

# RECIPES FOR LIFE

## Review Draft for Comment

This **draft** document is the text for a revised version of the Recipes for Life book to support people preparing for or are recovering from a sleeve gastrectomy or gastric bypass (Roux-en-Y or one anastomosis gastric bypass (OAGB)). It is being prepared by a specialist dietitian and bariatric surgery team and should be used to complement a personalised care and support plan from Tier 4 weight management services.

Please note that recipe and nutritional details are not included – these will be developed, analysed and adapted after this consultation step. Then, photography will be completed to complement the text and illustrate the recipes through professional typesetting and graphic design to support readers (the patient) to achieve the following learning outcomes:

- Understand that they need to follow the four texture modification stages of diet as advised by their bariatric dietitian.
- Know how much protein to include in their daily diet.
- Develop practical understanding to plan and prepare meals that support recovery, diet and lifestyle change following bariatric surgery.

We welcome comments from professional peers and relevant patients to help inform updates to improve the resource. We are seeking responses on:

- clarity of key messages
- suitability for purpose
- length and amount of detail given.

Please provide feedback by email ([info@ndr-uk.org](mailto:info@ndr-uk.org)) and/or by asking relevant patients to respond via the [questionnaire](#) accessible via the QR code below.



We would be grateful for any comments and feedback by **14/06/24**.

## Recipes for Life

### For use before and after a sleeve gastrectomy or gastric bypass

#### Introduction

This book provides a range of recipes that are easy to prepare and cook, and suitable to use before and after having bariatric surgery. Each is high in protein, and low in fat and calories. All can be prepared to a soft consistency to aid recovery following a sleeve gastrectomy, Roux-en-Y or one anastomosis gastric bypass (OAGB).

Cooking food from scratch means you know what is added. It also allows you to adapt recipes using alternative ingredients and cooking methods to improve their nutritional quality and best meet your preferences. We hope that this book and its recipes help you recover from your surgery and support you to develop new habits for a healthy lifestyle.

#### Eating after bariatric surgery

You should have already received guidance about recommended dietary stages after your surgery.

How quickly you progress through these stages will vary based on local guidance and your own recovery rate. **Do not be tempted to progress too quickly and always follow the advice your dietitian gives you.**

The recipes in this book can all be prepared to stages 1-3 and then onto a long-term, stage 4 normal texture diet.

- Stage 1 –** Liquid consistency  
In this recipe booklet all the soups and some smoothies and puddings can be made into a liquid consistency.
- Stage 2 –** Purée/smooth texture consistency  
Most of the recipes can be liquidised to a smooth thick purée. Adding a nourishing liquid like milk may help.
- Stage 3 –** Soft texture  
When cooking, it is important to cut up ingredients to less than the size of a 20p. These prepared ingredients will cook more quickly and be easier to chew and break down.
- Stage 4 –** Normal texture.

## Protein

Protein is an essential nutrient that helps to build and repair muscle and tissue. Natural sources of protein also provide many essential vitamins and minerals.

After having bariatric surgery, you should have 60-80g protein a day – this means that you should aim to have around 20g of protein at a main meal. The recipes in this book all state the amount of protein in a suggested portion to help you meet your daily needs.

If you wish to exclude meat, dairy or all animal products from your diet, speak to your dietitian for advice on how best to meet your nutritional needs.

The table below shows how much protein is in a variety of common food portions. Remember to read labels on ready-made and convenience foods to help you choose options that your higher in protein and lower in fat and calories.

Food	Portion	Protein
Milk	200ml	7g
Skimmed milk powder	20g	7g
Soya milk	200ml	6g
Yoghurt	150g	7g
Low fat Greek strained yoghurt	150g	12g
Hard cheese – for example, Cheddar	25g	6g
Low fat cottage cheese	75g	10g
Low fat soft cheese	75g	6g
Eggs	2 large	16g
Beef	75g	22g
Lamb	75g	22g
Pork	75g	22g
Chicken	75g	22g
Fish	75g	18g
Prawns	75g	17g
Corned beef	75g	19g
Beans	200g	12g
Baked beans	200g	10g
Lentils - cooked	100g	8g
Quorn mince	75g	8g
Nuts	25g	5g
Rice - cooked	50g	1g
Pasta - cooked	50g	2g
Bread	1 slice	4g
Potatoes - cooked	50g	1g

### **Enriched milk**

To increase your protein intake, you can easily make and use enriched milk for at least the first two weeks after your surgery.

Gradually add 1 pint of low-fat milk or soya alternative to 4 tablespoons of dried milk powder, whisking all the time to remove any lumps. Store in the fridge and use within 24 hours.

This high-protein, enriched milk can be used instead of ordinary milk in hot or cold drinks, on cereal or to make sauces, soups and custards.

### **Tried and tested tips**

The recipes in this book have all been tried and tested to make sure they are tasty and suitable for the whole family. All the ingredients should be available from your local supermarket and are based on basic store cupboard items.

While you progress through stages 1-3 after your surgery your portion sizes will change. As you start, they will be very small and gradually increase as you heal. If you feel you can't quite finish the amount suggested, leave it and throw away any excess. Remember that having larger portions will result in weight gain and stretch your new stomach size.

### **Preparation and cooking tips for stages 1-2**

- Use herbs, spices or artificial sweetener rather than salt or sugar for more flavour.
- Cool food before liquidising it.
- Make sure your food is moist before liquidising and use low-fat milk, sauce, gravy or other liquids to help:
  - Liquidise boiled potatoes with milk or soft pasta with smooth sauce.
  - Casserole minced/chopped meat slowly and liquidise with a sauce or gravy.
  - Use a little cooking water or canned liquid to liquidise tender or tinned vegetables or fruit.
- Liquidise food items separately and serve using a scoop or spoon to make them more appetising.
- Use a sieve to remove pips, seeds and lumps.
- Plan ahead:
  - Cook, liquidise and then freeze items in ice cube trays or plastic containers.
  - Label and date the food before putting it in the freezer.
  - Portions should be approximately 150-200g or the size of a standard yoghurt pot.

### **Useful kitchen equipment**

Liquidising equipment

Jug liquidiser or hand-held blender

Plastic jug

Sieve

Plastic containers

Ice cube trays

### **Store cupboard and shopping tips**

Before and after your surgery, planning is vital to changing behaviour, including your eating habits - it makes it easier to stick to your plan.

The tips below can help when shopping:

- Avoid shopping when hungry, stressed, tired, angry or depressed as it may lead to poor food choices.
- Make a shopping list and stick to it.
- Plan meals ahead and make low fat choices.
- Read food labels to identify healthy options and try to ignore offers on unhealthy foods.
- Choose seasonal fruit and vegetables or those on special offer.
- Put shopping away immediately when you get home to avoid being tempted to eat more than your planned meals/snacks.
- Try to cook from scratch more often using fresh or store cupboard ingredients.

The following items are useful to stock up on before your surgery so you will then only need to purchase fresh ingredients to make the recipes in this book:

<TBC>

### **Notes on the recipes**

We recommend using small plates and bowls to help manage portion sizes.

The plates used in the recipe pictures shown are:

<TBC>

Measurements are given in metric only.

Spoon measurements are level. An accurate set of measuring spoons helps to avoid mistakes.

Tbsp = tablespoon, 15ml.

Tsp = teaspoon, 5ml.

Eggs are large.

Pepper is used as a seasoning to add flavour rather than salt.

The recipes state which dietary stage they can be adapted to, if they are vegetarian (V), vegan (Ve) and/or are suitable for home freezing (F).

## RECIPES

<recipe details, serving sizes/yield, stage preparation information and nutritional analyses will be completed following initial reviews, recipe testing/development and photography>

### BREAKFASTS

Weetabix with yoghurt and tinned peaches

<Recipe TBC>

### Oats

There are lots of ways to use oats. By adding different flavours and using different preparation methods, you can find different ways to keep this nutritious staple interesting, for example:

Porridge with banana

<Recipe TBC>

Cinnamon porridge

<Recipe TBC>

Overnight oats

<Recipe TBC>

Orange and mango smoothie

<Recipe TBC>

Hint – You can also use a mixture of any fresh, frozen or tinned fruit to make a smoothie. Liquidise equal quantities of milk, natural yoghurt and soft fruit.

Apricot smoothie

<Recipe TBC>

Hint - You can use any soft fruit in this smoothie instead or with the apricots. For a dessert, leave out the milk.

### LIGHT MEALS

Scrambled eggs with cheese

<Recipe TBC>

Hint - Instead of cheese, mix chopped ham, cooked lean bacon bits or smoked salmon trimmings through the scrambled eggs.

Omelette

<Recipe TBC>

Fillings: <Recipe TBC>

Hint - Once you can eat chunkier food you can add a combination of the following to the basic egg mixture: onion, cooked potato, mushrooms, peas, cooked chicken, spring onion, smoked salmon and tinned tuna.

## Mackerel pâté

<Recipe TBC>

Hint - To make an even lower fat version, use very low-fat soft cheese.

## Hummus

<Recipe TBC>

## Soup

Soup can be a useful and tasty way to get lots of nutrients into your diet. By using the same principles, you can experiment to find flavours and textures that you enjoy.

### Principles of soup

A good soup can be a nutritious, tasty food that is simple to make, eat and freeze at home. Following a recipe will help to build confidence and ensure predictable flavours. As you get to know what you like and can tolerate through your recovery, you can experiment for more variety.

As described through the recipes below, start by preparing the base flavours by gently sweating off onion and a few other ingredients, often carrot, celery and/or bacon. Then you can build flavour, volume and texture by adding stock then beans, pulses, grains, vegetables and other food and flavours such as meat, fish, tofu, cheese, herbs and spices etc.

## Tomato and bean soup

<Recipe TBC>

Hint - Any strong hard cheese can be used to sprinkle over the soup – for example, parmesan or gruyere. To make this into minestrone soup add cooked lean bacon bits, mixed herbs and small pasta shapes.

## Spicy lentil and bacon soup

<Recipe TBC>

Hint - Add more or less curry powder depending on how spicy you like food. To make a vegetarian version don't add bacon.

## Chicken and vegetable soup

<Recipe TBC>

Hint - You can use ham instead of chicken in this recipe or for a vegetarian option use 100g of lentils or split peas instead.

## **Baked Potatoes**

Baked potatoes are an easy and reliable meal. Just cook a small, washed potato (75g with skin) in the microwave on full power for 4 minutes (until soft all the way through) and try the suggested fillings below for varied lunches or light meals.

Baked beans and cheese

<Recipe TBC>

- Hint
- Extra mature cheese has more flavour, so only use a small amount.
  - Try adding ½ tsp of curry powder to spice up the beans.

Cottage cheese, avocado and tomatoes

<Recipe TBC>

- Hint
- You can use fresh tomatoes, but they need to be ripe and skinned – plunge tomatoes into boiling water, then remove the skins and pips and chop the flesh.
  - You can use flavoured cottage cheese to add a different flavour.

Lemon tuna (serves 1)

<Recipe TBC>

- Hint
- Leave out the lemon juice for a traditional tuna mayonnaise mixture.
  - Try tinned salmon instead of tuna.
  - Very low-fat mayonnaise can be used instead of the low-fat mayonnaise.
  - Once you can eat chunkier food, add chopped cucumber, red onion or chives through the tuna mixture.



## MAIN MEALS

### Quick Cheese Sauce

Ingredients:

250ml enriched or semi-skimmed milk

2 level tsp cornflour

50g grated mature Cheddar cheese

Method:

Blend 2 tbsp of the milk with cornflour. Heat the rest of the milk in a saucepan and add the blended cornflour.

Simmer for 2 minutes until thickened, take off the heat and stir in the cheese.

This recipe can then be used to make a variety of different dishes that are ideal as a main meal.

Cauliflower cheese

<Recipe TBC>

Tuna pasta bake

<Recipe TBC>

Macaroni cheese

<Recipe TBC>

Smoked haddock fish pie

<Recipe TBC>

### Minced Beef

Lean minced beef is an adaptable ingredient used in a range of recipes. By following the same steps to prepare the basis of a simple sauce, you can choose different flavours and additional ingredients to make a variety of dinner favourites.

Ingredients:

<Recipe TBC>

Method:

Heat the oil in a saucepan and add the mince. Cook over a high heat to brown the meat, breaking up any lumps with the back of a fork.

Add the chopped onion, carrot, celery and green pepper until they start to soften.

At this stage you can adapt it to make:

Bolognese sauce

<Recipe TBC>

Mince and potatoes

<Recipe TBC>

Mince and mixed bean chilli

<Recipe TBC>

Cottage pie

<Recipe TBC>

Hint – You can use Quorn or turkey mince in this recipe to reduce the amount of fat.

Chicken and butter bean casserole  
<Recipe TBC>

Hint – You can use any tinned beans in this recipe. Leave out the chicken and use a vegetable stock cube for a vegetarian option.

Simple curry  
<Recipe TBC>

Hint - You could use lamb, pork, chicken or Quorn instead of beef. You could bulk it out with lentils or chickpeas. Add more or less curry powder depending on how spicy you like food.

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## DESSERTS

Bread and butter pudding  
<Recipe TBC>

Baked egg custard with stewed apples  
<Recipe TBC>

Hint – You could serve other fruit with the baked custard – for example, banana, strawberries, stewed pears or rhubarb, or tinned peaches or apricots.

Rice Pudding  
<Recipe TBC>

Greek pear dessert  
<Recipe TBC>

Liquidise low-fat Greek yoghurt and drained tinned pears together and serve in individual dessert dishes or glasses.

Hint – Use low fat natural yoghurt instead of low-fat Greek yoghurt. Any tinned or fresh fruit can be used instead of pears if it can be liquidised to a smooth consistency. Garnish with fruit pieces for stage 3.

Strawberry fluffy jelly  
<Recipe TBC>

Hint – You can use different flavoured sugar free jelly with other tinned or fresh fruit and light evaporated milk if it can be liquidised to a smooth consistency. If jelly is not dissolving well, try dissolving it in the microwave.

Blueberry dessert  
<Recipe TBC>

Hint - Use fresh strawberries or another soft chopped fruit instead of blueberries.

Banana and vanilla frozen yoghurt  
<Recipe TBC>

Hint -

- Use other soft fruits like tinned apricots, pears, peaches or fresh strawberries.
- For stage 1, serve without freezing or melt it in your mouth before swallowing.
- You could use natural yoghurt instead of diet vanilla yoghurt.