

# Serving Sizes

It is very important for the success of your surgery to eat the right sized servings. This can cause complications with your stomach, stretch your stomach out, make you feel poorly and not help you make the changes in your body that you are showing up for. These are just examples. Everyone's tolerance and time out from surgery is different. Here are samples of what a meal might include after the initial healing stages.

## Breakfast:

- one egg sprinkled with cheese or a few slices of avocado
- 1/4 cup oatmeal sprinkled with walnut pieces, tiny cubed apple, cinnamon
- 4 oz Greek yogurt and 2 tbsp chopped fruit
- 4 oz cottage cheese and 2 tbsp chopped fruit
- 1 individual poached egg quiche

## Lunch/Dinner

- Plated salad- side salad plate- maybe 1 cup lettuce, 2 grape tomatoes, 1-2 slices cucumber, 1 tbsp cheese, 1 tbsp dressing
- 1/2 cup soup or stew
- 1/2 cup braised chicken, soft veggies, broth
- 1/4 cup tuna salad with 2 avocado slices
- 1-2 ounces cut up protein, 1/8 cup roasted vegetables, yogurt sauce

## Storage:

Because you are eating much smaller sized portions it makes a lot of sense to freeze soups, stews, braised meats and bone broths in smaller containers.

This will maximize efficiency of your time, preserve foods you have made and allow you to have a variety of types of frozen items so you don't feel like you are eating the same meal all week!

When you are freezing broths, soups etc...you can choose different sized containers depending on your needs. If you are the only one eating these you can use a 4 oz or 8 oz container and have enough for 2-3 servings.

Sauces are great in little jars, ice cube trays or freezer bags. ■