasta
- 200g of broccoli, cut into small florets



## INSTRUCTIONS

- Step 1:** Put all ingredients in a blender, except for the pasta and broccoli, and blend until smooth. Adding more water if required to get a smooth texture.
- Step 2:** Cook pasta as per package instructions until soft. In the meantime, steam or boil the broccoli until soft and easily cut with a fork, ~6-8 minutes.
- Step 3:** Coat the cooked pasta in the pesto, toss the cooked broccoli through.

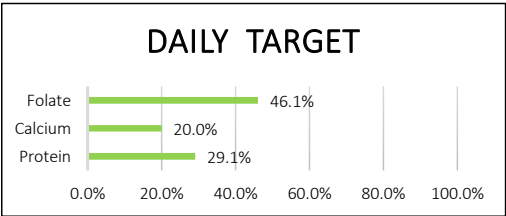
# PUMPKIN AND RICOTTA CANNELLONI

**Serves:** 4  
**Prep:** 70 minutes  
**Cost:** \$4.15 per serve



This is a lower kilojoule twist on traditional vegetarian cannelloni that fits in with a soft diet and nutrient requirements. This recipe provides **46.1% of folate requirements**. Folate can often be at risk post-bariatric surgery so it's important to seek out food sources to reach that daily target. Folate helps with making and repairing DNA as well as in red blood cell function and production. If this affected, you can be left feeling fatigued and weak which may interfere with surgery recovery and getting back to your daily routine and activity.

NUTRIENT INFORMATION		
NUTRIENT	PER SERVE	PER 100G
ENERGY	1169kJ	274kJ
PROTEIN	13.4g	3.2g
CARBOHYDRATES	31.0g	7.3g
FAT (TOTAL)	8.7g	2.1g
SATURATED	4.0g	0.9g
DIETARY FIBRE	9.7g	2.3g



## INGREDIENTS

- 600g of pumpkin, cut in 2cm cubes, skin removed
- Olive oil spray
- 1 teaspoon of thyme
- 400g tin of crushed tomatoes
- 2 garlic cloves, diced
- 1 teaspoon of basil
- 1 zucchini, grated
- 250g chopped frozen spinach, thawed
- 200g ricotta cheese
- 4x mountain bread wraps
- 150g of grated cheddar cheese



## INSTRUCTIONS

- Step 1:** Pre-heat oven to 180 degrees Celsius. Spray cut pumpkin with olive oil, season with thyme and pepper and cook for approx. 30 minutes or until soft. Allow to cool and mash.
- Step 2:** In the meantime, combine tinned tomatoes, garlic and basil, set aside. To the cooked and mashed pumpkin, add zucchini, spinach and ricotta cheese, mix to combine.
- Step 3:** In a baking dish, spoon 1/3 of tomato mixture or enough to cover base. Place a mountain bread wrap on the bench and place 2-3 tablespoons of pumpkin mixture onto the center of the wrap then roll the wrap up.

**Step 4:** Repeat 3 more times. Place all 4 cannelloni rolls into baking dish. Pour remaining tomato salsa on top and sprinkle with cheddar cheese.

**Step 5:** Bake cannelloni in the oven for 20 minutes until golden. Serve with some salad greens.

## NUTRIENTS AT RISK OF DEFICIENCY POST-SURGERY

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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, putting the nutrient at risk. It is recommended that a B12 supplement be taken post-surgery which your Doctor and Dietitian will advise. 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 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 but also preventing the effects of rapid weight loss on skin, nails and hair. 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 reduced 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 fat meats, deep fried or highly processed foods should be avoided.



# NUTRI-BOOSTING BEEF AND LENTIL TACOS

**Serves:** 6 (1 taco per serve)

**Prep:** 30 minutes

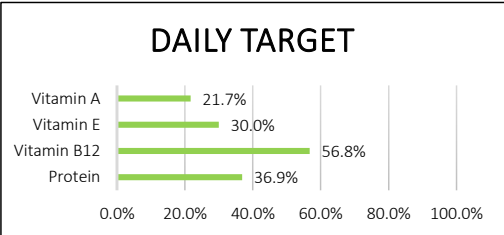
**Cost:** \$1.55



These easy to make tacos are bursting with classic Mexican flavours while still adhering to a soft texture. Red meat can sometimes be a challenge to consume post-surgery. Starting with soft mince is a good way to test your tolerance and work up from there to firmer red meats. These tacos are a great source of vitamin **B12** with over **56% of recommended intake per serve**. B12 is important for our nervous system, blood and brain, deficiency of this nutrient can lead to tiredness, nerve pain and poor cognition, symptoms that we especially want to avoid post-surgery.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1032kJ	715kJ
PROTEIN	16.9g	11.7g
CARBOHYDRATES	10.4g	7.2g
FAT (TOTAL)	14.4g	9.9g
SATURATED	4.9g	3.4g
DIETARY FIBRE	3.2g	2.2g



## INGREDIENTS

- 2 teaspoons of olive oil
- 200g of lean beef mince
- 150g of tinned brown lentils
- 3 tablespoons of spice mix for tacos
- ½ cup of water
- 1 small carrot, grated
- 1 small zucchini, grated
- 1 medium avocado, mashed
- 4 tablespoons of mild salsa
- 1 pack of 6 small soft taco wraps
- 60g tasty cheese, grated



## INSTRUCTIONS

**Step 1:** Heat 1 tablespoon of olive oil in frying pan, add mince and brown for 5 minutes then add lentils, salsa, water and spice mix. Simmer on low heat for 10 minutes.

**Step 2:** Add carrot and zucchini, cook for a further 5 minutes then turn off heat.

**Step 3:** Place 1 soft taco wrap on plate. Dish up 2 tablespoons of meat mixture onto 1 taco. Top with 15g cheese and 1 teaspoon of avocado, serve. Feel free to add some additional lettuce or herbs for extra crunch and flavor.

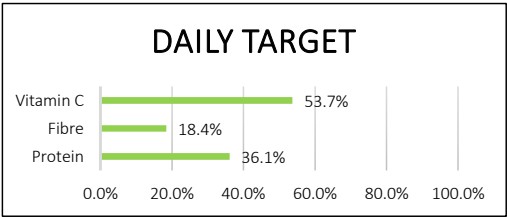
# LEMON BAKED SALMON WITH GREEN MASH

**Serves:** 4  
**Prep:** 20 minutes  
**Cost:** \$8.75 per serve



Salmon is a powerhouse ingredient and a great go-to option during the soft phase post-surgery and beyond. This dish packs another nutritional punch with the green and orange mash triumphing over standard mashed potato. Including a wide variety of colours helps ensure different micronutrients requirements are met. This includes vitamin C, with each serve providing over **50% of daily requirements**. **Vitamin C** plays a vital role in our immune system which needs to be fighting fit for recovery.

NUTRIENT INFORMATION		
NUTRIENT	PER SERVE	PER 100G
ENERGY	880kJ	374kJ
PROTEIN	16.6g	7.1g
CARBOHYDRATES	13.6g	5.9g
FAT (TOTAL)	8.5g	3.6g
SATURATED	1.6g	0.7g
DIETARY FIBRE	4.6g	1.9g



## INGREDIENTS

- 250g of potato, peeled
- 350g of pumpkin, peeled
- 2 tablespoons of reduced fat milk
- 100g of chopped, frozen spinach, thawed
- ½ a small lemon, juiced
- ½ a small lemon, sliced into wedges
- 2 x skinless salmon fillets, ~120g each, cut in half



## INSTRUCTIONS

- Step 1:** Preheat oven to 200 degrees Celsius, fan forced.
- Step 2:** Boil or steam potato in the microwave until soft ~8 minutes. Repeat with the pumpkin. Mash potato and pumpkin separately with 1 tablespoon of reduced fat milk in each, season with salt and white pepper.
- Step 3:** Add the thawed spinach to the mashed potato and mix until desired consistency has been reached.
- Step 4:** In the meantime, juice ½ of the lemon, slice the rest into wedges. Toss the lemon juice on a tray along with the salmon and lemon wedges. Season with salt and pepper. Cook for 8 minutes, or until cooked through.
- Step 5:** Serve the salmon on top of the mashed vegetables with a lemon wedge on the side.



# CREAMY BUTTER BEAN DIP

**Serves:** 4

**Prep:** 10 minutes

**Cost:** \$0.25 per serve



This dip is quick, full of flavour and affordable, an all-round winner! The beans provide a boost of fibre and protein that will hit the spot and keep you feeling full to power through your day. This dip also contains a decent dose of **vitamin E (20% per serve)**, a fat-soluble vitamin that is at risk of deficiency after surgery as fat may not be absorbed to the same degree. Including fats such as olive oil in small amounts like in this dip can be a helpful way to aid the absorption of these vitamins. Vitamin E acts as an antioxidant, protecting the body from stress and damage which is useful post-surgery.

## INGREDIENTS

- 420g can of butter beans + 2 tablespoon of liquid from the can
- ½ teaspoon finely grated lemon zest
- 2 tablespoons of lemon juice
- 1 ½ tablespoons of extra virgin olive oil
- 1 garlic clove, crushed
- 2 tablespoons of chopped parsley
- 1 tsp of salt
- 1 tsp of pepper

## INSTRUCTIONS

**Step 1:** Open the can of beans. Drain and rinse the beans. But, keep 2 tbsp of liquid from the can.

**Step 2:** Add beans, lemon zest, lemon juice, oil, garlic, parsley, salt and pepper to the blender.

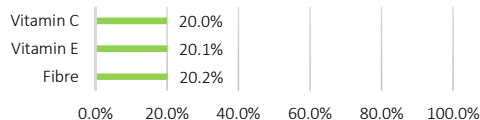
**Step 3:** Add 1 tbsp of juice from the can when the blender gets too thick. Continue to blend until smooth and creamy. If the blender gets stuck again add some more juice from the can.

**Step 4:** Serve as a snack with soft crackers or soft vegetable sticks.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	497kJ	580kJ
PROTEIN	4.6g	5.4g
CARBOHYDRATES	9.8g	11.5g
FAT (TOTAL)	5.3g	6.2g
SATURATED	0.8g	0.9g
DIETARY FIBRE	5.0g	5.8g

## DAILY TARGET



# 'METABOLISM BOOSTING' FRITTATA

**Serves:** 2

**Prep:** 10 minutes

**Cost:** \$2.50 per serve

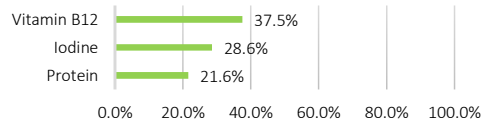


This mushroom and cheese frittata is a tasty, quick savoury breakfast option. It can also be made in advance and taken for breaky on the go or reheated for lunch at work. This recipe contains **37.5% of daily iodine recommendations** per serve. Iodine is essential for forming thyroid hormones and regulating your metabolism – important for weight loss success. Iodine deficiency can lead to swelling of the thyroid gland along with dysfunction of the thyroid. It can also affect learning and memory.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	569kJ	448kJ
PROTEIN	9.7g	7.6g
CARBOHYDRATES	2.9g	2.3g
FAT (TOTAL)	9.2g	7.2g
SATURATED	3.0g	2.4g
DIETARY FIBRE	1.6g	1.3g

## DAILY TARGET



## INGREDIENTS

- 2 medium eggs
- 1 tablespoon of cheddar cheese, grated
- 2 tablespoons of skim milk
- 1 teaspoon of olive oil
- ¼ red onion, finely chopped
- 1 small clove of garlic, finely chopped
- 2 white mushrooms, sliced
- Pepper to season

## INSTRUCTIONS

**Step 1:** In a small bowl, combine eggs, cheese and milk and whisk until mixed through.

**Step 2:** Use a small pan, pour olive oil and add onion and garlic until cooked. Add in mushrooms and cook through.

**Step 3:** Remove onion, garlic and mushroom mix from stove and add into egg mixture and stir through.

**Step 4:** Add egg and mushroom mixture into same pan. Cover and cook on low flame for 6-8 minutes, until eggs are done (pierce with fork to know if cooked).

**Step 5:** Transfer frittata to a serving plate and enjoy!



# HERBY BAKED SNAPPER

Serves: 4  
Prep: 35 minutes  
Cost: \$3.75 per serve

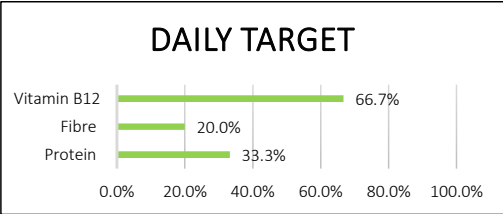
Good Source Of Protein

Good Source Of Fibre

Source Of B12

This zesty lemon and oregano snapper is sure to spice up your mid-week meal routine! Exploding with flavour and making use of a few staple ingredients, this meal is very nutritious and the perfect texture for the soft food phase of your diet. White fish provides a great source of lean protein and provides **66.7%** of your recommended daily intake of **vitamin B12**. Due to surgical changes absorbing B12 is hindered, therefore, consuming foods rich in B12 is essential post-surgery to prevent deficiency

NUTRIENT INFORMATION		
NUTRIENT	PER SERVE	PER 100G
ENERGY	678kJ	289kJ
PROTEIN	15.3g	6.5g
CARBOHYDRATES	13.3g	5.7g
FAT (TOTAL)	3.6g	1.5g
SATURATED FAT	0.6g	0.3g
DIETARY FIBRE	5.0g	2.1g



## INGREDIENTS

- 300g sweet potato, peeled and diced
- 2x 120g skinless white fish fillets (e.g. snapper) (OR 4 x 60g fillets if available)
- 2 teaspoons of oil
- 1 teaspoon of oregano
- 2 lemons, one sliced into rings, one sliced into wedges
- 1 cup of green beans, ends trimmed
- ¼ cup skim milk



## INSTRUCTIONS

- Step 1:** Pre-heat the oven to 180°C. Place the diced sweet potato in a large saucepan, cover with water. Boil sweet potato on the stove over medium heat until tender.
- Step 2:** While the sweet potatoes are cooking. Line a baking tray with baking paper. Place the fish on the tray, drizzle olive oil, sprinkle with oregano and place lemon rings on top. Bake in the oven for ~15-20 minutes or until the fish can be broken easily with a fork
- Step 3:** In the meantime, bring a medium saucepan of water to the boil. Add the beans and cook until completely tender.
- Step 4:** Drain the sweet potato and place back in the saucepan. Mash the potato, add skim milk, season with salt and pepper. Continue to mash until completely smooth.
- Step 5:** Serve fish, mashed sweet potato and green beans evenly between four plates, serve with a lemon wedge on the side.

**Commented [PA2]:** Change to salmon so you can boost the Omega 3 content and discuss its importance. Discuss why fish is such a good food post and particularly in this phase not just the nutrition of it, too vague.

**Commented [d3R2]:** Already a salmon dish in this book, still change?

**Commented [PA4R2]:** Maybe not but there is already a mash with the salmon and the presentation, you cant actually see the fish. Maybe a risotto, could use seafood in it such as prawns, or fish, tuna ? Make sure the picture is not is not clag on a plate haha

# BITEY BEEF CURRY

**Serves:** 4

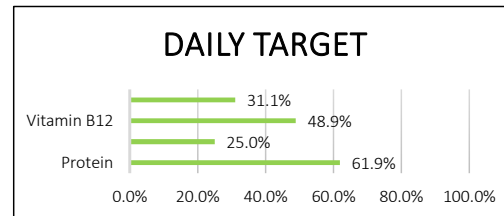
**Prep:** 1 hour and 20 minutes

**Cost:** \$4.40 per serve



This beef curry is warming and packs a flavour punch! This recipe provides **25% of daily iron requirements** per serve. Some people such as those in childbearing age compared to post-menopausal women require far greater amounts and particularly compared to men. Sourcing meals with high iron content is important, particularly given the smaller portions of food and particularly meat as it is not as well tolerated after surgery. Hence curries can be a great way to get it in as the meat is tender and easy to eat.

NUTRIENT	NUTRIENT INFORMATION	
	PER SERVE	PER 100G
ENERGY	1276kJ	328kJ
PROTEIN	27.0g	6.9g
CARBOHYDRATES	16.9g	4.3g
FAT (TOTAL)	12.2g	3.1g
SATURATED	3.7g	0.9g
DIETARY FIBRE	7.3g	1.9g



## INGREDIENTS

- 1 small onion, diced
- 1 clove garlic, crushed
- 2cm piece of ginger, peeled and finely diced
- 2 teaspoons of olive oil
- 300g chuck steak cut into 1.5cm cubes
- 4 teaspoons of madras curry paste
- ¼ cup of water
- ½ cup salt reduced vegetable stock
- 400g tin of crushed tomatoes
- 400g can of chickpeas, drained and rinsed
- 100g green beans, cut in 3cm pieces
- 1 medium carrot, thinly sliced
- 60g of baby spinach



## INSTRUCTIONS

**Step 1:** Heat 1 teaspoon of oil in a large frying pan over low-medium heat. Add the onion, garlic and ginger, fry until lightly browned. Add the second teaspoon of olive oil and beef to the frying pan. Cook for 5 minutes until browned. Add the curry paste with ¼ cup of water and cook for a further 2 minutes.

**Step 2:** Add the stock, tinned tomatoes, cover and simmer for 40 minutes to 1-1.5 hour until beef is tender and soft. Add the chickpeas, carrots and green beans during the last 15 minutes.

**Step 3:** Add baby spinach, heat on low for 5 minutes until wilted.

# OMEGA-3 PACKED YOGHURT CUP

**Serves:** 2  
**Prep:** 10 minutes + 2 hours to set  
**Cost:** \$1.40 per serve

Good Source Of Protein

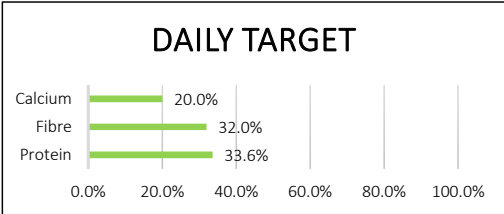
Good Source Of Fibre

Source Of Calcium

Make this yoghurt cup in advance for a quick breakfast option when you're short on time. It is also a great snack option when looking for something sweet that will still adhere to your phase recommendations. Packed full of chia seeds this yoghurt cup provides a decent dose of plant-based omega-3 fats. These healthy fats may assist in post-surgery outcomes and can act to reduce oxidative stress in the body which is common after surgery. This recipe additionally serves up **20% of your calcium requirements**. The absorption can often be altered after surgery, therefore maintaining a good intake is ideal due to the risks of bone demineralization with large quantities of weight loss.

## NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	893kJ	362kJ
PROTEIN	15.5g	6.3g
CARBOHYDRATES	19.5g	7.9g
FAT (TOTAL)	6.5g	2.6g
SATURATED	0.7g	0.2g
DIETARY FIBRE	8.0g	3.2g



## INGREDIENTS

- 2 tbsp chia seeds
- 80mL of skim milk
- 1 tsp of maple syrup
- 200g of Chobani Greek yoghurt
- 150g tinned mango slices

## INSTRUCTIONS

**Step 1:** To make chia pudding, pour chia seeds, milk and maple syrup into a jar and mix well. Let settle for 2-3 minutes then mix again until you see no clumping.

**Step 2:** Cover the jar and store in fridge for at least 2 hours or overnight.

**Step 3:** In a glass, layer yoghurt with chia pudding, then mango slices. Repeat, finishing with mango on top. Alternatively, this can be made in a small plastic container, sealed and stored for the next day.

