

Ideas for Unflavored Or Flavored Protein Powder (Stage 3- Pureed/Soft Foods)

Here are some ideas to help you reach your protein goals if you are having difficulty during your Stage 3 or 4 Diet phase. OR to if you want to increase the variety of foods you try without sacrificing protein! Also check out our website for more high protein recipe ideas (www.capitalhealth.org/weightloss) under “Nutrition Resources”. You can purchase Bariatric Advantage and Syntrax Protein Powders at the Capital Health Metabolic & Weight Loss Center!

Add unflavored protein powder to cooked non-starchy vegetables!

- **Well-cooked** Cooked Carrots, zucchini, low fat tomato sauce, cauliflower, green beans, or spinach
- Avoid raw veggies during this stage and avoid veggies with a lot of seeds or cruciferous vegetables that can cause bloating such as broccoli, cabbage, bok choy, and brussel sprouts

Add protein to Fruits!

- Canned fruits in its own juice that are drained
- Pureed or Soft cooked Fruits without skins or seeds
- Try Microwaving or braising skinless apples or pears and add with protein to oatmeal

Add protein to Starches!

- ¼- ½ cup of beans (white beans, garbanzo , kidney, black beans etc)
- ¼- ½ cup of Mashed Sweet or white Potatoes
- ¼- ½ cup Pureed/Mashed Peas
- ¼- ½ cup Butternut squash
- ¼- ½ cup Oatmeal or Cream of wheat
(Avoid Bread, Pasta, Rice, and Corn)

Add protein to Low-fat Dairy

- Low-fat or fat-free cottage cheese
- Low fat or Fat-free yogurt
- Blend w/ fat-free milk, unsweetened almond, or light soy milk, 1 fruit , 1 vegetable and ice for a smoothie

Add protein to low-calorie Desserts

Sugar – Free Puddings and Custards, Sugar-free Jell-O w/ lite whipped cream topping, Smoothies and Shakes (See Stage 3 Meal and Snack Ideas on our website)

Add protein powder to Low-Fat Soups, salads, and Casserole Recipes!

See Recipes on our Website! www.capitalhealth.org/weightloss under “Nutrition Resources”

- Avoid soups and casseroles that have different textures, different size pieces of food, noodles or pasta (ex. Chicken noodle soup, tuna noodle casserole)during your stage 3 diet and when transitioning to the Stage 4 regular diet
- Also avoid recipes that are high in fat (ex. Creamy soups , cheesy or high fat meat casseroles, tuna or chicken salads w/ regular mayo– see our website for alternatives)
- Aim for low-sodium meals whenever possible!