

The logo for 'fitforme' is positioned at the top right of the page. It features the word 'fit' in a light green color and 'forme' in a teal color, both in a lowercase, sans-serif font. The background of the top right corner is a light green wave shape.

fitforme



**10**  
recipes

# WLS Mini Recipe Book

Delicious Protein-Rich Recipes for  
More Balance after Bariatric Surgery

# Why this Recipe Book?

Bariatric surgery is an extremely brave step towards a healthy and fitter life. You can be very proud of that! However, a lot changes with it too. Not only how your body physically looks, but also the absorption of vitamins and minerals and how you tolerate food. Some of these changes are permanent. Others, like food intolerances, usually temporary.

For many people, their eating pattern is one of the most drastic changes after surgery. From having small portions divided throughout the day, to keeping food and drink separate. Furthermore, it is important to take note of nutrients like protein and calcium as you absorb them less after a stomach reduction.

Adopting a new eating pattern might sound complicated, especially if you've just had surgery. You might wonder what foods are best to eat after the procedure. How do you get enough protein? And how to cook meals that are healthy, simple, and yet delicious? This recipe booklet is specifically created to help you with that. Because eating healthy doesn't have to be difficult. In fact, it's fun and tasty!

The 10 recipes have been selected by dieticians and are fully tailored to bariatric surgery and the various phases. You can find inspiration for breakfast, lunch, dinner, dessert and snacks. Each recipe includes the nutritional values, so you know what and how much you are getting.

Generally, you can eat these dishes without any problems. Yet, every individual is unique and may react differently to the surgery. Take the time to explore what works for you. Give a recipe a try, start with a small bite, and see how your body responds.

Need help with this? Remember, we're always here for you.

Enjoy!

## FitForMe

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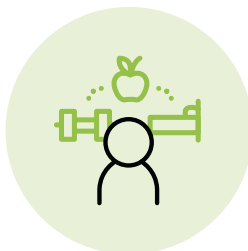
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Have a flippin' great day!



**BREAKFAST**



# BAKED OATS MET PURE WHEY PROTEIN

## Ingrediënten voor 6 personen:

- 40 grams Pure Whey Protein Vanilla or Natural
- 4 bananas
- 100 grams of oatmeal
- 20 grams of cocoa powder
- 4 egg whites
- 4 teaspoons baking powder
- ½ teaspoon liquid sweetener
- 400 grams coconut-flavored (plant-based) quark
- Pinch of salt
- 35 grams dark cocoa nibs or chocolate drops
- 15 grams of coconut rasp



### Nutritional Values per Serving:

Energy	<b>319 kcal</b>
Fat	<b>6.3 grams</b>
Of which saturated	<b>3.7 grams</b>
Carbohydrates	<b>41.6 grams</b>
Of which sugars	<b>24.7 grams</b>
Fibres	<b>5.5 grams</b>
Protein	<b>21.8 grams</b>

## HOW TO PREPARE

1. Preheat the oven to 180 degrees.
2. Combine Pure Whey Protein, the bananas, oatmeal, cocoa powder, egg whites, baking powder, sweetener, half the quark and a pinch of salt in a bowl. Finely grind with a hand mixer or combine everything in a blender.
3. Pour half the mixture into a 15x20cm baking dish. Add the rest of the quark and top with the other half of the oatmeal-banana mixture.
4. Sprinkle cocoa nibs or chocolate drops on top.
5. Bake in the middle of the oven for 30 minutes.
6. Remove the dish from the oven, garnish with the coconut rasp and let cool for about 10 minutes before serving.

## TIPS

- Got little time in the morning? Prepare Baked Oats the day before.
- Divide the dish into tubs and freeze them. You can defrost 1 tub (1 serving) overnight. Prefer to eat it warm? Then reheat for 15 minutes in the microwave (350 watts and 160 degrees).
- You can also eat Baked Oats during the liquid period after surgery.



# NUTRITIOUS NUT BREAD

## Ingredients for 1 Loaf (about 14 slices):

- 1 tablespoon sunflower oil
- 40 grams of sesame seeds and 1 tablespoon extra for the outside of the bread
- 80 grams of whole flax seed
- 80 grams unsalted, unroasted pistachios
- 80 grams unsalted, unroasted almonds
- 40 grams sunflower seeds
- 40 grams pumpkin seeds
- 30 grams of dried cranberries
- 30 grams of dried apricots
- 80 grams of almond flour
- 4 eggs
- Pinch of salt



Nutritional Values per Slice:	
Energy	<b>196 kcal</b>
Fat	<b>14.2 grams</b>
Of which saturated	<b>1.7 grams</b>
Carbohydrates	<b>4.9 grams</b>
Of which sugars	<b>3 grams</b>
Fibers	<b>3.9 grams</b>
Protein	<b>8 grams</b>

Energy - 196 kcal Fat - 14.2 grams Of which saturated - 1.7 grams Carbohydrates - 4.9 grams Of which sugars - 3 grams Fibres - 3.9 grams Protein - 8 grams

## HOW TO PREPARE

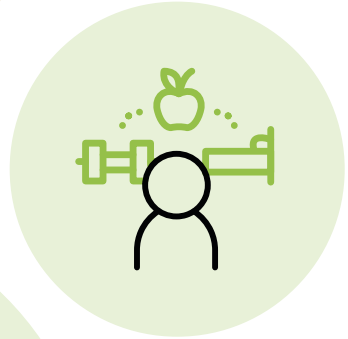
1. Preheat the oven to 180 degrees.
2. Grease a cake baking tin with 1 tablespoon of sunflower oil. Use a brush to spread and sprinkle sesame seeds around the sides. This will give the bread a lovely crust.
3. Thoroughly mix all the remaining ingredients in a bowl and pour the mixture into the 15x20cm tin.
4. Place the tin in the middle of the oven and bake the bread for 35-40 minutes until golden brown and cooked through.
5. Afterwards, place it on a wire rack to cool. Slice the bread.

### TIPS

- You can easily prepare this nut bread a day in advance.
- Or freeze the bread by slice.
- Also delicious with 20+ or 30+ cheese, low-fat cream cheese, or light dairy spread for satiety and extra protein.







For more recipes and healthy lifestyle inspiration post-surgery, [download the free BariBuddy app!](#)



Love at first bite



**LUNCH**

# CHICKPEA AND TZATZIKI WRAP

## Ingredients for 4 Servings:

- 2 tablespoons of olive oil
- 3 chicken thighs -
- 1 can of chickpeas (400 grams)
- 1 teaspoon of coriander powder
- 1 teaspoon of cumin powder
- Pepper and salt to taste
- 4 wholegrain wraps
- Romaine lettuce -
- A few sprigs of finely chopped fresh dill

## For the Tzatziki:

- 1 cucumber
- 225 grams of 2% Greek yoghurt
- 2 teaspoons of lime juice, possibly from a bottle
- 2 cloves of garlic, pressed
- 20 grams of Pure Whey Protein Natural
- Pepper and salt to taste
- A bunch of finely chopped fresh dill



### Nutritional Values per Wrap:

Energy	<b>652 kcal</b>
Fat	<b>14.9 grams</b>
Of which saturated	<b>4.5 grams</b>
Carbohydrates	<b>52.4 grams</b>
Of which sugars	<b>4.3 grams</b>
Fibres	<b>18 grams</b>
Protein	<b>56.4 grams</b>

## HOW TO PREPARE

1. Preheat the oven to 160 degrees.
2. Place a piece of baking paper on a baking tray and lay the chicken thighs on it. Drain the can of chickpeas and spread them on the baking tray. Add olive oil, coriander, cumin, pepper, and salt, and massage the spices well into the chicken and chickpeas.
3. Place the baking tray in the oven and bake the chicken and chickpeas for 20 minutes until golden brown and cooked.
4. Meanwhile, make the tzatziki. Coarsely grate the cucumber in a colander. Squeeze out the grated cucumber in a tea towel to remove excess moisture.
5. Put the Greek yoghurt in a bowl. Add the cucumber, lime juice, garlic, Pure Whey Protein, pepper, salt, and chopped dill, and mix well.
6. Once the chicken is done, remove the baking tray from the oven and let the chicken cool slightly, then shred it into strips.
7. Spread tzatziki on a wholegrain wrap and top with the chicken and chickpeas. Finally, sprinkle some fresh dill over and fold or roll up the wrap.

## TIPS

- Delightful with smoked chicken, smoked salmon, (homemade) falafel, or canned tuna in water.
- Prefer vegetarian? Opt for vegetarian chicken pieces.
- Wrap the wraps in aluminum foil to take them with you. Convenient for work or on the go!



# CHINESE TOMATO SOUP WITH CHICKEN AND OMELET STRIPS

## Ingredients for 4 Servings:

- 1 tablespoon oil
- 4 chicken thighs
- 1 chopped onion
- 2 cloves of garlic, pressed or finely chopped
- 2 small cans of tomato paste, 70 grams each
- 1 teaspoon ginger powder
- 2 heaping tablespoons flour
- 1 litre chicken broth
- 200 milliliters water
- 1 can (400 grams) of peeled tomatoes in juice
- 150 grams dried red lentils
- 1 tablespoon vinegar
- 4 tablespoons ginger syrup
- Pepper to taste
- 2 spring onions, sliced thinly



## For the Omelet Strips:

- 1 teaspoon sesame oil
- 3 tablespoons skimmed milk or soy milk
- 2 eggs
- Pepper and salt to taste

## HOW TO PREPARE

1. Heat the oil in a large pan and brown the chicken thighs on all sides. Remove them from the pan and set them aside on a plate.
2. Sauté the onion and add the garlic, making sure to lower the heat so the garlic doesn't burn.
3. Stir in the tomato paste and cook it off to reduce its acidity, then add the flour. Cook on medium heat, stirring continuously.
4. Add a quarter of the broth and whisk to remove any lumps. Bring to a boil and gradually add the rest of the broth, stirring well. Add 200 milliliters of water to thin the soup if desired, then add the can of peeled tomatoes.
5. Rinse the dried lentils thoroughly under cold water and add them to the soup along with the chicken thighs.
6. Once the soup begins to boil, let it simmer for at least 20 minutes.
7. Meanwhile, make the omelet strips. Heat the sesame oil in a small frying pan.



*Continue on the next page →*

8. Whisk the eggs with milk, pepper, and salt in a bowl and gently add the mixture to the hot pan.
9. Cook the omelet until golden brown and cooked through on both sides. Let it cool before rolling and cutting into strips, to prevent breaking.
10. Remove the chicken thighs from the pan and allow them to cool.
11. Meanwhile, season the soup with vinegar, ginger syrup, freshly ground pepper, and salt if desired.
12. Blend the soup with an hand mixer to your desired consistency, either completely smooth or with some chunks.
13. Shred the chicken thighs into strips and add them back into the soup.
14. Serve the soup in a bowl and garnish with spring onion and omelet strips.



**Nutritional Values per Bowl of Soup with Omelet:**

Energy	<b>465 kcal</b>
Fat	<b>15.5 grams</b>
Of which saturated	<b>4.9 grams</b>
Carbohydrates	<b>40.6 grams</b>
Of which sugars	<b>19.3 grams</b>
Fibres	<b>11.5 grams</b>
Protein	<b>36.8 grams</b>



## TIPS

1. Make the soup vegetarian by using vegetarian chicken pieces. They don't need to be cooked.
2. Freeze the soup easily in ziplock bags for flat packages, that take up little space in the freezer.
3. Add a handful of bean sprouts to the soup for an Oriental twist.
4. This soup is perfect during the liquid phase. Blend the soup with the chicken until smooth with a hand blender, so there are no chunks left. Optionally, leave out the omelet strips.



Do you have a question or need personalized advice? Feel free to let us know and [contact us](#). Our team will be happy to help you.

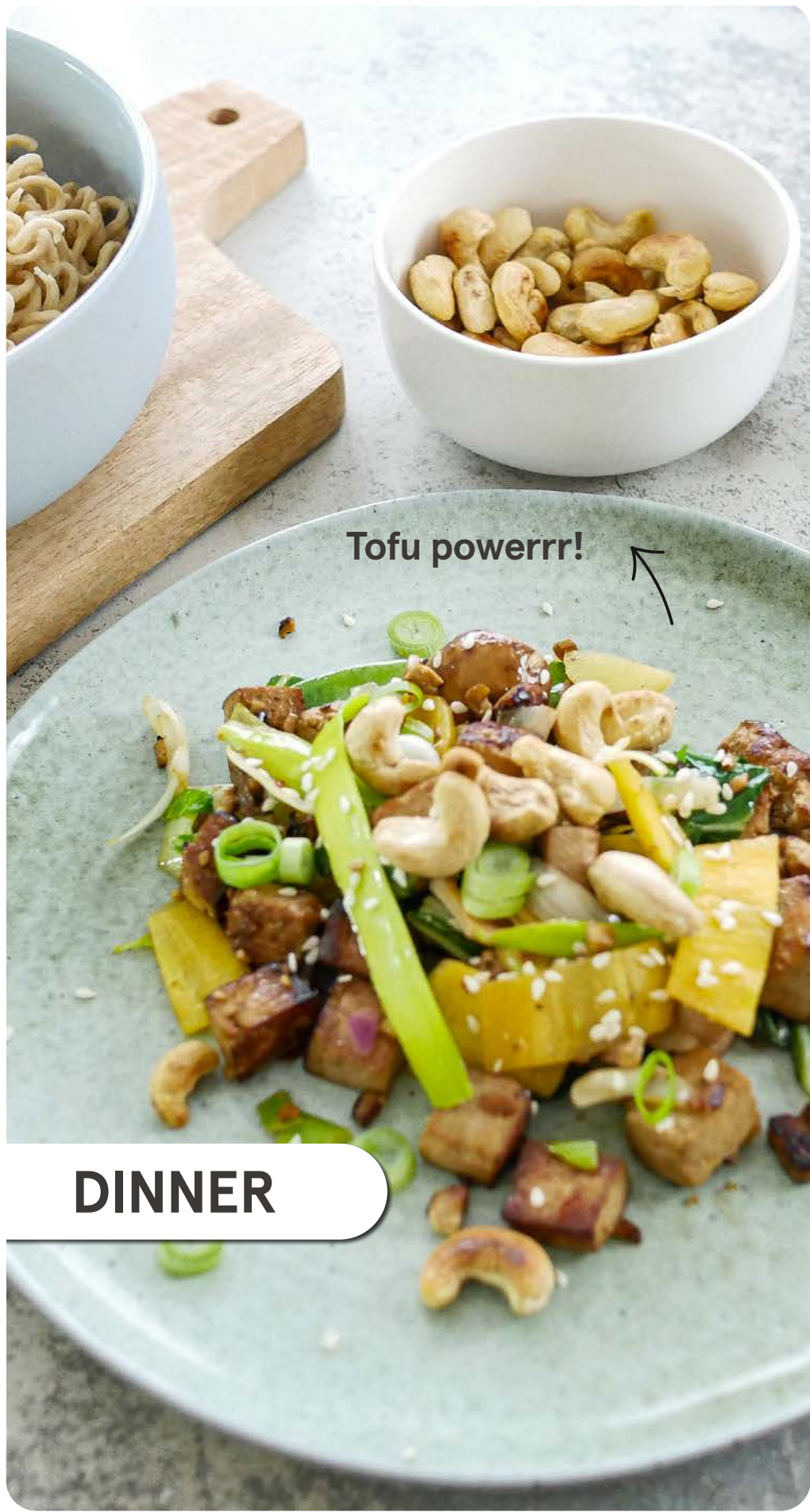


[Click here](#)  
and get personalized  
advice from one of our  
nutritionists

Tofu powerrr!



**DINNER**



# MARINATED TOFU WITH VEGETABLES AND WHOLEGRAIN NOODLES

## Ingredients for 4 Servings:

- 500 grams of tofu
- 1 clove of garlic, finely chopped
- 1 cm of fresh ginger, peeled and finely chopped
- 3 tablespoons of sweet soy sauce (ketjap)
- 2 tablespoons of chili sauce
- 1 tablespoon of (stir-fry) oil
- 300 grams of wholegrain noodles
- 500 grams of Asian stir fry vegetables
- Pepper and salt
- 2 spring onions, cut into thin strips
- 75 grams of cashew nuts
- 2 tablespoons of sesame seeds



Nutritional Values per Serving:	
Energy	485 kcal
Fat	17.7 grams
Of which saturated	3 grams
Carbohydrates	51 grams
Of which sugars	12.3 grams
Fibres	9 grams
Protein	25 grams

## HOW TO PREPARE

1. Cut the tofu into small cubes and combine them with garlic, ginger, soy sauce, and chili sauce in a bowl or sealable bag. Mix well and let marinate for at least 30 minutes. The longer you marinate it, the more the flavors will infuse into the tofu. You can also do this the night before.
2. Heat the (stir-fry) oil in a wok and fry the drained tofu pieces until golden brown over medium heat.
3. Prepare the noodles according to the package instructions.
4. Place the cashew nuts in a dry hot pan and toast them until they are brown and crispy, over medium heat.
5. Once the tofu is golden brown, add the stir-fry vegetables. Season with pepper and salt. Add some of the drained marinade if the mixture seems too dry.
6. Drain the noodles and fill a plate with the tofu, vegetables, and noodles. Garnish with spring onion, cashew nuts, and sesame seeds.

## TIPS

- Try this dish with chicken or beef strips instead of tofu. You can also marinate them in a sealable bag.
- Add vegetables to your taste. It's a great way to use up leftovers from the fridge!



# STROGANOFF WITH MEATBALLS

## Ingredients for 4 Servings:

### For the Stroganoff:

- 2 tablespoons sunflower oil
- 3 onions, cut into thick half rings
- 1 bell pepper, cut into large cubes
- 250 grams chestnut mushrooms, quartered or halved
- 1 small can of tomato paste, 70 grams
- 250 milliliters chicken stock
- 300 milliliters light cooking cream
- 1 teaspoon French mustard
- 4 tablespoons cornstarch
- Serve with brown rice

### For the Meatballs:

- 300 grams minced beef
- 1 chopped shallot
- 1 egg
- 3 tablespoons breadcrumbs
- 1 teaspoon mustard
- 1 tablespoon paprika powder
- Pepper and salt to taste



### Nutritional Values per Serving:

Energy	<b>309 kcal</b>
Fat	<b>18.7 grams</b>
Of which saturated	<b>7.5 grams</b>
Carbohydrates	<b>17.1 grams</b>
Of which sugars	<b>8.2 grams</b>
Fibres	<b>3.8 grams</b>
Protein	<b>17 grams</b>

## HOW TO PREPARE

1. In a bowl, combine minced beef, shallot, egg, breadcrumbs, mustard, paprika powder, and pepper and salt to taste. Mix well until the mixture is uniform.
2. Form the mixture into balls of your desired size and brown them in a frying pan with sunflower oil. Remove them from the pan and set aside on a plate.
3. In the same pan, fry the onions, then add the bell pepper, followed by the mushrooms. Stir in the tomato paste and cook it off to reduce its acidity.
4. Add the chicken stock and bring to a boil. Carefully add the meatballs back into the pan and wait until it boils again.
5. Stir in the cooking cream and mustard and let it simmer gently for about 15 minutes on low heat.
6. Meanwhile, cook the brown rice according to the package instructions.
7. Mix the cornstarch with 4 tablespoons of cold water in a cup and stir it into the sauce. Allow the cornstarch mixture to simmer gently and stir constantly until the sauce thickens.
8. Serve the Stroganoff with brown rice on a plate.

## TIPS

- Post-surgery, you may find beef mince harder to digest. Minced beef combined with sauce often causes fewer issues.
- Alternatively, opt for chicken mince or pre-made vegetarian meatballs instead of beef mince.
- This dish can easily be frozen.
- Prepare extra meatballs to eat cold or as a snack at a later time.



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When life gives you  
lemons...

**DESSERT**



# REFRESHING LEMON TART

## Ingredients for the Crust:

- 50 grams unsalted, ground pistachios
- 100 grams oatmeal
- 50 grams unsalted butter
- 50 grams almond flour
- 2 eggs
- 1 teaspoon baking powder
- Zest of 1 lemon - Pinch of salt

## Ingredients for the Filling:

- 6 eggs
- 100 grams sweetener
- 250 milliliters light cream cheese
- Zest of 1 lemon
- Juice of 3 lemons



Nutritional Values per Serving:	
Energy	196 kcal
Fat	14.2 grams
Of which saturated	1.7 grams
Carbohydrates	4.9 grams
Of which sugars	3 grams
Fibres	3.9 grams
Protein	11.7 grams

## HOW TO PREPARE

1. Preheat a fan oven to 160 degrees.
2. Grind the pistachios and oatmeal finely in a food processor.
3. Melt the butter in a saucepan or in the microwave and combine it with almond flour, ground pistachios, oatmeal, 2 eggs, baking powder, lemon zest, and a pinch of salt.
4. Grease a tart pan, press the dough into the pan, and form a raised edge.
5. In a bowl, briefly whisk together 6 eggs, sweetener, and cream cheese. Then whisk in the lemon zest and juice.
6. Pour the liquid filling over the crust and bake the lemon tart for approximately 60–75 minutes until set but still creamy. Test for doneness by pressing the middle with a spoon. If it's set but still springs back, the tart is ready. Check from 60 minutes onwards and continue baking if the center is too soft.
7. Once the tart has cooled, add powdered sweetener to a sieve. Tap the sieve with your hand to sprinkle a thin layer of powdered sweetener over the tart.

### **To serve:**

*Powdered sweetener*



# CHIA PUDDING WITH WARM APPLE AND CINNAMON

## Ingredients for 2 Servings:

- 160 milliliters skimmed milk
- 30 grams chia seeds
- 1 teaspoon vanilla extract
- 1 apple
- 1 teaspoon honey
- 1 teaspoon cinnamon
- 4 tablespoons skimmed yogurt



## Nutritional Values per Serving:

Energy	<b>160 kcal</b>
Fat	<b>4.9 grams</b>
Of which saturated	<b>0.6 grams</b>
Carbohydrates	<b>18.3 grams</b>
Of which sugars	<b>16.1 grams</b>
Fibres	<b>6.5 grams</b>
Protein	<b>6.9 grams</b>

## HOW TO PREPARE

1. Combine milk, chia seeds, and vanilla extract in a bowl. Mix them together, leave to stand for 10 minutes, and whisk again to prevent clumping. Allow it to set in the refrigerator for at least 2 hours or overnight.
2. Cut the apple into small pieces and place them in a saucepan with honey, cinnamon, and a little water. Cook to soften the apple while stirring constantly. Add a little more water if needed to prevent sticking.
3. Mash half of the apple into applesauce and leave the other half in chunks.
4. Then layer in 2 glasses, starting with the chia pudding, followed by the applesauce, skimmed yogurt, and finish with the warm apple chunks on top.

## TIPS

- This dish is suitable for phase 2 (puréed food). Purée the apple pieces with an hand blender.
- Make the dish protein-richer by mixing a scoop of Pure Whey Protein into the yogurt.
- You can also prepare this dish the day before.
- Optionally, add some raw, unsalted nuts.





### **Coffee Protein Booster**

Did you know that you can also simply add Pure Whey Protein to a cup of coffee?

[Click here](#) for the recipe!





Holy muesli

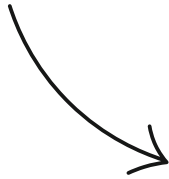


**TUSSENDOOR**

# HEALTHY MUESLI BARS

## Ingredients for 14 Bars:

- 280 grams almonds
- 30 grams pumpkin seeds
- 70 milliliters sugar-free syrup
- 60 grams coconut oil
- 3 drops vanilla extract
- Pinch of salt
- 30 grams shredded coconut
- 30 grams hemp seeds



<b>Nutritional Values per Bar:</b>	
Energy	<b>205 kcal</b>
Fat	<b>18.2 grams</b>
Of which saturated	<b>5.3 grams</b>
Carbohydrates	<b>2.7 grams</b>
Of which sugars	<b>0.9 grams</b>
Fibres	<b>4.4 grams</b>
Protein	<b>5.7 grams</b>

## HOW TO PREPARE

1. Roughly grind the almonds and pumpkin seeds with a food processor.
2. In a saucepan, combine syrup, coconut oil, vanilla extract, and salt, and melt them together over medium heat.
3. Then add the almonds, pumpkin seeds, shredded coconut, and hemp seeds to the saucepan. Remove from heat and mix well, ensuring everything is coated with the syrup and coconut oil.
4. Line a 20x20cm baking dish with cling film on the bottom and sides and pour in the mixture. Spread it evenly in the dish and press down firmly with a spoon.
5. Refrigerate the dish for at least 2 hours. Afterwards, cut into bars.

## TIPS

- Make larger quantities to freeze the bars for later use.
- A convenient and nutritious snack for on the go.
- Crumble the bar as a granola into yogurt or quark for a tasty twist.





# DELICIOUS CHEESE WAFFLES

## Ingredients for 6 Waffles:

- 1 tablespoon sunflower oil
- 50 grams grated mozzarella cheese
- 50 grams grated cheddar cheese
- 50 grams grated Parmesan cheese
- A bunch of chopped chives
- 2 tablespoons almond flour
- 1 teaspoon baking powder
- 2 eggs
- Baking spray or 1 tablespoon sunflower oil for greasing the waffle iron.



### Nutritional Values per Waffle:

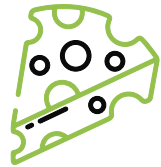
Energy	<b>171 kcal</b>
Fat	<b>13.5 grams</b>
Of which saturated	<b>5.4 grams</b>
Carbohydrates	<b>0.6 grams</b>
Of which sugars	<b>0.3 grams</b>
Fibres	<b>0.7 grams</b>
Protein	<b>11.3 grams</b>

## HOW TO PREPARE

1. Heat a waffle iron or grill pan.
2. Combine all ingredients in a bowl and mix well.
3. Once the waffle iron is hot, add 2 tablespoons of the mixture into each waffle mold. Bake the waffles for about 8-10 minutes until they are golden brown and crispy. Continue until you have baked 6 waffles.
4. Let the cheese waffles cool down a bit to become even crispier.

## TIPS

- The waffles can easily be frozen, so make multiple batches.
- They are perfect for on-the-go snacks.
- Prepare the waffles with any cheese you like.
- No waffle iron or grill pan? Bake the waffles in the oven. Line a baking tray with parchment paper and bake them for about 10 minutes at 180 degrees.
- A favorite dish of children!



## **FitForMe: For a Balanced New You**

FitForMe develops multivitamins and supplements for people with bariatric surgery. For over 18 years, we have been working with doctors and hospitals. Thanks to scientific research, we know your post-surgery needs and common deficiencies in vitamins and minerals. This is how we make sure our products do what they promise: helping you stay fit and balanced. The people working at FitForMe are specialists, scientists and dieticians, specialised in bariatric surgery. Therefore, they understand everything about nutrition and the procedure and can give you personal advice. After all, a stomach reduction is radical. So having the right support is comforting and important. Have questions about nutrition, the surgery, or multivitamins? Feel free to contact us, you always have our full support.

For more recipes and inspiration [click here](#) and sign up like 100000+ others to our monthly inspirational email.

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