

MEAL	INGREDIENTS	INSTRUCTIONS
------	-------------	--------------

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 1**

**CREAMY DEVILED EGGS**

8 Servings  
6 g Protein  
5 g Fat



8 hard cooked eggs, cut in half  
1/2 cup low-fat mayo or miracle whip  
2 tsp yellow mustard  
Splash pickle juice  
1/4 tsp salt  
Dash pepper  
Dash paprika

Cut eggs lengthwise and in half. Remove yolks and mash in a bowl. Add dressing, pickle juice, mustard & seasonings. Mix well. Spoon (or pipe) mixture evenly into centers of egg whites. Sprinkle a dash of paprika for visual appeal.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 2**

**CREAMY STUFFED MUSHROOMS**

6 Servings  
8 g Protein  
11 g Carb  
2 g Fat



12 mushroom caps, stems removed, washed  
Cooking spray  
3 Garlic cloves, chopped  
1/2 cup parsley, chopped can also used  
chopped fresh spinach  
Butter spray  
4 wedges Laughing Cow Cheese, Light Swiss

Preheat oven to 350 degrees F. Put a large skillet on medium high heat. After wiping the mushrooms off with a wet paper towel; spray the tops with butter spray for added flavor. Add mushroom caps, bottoms down, into the skillet and let sear for about 2 minutes. Remove mushroom caps to a pie plate. Spray still heated pan with cooking spray and add garlic and parsley. Remove wrapping from Laughing Cow Cheese wedges and add to bowl. Once parsley and garlic have been sautéed add to cheese mixture in the bowl and incorporate well with the back of a fork. Add mixture to mushroom caps and put in oven for 12-15 minutes. Let cool slightly and serve.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 3**

**ROSEMARY TURKEY TENDERLOIN**

4 Servings  
33 g Protein  
2 g Carb  
1 g Fat



1 lb turkey breast tenderloin  
1/2 cup water  
1 large sprig rosemary, removed from stem  
4 cloves garlic, minced or pressed  
1/8 tsp each salt and pepper

Place turkey tenderloin and water in the base of a slow cooker. Place rosemary and garlic on top and around turkey. Sprinkle with salt and pepper. Cover and cook on low for 4-6 hours or until turkey is tender.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 4**

**FALL INSPIRED TURKEY SAUSAGE  
TOMATO SAUCE WITH ZUCCHINI  
NOODLES**

6 Servings  
15 g Protein  
10 g Carb  
7 g Fat



1 lb sweet Italian turkey sausage links, cut into 1- inch pieces  
1/2 cup chopped white onion  
5 cloves garlic, minced  
2 carrots, thinly sliced  
2 tsp dried thyme  
2 tsp ground coriander  
2 tsp ground cumin  
1 tsp ground cinnamon  
3/4 cup crushed red pepper  
1/2 cup chicken broth  
1 (28 oz) can crushed tomatoes  
2 large zucchini, spiralized  
optional: crumbled feta for topping

Heat a large dutch oven and spray with cooking spray. Add turkey sausage; cook 8 minutes or until browned, stirring occasionally. Remove from pan and cover to keep warm. Add onion, garlic and carrots to the pan. Add thyme, coriander, cumin, cinnamon and crushed pepper. Cook 1 minute. Add chicken broth. Cook 2 minutes or until broth is starting to reduce. Add turkey sausage back into pan. Add tomatoes and stir to combine. Cover and turn heat to low to simmer for 10 minutes. Meanwhile, spiralize or use a julienne peeler to create zucchini noodles. Place in a microwave safe bowl and microwave about 4 minutes to soften. Add sauce to zucchini and sprinkle with 1 tsp feta cheese.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 5**

**REDUCED FAT GREEN BEAN  
CASSEROLE**

8 Servings  
2 g Protein  
8 g Carb  
2 g Fat



1 white onion, diced  
1 package sliced mushrooms  
1 lb fresh green beans, trimmed and halved  
1 can fat-free cream of mushroom soup  
1/2 cup fried onions

Heat oven to 350F. Steam the green beans using either a microwave steamer or a stovetop steamer basket OR bring a pot of water to a boil and boil for 8 minutes, then drain. Set green beans aside. In a large dutch oven, spray with cooking spray and added onions. Cook until soft. Add mushrooms and cook a few more minutes. Add fat-free cream of mushroom to the pot, stirring to combine ingredients. Add cooked green beans and stir until they are coated with mixture. Spread the mixture in a 8x8 casserole dish. Sprinkle with fried onions. Bake for 10 minutes. Let cool before serving. \*Pair this with a lean protein entree. \*Serving sizes on the recipes are not necessarily "bariatric sized" portions but are "traditional" portion sizes.

MEAL	INGREDIENTS	INSTRUCTIONS
------	-------------	--------------

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 6**

**PARMESAN BRUSSEL SPROUTS**

4 Servings  
6 g Protein  
5 g Carb  
5 g Fat



1 lb brussels sprouts  
2 tsp olive oil  
1/2 tsp each sea salt and black pepper  
1/2 cup reduced fat grated parmesan cheese  
2 oz shredded parmesan cheese

Heat oven to 425. Remove outer leaves and cut Brussels sprouts in half. Toss with olive oil, grated parmesan cheese, salt and pepper. Spread out on a baking stone or line a baking sheet with foil. Roast Brussels sprouts in the oven about 18 minutes. Remove from oven and sprinkle shredded parmesan cheese over the top. Return to oven for about 2 minutes. Remove again and serve.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 7**

**GREEN BEANS WITH TOASTED PECANS**

6 Servings  
2 g Protein  
6 g Carb  
4 g Fat



0.25 cup pecans coarsely chopped  
1 pounds green beans stem ends removed  
1 tsp olive oil  
1 tsp sea salt  
1 tsp black pepper ground

Preheat oven to 350 degrees. Place pecans on a rimmed baking sheet; toast until fragrant, 6 to 7 minutes. Set a steamer basket in a large saucepan. Fill with enough water to come just below basket; bring to a simmer. Place green beans in basket; cover, and steam until crisp-tender, 5 to 7 minutes. (Alternatively you can use a microwave safe steamer bowl with vented lid or buy a frozen steamer bag of green beans.) Transfer green beans to a serving platter; drizzle with oil, season with salt and pepper. Serve topped with pecans.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 8**

**MASHED CAULIFLOWER**

4 Servings  
3 g Protein  
4 g Carb  
4 g Fat



4 triangles Laughing Cow Cheese®, any flavor  
16 oz cauliflower, chopped  
1 tsp salt and pepper  
2 cloves garlic, pressed or minced

Tip: buy fresh bag of chopped cauliflower

Steam cauliflower per package instructions or place cut cauliflower in a microwave safe bowl with 1 inch water and microwave 6-7 minutes or until very soft when pierced with a fork. Drain cauliflower and return to bowl. Add all remaining ingredients. Cream all the ingredients together using a hand blender (or transfer all the ingredients to a blender). Blend well until consistency becomes smooth.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 9**

**SPINACH & RED PEPPER FRITTATA**

6 Servings  
13 g Protein  
6 g Carb  
9 g Fat



1 small onion, diced  
1 red bell pepper, diced  
4 strips turkey bacon, diced  
1/2 tsp each salt and pepper  
1 cup loosely packed baby spinach, chopped  
8 large eggs  
2 oz shredded parmesan cheese

Heat oven to 375 F. Heat a non-stick skillet to medium high heat. Make sure skillet is oven safe. Saute onion, bell pepper and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir. Add spinach and stir. Cook 30-60 seconds or until spinach starts to wilt. Whisk and add eggs, moving pan around a bit for eggs to surround the pan evenly. Sprinkle with cheese and move to oven for 8-10 minutes or until eggs look set. Remove with hot pad and let cool before serving.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 10**

**SPINACH PESTO & CHICKEN SAUSAGE EGG BAKE**

8 Servings  
18 g Protein  
9 g Carb  
13 g Fat



3/4 cup red onion, diced  
3/4 cup red pepper, diced  
2 cloves garlic, chopped  
1/4 cup jarred pesto  
6 oz fresh spinach  
1 lb Italian chicken sausage can substitute turkey sausage  
12 eggs  
3/4 cup cottage cheese  
3/4 cup 2% shredded mozzarella cheese  
cooking spray

Preheat oven to 350 F. In a skillet on medium high heat, spray with cooking spray and add red onion, red pepper, garlic and pesto. Toss until soft and add spinach. Heat until wilted, stirring it all together. Transfer to a 9x13 casserole dish sprayed with cooking spray. Re-spray the skillet and brown the chicken sausage. While chicken sausage is browning, whisk eggs and cottage cheese in a mixing bowl and set aside. Add sausage to baking dish and mix around with onion mixture. Spread out mixture at the bottom of the casserole dish and pour in the egg mixture. Top with shredded cheese. Bake in preheated oven for 30 minutes. Remove, let rest 5-10 minutes then cut and serve.

MEAL	INGREDIENTS	INSTRUCTIONS
------	-------------	--------------

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 11**

**CANDY CANE PROTEIN SHAKE**

2 Servings  
20 g Protein  
4 g Carb  
3 g Fat



2 cups ice  
1 scoop vanilla whey protein powder  
1/2 cup low-fat cottage cheese  
3/4 cup light almond milk  
1 tbsp sweetener  
1/2 tsp peppermint extract  
light whipped topping

Blend together and serve with light whipped cream!

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 12**

**BARIATRIC FRIENDLY PUMPKIN  
SPICE LATTE**

2 Servings  
1 g Protein  
3 g Carb  
1 g Fat



2 tbsp canned pumpkin  
2 tsp pumpkin pie spice  
1 pinch black pepper  
2 tsp vanilla extract  
2 cups unsweetened almond milk  
2-3 tbsp natural no calorie sweetener  
Ex Truvia  
6-8 oz hot coffee

Heat the stovetop to medium high heat. Add two tablespoons of canned pumpkin in the small saucepan and stir with a wooden spoon. Add 2 teaspoons of pumpkin spice and stir to combine. Add a pinch of black pepper for spice. Add two 2 tablespoons of vanilla extract and 2 cups of unsweetened almond milk. Add 2-3 tablespoons of natural no calorie sweetener, adjust to taste. Use the immersion blender to combine ingredients well. If needed use a traditional blender instead. Fill mugs with 3-4 oz hot coffee. Use a measuring cup to scoop the milk mixture into the coffee mug until nearly full. Add a swirl of light whipped topping and a sprinkle of pumpkin pie spice.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 13**

**LOW CARBER'S HOLIDAY EGG NOG**

2 Servings  
8 g Protein  
1 g Carb  
1 g Fat



1 egg  
4 packets natural no calorie sweetener  
1 tsp sugar free vanilla syrup found in coffee aisle or online  
1 1/4 cup cold unsweet almond milk  
1/4 tsp ground nutmeg more if desired

Place in a small blender (or whatever blender you have) the egg, sweetener, and sugar-free vanilla syrup. Blend on high for 30-60 seconds until thoroughly blended. Add cold almond milk and blend for another 30-60 seconds. Pour into serving glasses and sprinkle a good amount of nutmeg on top. Enjoy!

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 14**

**CHOCOLATE MOUSSE DIP**

4 Servings  
4 g Protein  
7 g Carb  
2 g Fat



4 ounces fat free cream cheese  
1/8 cup cocoa powder  
1 tsp vanilla extract  
2 tbsp unsweetened almond milk  
3/4 cup light whipped topping  
1/4 cup natural sweetener  
12 slices apple, for dipping (3 per serving)

Combine all ingredients except whipped topping using a hand mixer. Fold in whipped topping. Refrigerate 30 minutes or longer until ready to eat. Use apple slices to dip if desired, keeping bites small and stopping at fullness for portion control. Serving size is for 1 ounce of mousse and 3 apple slices.

**BARIATRIC FRIENDLY - HOLIDAY RECIPE 15**

**PUMPKIN WHIP**

14 Servings  
1 g Protein  
12 g Carb  
2 g Fat



15 oz canned pumpkin puree  
5 oz 0% fat, plain Greek yogurt  
1 package sugar free vanilla pudding mix  
1/4 tsp pumpkin pie spice  
1/4 tsp cinnamon  
1 (8 oz) container light whipped topping

Add all ingredients except the whipped topping to to a medium mixing bowl. Using a rubber spatula, stir ingredients for a few minutes until well incorporated. Fold in whipped topping. Refrigerate until serving. Scoop 1/4 cup pumpkin whip into small ramekin and enjoy. \*Add unflavored protein powder to increase protein content!



Steph Wagner, MS RDN  
[www.bariatricfoodcoach.com](http://www.bariatricfoodcoach.com)  
[steph@bariatricfoodcoach.com](mailto:steph@bariatricfoodcoach.com)

