

# **Bariatric Advantage Pre-Op Meal Replacement Recipes and Hints**

## **Basic Ingredients to add to any shake:**

Ice cubes  
Fruit(s)  
Honey  
Flaxseed oil  
Splenda  
Sugar-free flavorings, syrups  
Nuts  
Base – Skim milk, water or soymilk

## **Basic Blending Instructions:**

1. Pour cold skim milk or cold water into a blender. Begin mixing on a low speed.
2. Slowly add the Bariatric Advantage Meal Replacement, while blender is mixing for about 15 seconds.
3. Add ice cubes, replace lid and blend until smooth.

## **Shaker Directions:**

1. Pour cold skim milk or cold water into shaker.
2. Slowly add the Bariatric Advantage Meal Replacement
3. Add small ice cubes if desired
4. Replace lid and shake until smooth.

## **Hints:**

- To increase sweetness, add Splenda, Stevia or sugar-free syrups
- To decrease sweetness, increase milk or water
- Frozen fruits make the shakes creamier
- For thicker consistency add sugar-free yogurt
- You may freeze the shakes for an ice cream consistency. Do not allow the shake to thaw. It must be eaten frozen.
- If you are using frozen fruit you may or may not need to add ice cubes
- When adding Control Bars to the shake be sure to cut into small pieces before adding to the blender
- Remember you can interchange skim milk, water or soymilk in any of the recipes

## **Recipes**

Please use these recipes as suggestions. The consistency of the shakes will depend on the fluid added. You may want to increase or decrease fluids depending on your likes and dislikes. You may be creative and make recipes of your own. Remember the key is to adhere to the guidelines and again, please do not forget to call the office should you need additional information and support.

## **Chocolate Peanut Butter Supreme:**

- 8 oz. skim milk
- 4 ice cubes

## **Mocha Shake:**

- 4 ice cubes
- 1 tbsp milk
- 6 oz. coffee or water
- 2 scoops mocha protein powder

### **Frozen Chocolate Banana**

- 8 oz. Water
- 4 to 5 ice cubes
- 1 banana
- 2 scoops chocolate [protein](#) powder

### **Tangerine Cream:**

- 4 oz. Tangerine Diet Rite
- 4 Ice Cubes
- 1 to 3 scoops vanilla [protein](#) powder

### **Root Beer Float:**

- 4 ounces Diet A&W Root Beer
- 4 ice cubes
- 1 to 3 scoops vanilla [protein](#) powder

### **Pineapple Blast:**

- 4 ice cubes
- 6 oz. water
- 2 scoops vanilla [protein](#) powder
- 1/2 cup pineapple chunks

### **Pina Colada**

- 6 oz. water
- 4 ice cubes
- 3 scoops vanilla [protein](#) powder
- 1/3 cup Pineapple chunks
- 1 tsp. Coconut extract

### **Ultra Oatmeal:** (mix ingredients after cooking)

- 1 serving cooked plain oatmeal (1/2 cup precooked)
- 1 to 1½ scoops vanilla [protein](#) powder

### **Chocolate Strawberry Shake**

- 2 scoops of chocolate [protein](#) powder
- 6 ounces of water
- 4 to 6 ice cubes
- 4 strawberries

### **Vanilla Banana Creamy**

- 2 scoops of vanilla [protein](#) powder
- 6 ounces of water (or 2%) milk
- 6 ice cubes
- 1 banana

### **Raspberry Chocolate**

- 2 scoops of chocolate [protein](#) powder
- 6 ounces water (or 2%) milk
- 6 ice cubes
- 8 raspberries

**Orange Creamsicle**

- 2 scoops of vanilla [protein](#) powder
- 6 ounces of water
- 4 to 6 ice cubes
- 1 peeled orange

**Blueberry Blaster**

- 2 scoops of vanilla [protein](#) powder
- 6 ounces of water
- 4 to 6 ice cubes
- 20 blueberries