



OnePan Bariatric Collection



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<http://international-patient-facilitators.com>



One Pan Sausage, Brussel Sprouts & Peppers

1 serving
30 minutes

Ingredients

- 1/2 cup Brussels Sprouts (halved)
- 1/2 Red Bell Pepper (chopped)
- 1 1/8 tsps Extra Virgin Olive Oil
- 1/3 tsp Paprika
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt
- 3 ozs Turkey Sausage (sliced)

Nutrition

Amount per serving	
Calories	214
Fat	12g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	18g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the peppers and brussel sprouts on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
- 3 Add the sliced sausage to the same baking sheet and stir to combine with the brussel sprouts and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the brussel sprouts are tender. Divide between plates and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- More Flavor:** Add your favorite dried herbs or spices.
- No Red Bell Pepper:** Use yellow or orange bell pepper instead.
- No Turkey Sausage:** Use pork or chicken sausage instead.
- No Mini Potatoes:** Use diced yellow or white potatoes instead.



Mushroom & Sausage Zoodles

1 serving
20 minutes

Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 2 ozs Pork Sausage (cut into pieces)
- 1/4 cup Mushrooms (sliced)
- 1/2 Zucchini (spiralized)
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	236
Fat	20g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	9g

Directions

- 1 In a skillet, heat the olive oil over medium heat. Add the sausage and cook for 10 minutes, flipping halfway through.
- 2 Once the sausage is cooked, add in the mushrooms and cook for 5 minutes or until they become soft.
- 3 Add in the zucchini noodles, garlic powder and sea salt. Cover with a lid to help steam the zucchini and cook for another 2 minutes.
- 4 Remove the skillet from the heat. Divide the mixture between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add more vegetables like broccoli, bell peppers and onions.

Additional Toppings: Add shaved almonds or hemp seeds.

Make it Vegan: Use black beans or lentils instead of sausage.



Mexican Cauliflower Rice

3 servings

15 minutes

Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1 tsp Cumin
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 Garlic (clove, minced)
- 3 cups Cauliflower Rice
- 2 tbsps Salsa
- 1 Avocado (sliced)
- 1 Lime

Nutrition

Amount per serving	
Calories	171
Fat	12g
Carbs	17g
Fiber	8g
Sugar	6g
Protein	4g

Directions

- 1 In a skillet over medium-low heat, add the oil along with the onion and bell pepper. Cook for 3 to 4 minutes, then add the cumin, chili powder and sea salt along with the garlic and cauliflower rice. Continue cooking for 5 minutes, stirring often to mix, until the cauliflower rice is cooked.
- 2 Add the salsa to the skillet and stir to combine. Serve with sliced avocado on top and a slice of lime. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. The avocado is best sliced when serving.

No Salsa: Use chopped tomatoes instead.

No Chili Powder: Use paprika instead.

More Flavor: Add hot sauce, red pepper flakes or cayenne pepper.

Additional Toppings: Top with cilantro and/or green onions.



Smoked Salmon Egg Cups

3 servings

25 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 4 ozs Smoked Salmon (roughly chopped)

Nutrition

Amount per serving	
Calories	210
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

More Flavor: Add fresh dill or capers to the muffin tins.



Egg & Beef Breakfast Bowl

1 serving
25 minutes

Ingredients

- 1/2 tsp Coconut Oil
- 3 ozs Extra Lean Ground Beef
- 2 tbsps Mushrooms (sliced)
- 1/3 cup Kale Leaves (chopped)
- 1 Egg
- 1/4 Avocado (cubed)

Nutrition

Amount per serving	
Calories	326
Fat	23g
Carbs	5g
Fiber	4g
Sugar	1g
Protein	25g

Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is roughly 2 cups of the beef mixture.

More Flavor: Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings: Top with sliced cherry tomatoes.



Turkey & Cabbage Stir Fry

1 serving

20 minutes

Ingredients

- 3 ozs Extra Lean Ground Turkey
- 1 tsp Coconut Oil
- 1 cup Green Cabbage (thinly sliced)
- 1/3 Carrot (large, julienned)
- 1 tbsp Water
- 1 tbsp Coconut Aminos
- 1/2 Lime (juiced, plus more for garnish)
- 1 Garlic (clove, minced)
- 1 tsp Ginger (fresh, minced or grated)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	225
Fat	12g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	18g

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken or pork instead.



One Pan Chicken & Radishes

1 serving
45 minutes

Ingredients

- 3 ozs Chicken Leg, Bone-In (skin on)
- 1/8 tsp Ground Sumac (divided)
- 1/4 tsp Fennel Seed (ground)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1/2 Lemon (sliced, zest from half the lemon reserved)
- 1 cup Radishes (trimmed, halved, tops removed and washed/dried)
- 2 Garlic (cloves, skin on)
- 1 tbsp Fresh Oregano (divided)

Nutrition

Amount per serving	
Calories	250
Fat	17g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	16g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
- 3 Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
- 4 Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
- 5 Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Sumac: Omit or replace with another herb.

No Fresh Oregano: Use dried and reduce the amount or use another fresh herb such as rosemary.

Radish Tops: If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.



Zucchini Pizza Bites

1 serving
25 minutes

Ingredients

- 1 Zucchini (medium, cut into 1/4-inch slices)
- 1/4 cup Tomato Sauce
- 1 3/4 ozs Mozzarella Cheese (finely grated)

Nutrition

Amount per serving	
Calories	176
Fat	10g
Carbs	9g
Fiber	3g
Sugar	7g
Protein	12g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the zucchini slices on the baking sheet and bake for eight minutes.
- 3 Remove the baking sheet from the oven and flip the zucchini slices over. Top each zucchini slice with the tomato sauce and the cheese and bake for eight to 10 minutes or until the cheese has melted. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use dairy-free cheese.

Additional Toppings: Fresh herbs, red pepper flakes, garlic, parmesan cheese, salt, pepper, and/or your favourite pizza toppings.

No Tomato Sauce: Use crushed tomatoes instead.



One Pan Chicken, Cabbage & Broccoli

1 serving
25 minutes

Ingredients

- 2 tbsps Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 Garlic (clove, minced)
- 3/4 tsp Ginger (fresh, grated or minced)
- 1/16 tsp Sea Salt
- 1/2 cup Broccoli (cut into small florets)
- 1/2 cup Purple Cabbage (cut into thin strips)
- 3 Cremini Mushrooms (medium, quartered)
- 3 ozs Chicken Breast (boneless, skinless, cut into strips)
- 1 stalk Green Onion (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	303
Fat	16g
Carbs	17g
Fiber	3g
Sugar	10g
Protein	23g

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.