



Capital Health

Sleeve Gastrectomy Weight Loss Surgery High Protein Recipes from Jennifer's Blender

Recipes are based on 24 grams of protein per scoop/serving of protein powder. Nutritional breakdown is only an estimate. It is always best to read the nutrition fact label.

Vanilla Yogurt Smoothie

1 cup plain, fat free yogurt
1 scoop Protein powder, Vanilla or unflavoured
¼ cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving. Nutrition information per serving: 272 calories; 24 grams protein; 2 grams fat.

Fruity High Protein Shake

½ cup of fruit-fresh or frozen (slightly thawed)
½ cup pomegranate or blueberry juice
1 scoop protein powder unflavoured

Put all ingredients into blender. Blend until smoothie consistency is reached!
Makes one serving. Nutrition information per serving: 207 calories; 24 grams protein;

Bananas (with skin on) can be frozen when they are over ripe. Just cut skin away when ready to use. The skin will be black but the banana will be fine

Iced Latte

1 cup decaffeinated coffee, chilled
1 scoop Protein powder, Vanilla or unflavoured
4 ice cubes

Place all ingredients in blender. Blend until smooth. Makes one serving. Nutrition information per serving: 120 calories; about 24 grams protein; 2 grams fat

Vanilla Yogurt

1 cup plain, fat free yogurt
1 scoop Protein powder, Vanilla or unflavoured

Stir protein powder into yogurt. Makes one serving. Nutrition information per serving: 250 calories; 32 grams protein; 2 grams fat.

Hot Cocoa

1 cup milk, skim
1 scoop Protein powder, Vanilla or unflavoured
1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in protein powder and hot cocoa until dissolved. Makes one serving. Nutrition information per serving: 231 calories; 32 grams protein; 2 grams fat.

Vanilla Shake

½ cup milk, skim
¼ cup yogurt, plain, fat free
1 scoop Protein powder, Vanilla or unflavoured
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving. Nutrition information per serving: 195 calories; 30 grams protein; 2 grams fat.

Protein Power Orange Frostie

½ cup orange juice, 100%
1 scoop Protein powder, Vanilla or unflavoured
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving. Nutrition information per serving: 148 calories; 24 grams protein; 2 grams fat.

Eggnog

1 scoop Protein powder, Vanilla or unflavoured
1 cup of skim milk
¼ cup egg substitute
1 Tbsp Instant pudding, vanilla, sugar free, dry
½ tsp. vanilla extract

Put all ingredients into blender. Blend on high for 45 seconds. Chill, and then stir prior to serving. Makes one serving. Nutrition information per serving: 183 calories; 39 grams protein; 2 grams fat.

Apple Smoothie

½ cup milk, skim
¼ cup yogurt, plain, fat free, no added sugar
¼ cup applesauce, no added sugar
1 scoop Vanilla or unflavoured protein powder
pinch nutmeg and cinnamon
¼ tsp. vanilla extract
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving. Nutrition information per serving: 221 calories; 32 grams protein; 0 grams fat.

Apple Shake

¾ cup milk, skim
½ cup applesauce, no added sugar
1 scoop Vanilla or unflavoured protein powder
pinch cinnamon
pinch nutmeg
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving. Nutrition information per serving: 237 calories; 30 grams protein; 2 grams fat

Fruit Freeze

½ cup skim milk
1 scoop Vanilla or unflavoured protein powder
5 strawberries, frozen, no added sugar
2 peaches, frozen, no added sugar
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving. Nutrition information per serving: 263 calories; 28 grams protein; 2 grams fat; 217 mg sodium; 308 mg calcium.

Protein is a major key to success!

Protein contains the essential building blocks of the human body. It is beneficial in that it helps to delay hunger and aids with weight loss.

To little protein causes: Muscle loss

Poorer immune function

Poor wound healing

Lack of energy

Hair loss

...& much more

Food Sources of Protein Include:

Animal Sources: meat, fish, chicken, eggs

Dairy Products: milk, cheese and yogurt

Plant Sources: legumes (dried beans, peas, lentils) and soy

*Animal sources of proteins are more concentrated & higher quality

Many patients find it difficult to meet their daily protein needs with only food sources of protein. Protein supplements (e.g., protein powder) or meal replacements (e.g., Ensure High Pro, Boost High Pro, Glucerna, Diabetic Boost, Carnation Instant Breakfast) can be helpful in helping you to meet your needs. Protein bars are not recommended.

Choosing a Protein Powder:

- Choose *whey isolate* or *isolate concentrate blend* rather than concentrates as they are more nutritious and patients seem to enjoy the taste better
- If you are lactose intolerant choose soy based protein powder
- You can purchase protein powder at GNC, grocery stores, Costco, Walmart, Popeye's
- Some places such as GNC will allow you to return the product if you do not like the taste. Also, some supplement stores such as Life & Sport and Popeye's will offer a sample before you purchase it. Check stores in your area