



Angela Pifer, MSN
Certified Nutritionist

Pre-Surgical 1800 Calorie Whole Food Based Sample Menus

Day 1	Day 2	Day 3
<p>Breakfast ¼ cup dry Bob's Redmill 7 grain hot cereal (prepared) 2 T raisins 4-5 crushed walnuts ½ cup fortified skim milk/soymilk</p> <p>Mid-morning Snack 1 pc whole wheat toast 1 T almond butter 1 fresh fruit (pear, peach, plum)</p> <p>Lunch 2 corn tortilla (6") filled with: ½ cup beans 2 cup fresh veggies (spinach, tomatoes, bell pepper) 1/3 cup brown rice Salsa to taste</p> <p>Afternoon Snack 1 small apple/orange/banana 6-8 whole wheat crackers 1/3 c hummus</p> <p>Dinner 3 oz. skinless chicken (baked or grilled) 1 cup steamed season squash 1 cup tossed salad + 1 cup spinach w/ 1 T olive oil & 1½ T vinegar + squeeze lemon juice 1 cup nonfat yogurt (Cascade Fresh)</p>	<p>Breakfast 1 cup high fiber cereal (>3 gram fiber/ serving) 12 almonds 1 apple ½ cup fortified skim milk/soymilk</p> <p>Mid-morning Snack 2 rye Krisp wafers 1 hardboiled egg 1 orange</p> <p>Lunch 2 cup salad with 2 T low fat salad dressing & 4 oz. tuna (water packed) Tabbouleh (1 cup cooked bulgur, ½ tomato, 2 T parsley, 1 T diced onion, 2 T lemon juice, 1 T olive oil) ½ cup apple sauce</p> <p>Afternoon Snack 1 cup nonfat yogurt, (Cascade Fresh) ½ cup high fiber cereal</p> <p>Dinner 12 oz bean or lentil soup 6-8 rice crackers 1 cup melon cubes ½ cup sautéed greens (made with 1 T olive oil) 1 orange + ½ cup raspberries 1 cup herbal tea</p>	<p>Breakfast ¾ cup hot cooked cereal (i.e. quinoa flakes) 1 cup fortified skim milk/soymilk 4-5 crushed walnuts 1 apricot</p> <p>Mid-morning Snack 1 apple 12 almonds</p> <p>Lunch 4 oz. turkey sandwich (with 2 slices whole grain bread, ¼ avocado spread on bread, Dijon, ½ cup lettuce, tomato, cucumber) 1/2 cup homemade coleslaw, light dressing</p> <p>Afternoon Snack 2 - 4" rice cakes 1 T almond butter 1 cup low fat yogurt</p> <p>Dinner 1 cup hot or cold whole wheat pasta salad made with 1 T olive oil & seasonings 3 oz. grilled or baked fish 1 cup steamed mixed veggies (broccoli, carrots, cauliflower, etc.) 1 cup applesauce</p>

Day 4	Day 5	Day 6
<p>Breakfast 1 cup nonfat yogurt 1 cup fresh fruit ½ cup high fiber cereal</p> <p>Mid-morning Snack 1 nectarine 12 mixed raw nuts</p> <p>Lunch 12 oz. lentil soup 1 cup roasted vegetables 1 whole wheat toast with 1 T nut butter 1 apple</p> <p>Afternoon Snack 1 cup nonfat yogurt (Cascade Fresh) 15 grapes</p> <p>Dinner 1 cup salad greens + 1 cup spinach & diced vegetables +1/4 avocado 4 T low fat salad dressing + squeeze of lemon 4 oz. tuna (water packed) 2/3 cup brown rice 1 cup fruit salad</p>	<p>Breakfast ¾ cup blueberries 1 cup skim cottage cheese ½ cup cooked 7 grain cereal</p> <p>Mid-morning Snack 1 pear 1 cup nonfat yogurt (Cascade Fresh)</p> <p>Lunch 2 cup salad w/nonfat salad dressing 12 oz. black bean chili ½ mango 1 - 4" square corn bread 3 ginger snaps</p> <p>Afternoon Snack 1 cup edamame (soy beans), cooked with dash of sea salt</p> <p>Dinner 4 oz. salmon, baked 1 small baked sweet potato sliced, tossed in extra virgin olive oil and grilled 1 cup green beans 1 (2½ -inch) biscuit 1 apple 1 cup herbal tea</p>	<p>Breakfast 1 slice whole wheat toast 1 T almond butter 1 piece fresh fruit</p> <p>Mid-morning Snack 1 apple 12 mixed raw nuts</p> <p>Lunch 1 cup cooked lentils served with raita (combine ½ cup yogurt, ¼ chopped cucumber, & ¼ tsp cumin) 2/3 cup cooked brown rice 1 cup roasted vegetables</p> <p>Afternoon Snack 1 cup carrot sticks 1 T hummus</p> <p>Dinner Sauté in 1 tsp olive oil: 1 cup tofu and 1 cup kale and tomatoes 2/3 cup quinoa 1 cup fruit salad 1 cup herbal tea</p> <p>Dessert: 1 cup nonfat yogurt</p>

Please note the following:

These daily menus serve as guidelines for combinations of food that total 1800 calories. Many other variations exist. Please work with your nutritionist to adapt these plans to ensure adequate calories and nutrients. For example, soy, rice, and skim cows milk all offer a similar amount of calories; however their protein contents vary significantly. Customized wheat and dairy free meal plans can also be created.