

C4WLS Food Guide



CENTER FOR WEIGHT LOSS SURGERY • MYUR S. SRIKANTH, MD, FACS

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C4WLS FOOD GUIDE



Breakfast Recipes

1. Cheesy Egg Bake

2. Ricotta Apple Pancakes

3. Protein Waffles

4. Breakfast Egg Bites

5. Scotch Eggs. Tasty Bariatric Protein

6. Baked Oat & Almond Protein Breakfast Bars



Soup and Puree Recipes

- | | |
|---|---|
| 1. Asparagus and Leek Soup | 7. Black Bean Soup - KISS (Keep it Simple Supper) |
| 2. Cucumber Soup | 8. Russian Chopped Egg Pate |
| 3. Egg Drop and Zucchini Soup | 9. Pinto Bean Puree |
| 4. Zucchini Basil Soup - FAST | 10. Heavenly Hummus |
| 5. I can't believe it's not potato soup | 11. Beve's Black Bean Hummus [®] |
| 6. Vegetarian Tuscan Kale and White Bean Soup | |



Fish and Poultry Recipes

1. Salmon with Dill Sauce

2. Creole Fish with Zucchini

3. Tilapia with Avocado Aioli Sauce

4. Red Pepper & Parmesan Tilapia

5. Orange-Glazed Salmon

6. Salmon Spread

7. Salmon with Mango Salsa

8. White Chicken Chili

9. Italian Chicken & Sauce

10. Buffalo Chicken Dip

11. Spicy Turkey Burgers

12. Turkey Chili

13. Skinny Orange Chicken



Salad Recipes

1. Edamame Tomato Salad

2. Sprout salad

3. Quinoa Salad – for All Seasons[®]

4. Spring Quinoa Salad

5. Summer Quinoa Salad

6. Autumn Quinoa Salad

7. Curried Citrus Quinoa with Raisins and Toasted Almonds



Crunchy Snack Ideas

1. Parmesan Roasted Cauliflower

3. Northwest Trail Mix

2. Crunchy Roasted Chickpeas

4. Parmesan Cheese Crisps



Vegetable Dish Recipes

1. Spinach Sautéed with Garlic

2. Collard Wraps

3. Zucchini Linguini

4. Stuffed Mushrooms

5. Bariatric Romaine Lettuce Tacos

6. Lettuce Make a Bariatric BLT for Supper!

7. Broccoli Swiss Fritata, Perfect Bariatric Eating!

8. Beve's Yin Yang Yams



Drink and Protein Shake Recipes

1. No Guilt Hot Chocolate

2. Sugar-Free Lemonade

3. Pomegranate-Green Tea Smoothie

4. Berry Slush

5. Fall Flavor

6. Pumpkin Pie Smoothie

7. S'mores Protein Shake

8. Eggnog Protein Shake

9. Raspberry Lemonade Creamsicle

10. Mexican Mocha Protein Shake

11. Caramel Macchiato Protein Shake

...and many more



Dessert-Like Treats

1. High-protein Pudding

2. Dreamsicle

3. Proteina Colada

4. Peanut butter protein balls

5. Peanut Butter Cookies Sugar Free

6. No Sugar Baked Cherry Custard