



Vegetarian Meals and Snacks (with protein)


Bariatric Expert

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Hey Bariatric Warriors!

I've created 12 meal and snack ideas for those people who are having a hard time eating meat/ chicken/ fish.

These recipes have a solid amount of protein, taste great and will have you eating real food that comes out of your own kitchen.

If you make one or any of my recipes, let me know how it goes. I want to hear from you.

Healthy Hugs,
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Edamame & Broccoli Slaw

4 servings

10 minutes

Ingredients

4 cups Broccoli Slaw (bagged)
2 cups Frozen Edamame (thawed)
1/2 cup Red Onion (thinly sliced)
1/2 cup Radishes (medium, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1/2 Lime (large, juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	195
Fat	11g
Carbs	16g
Fiber	7g
Sugar	5g
Protein	12g

Directions

- 1 Add all of the ingredients into a large bowl and mix to combine. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add fresh chopped cilantro.



Blended Chocolate Strawberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

- 1/2 cup Cow's Milk, Reduced Fat
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tbsp Cocoa Powder
- 1/4 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	381
Fat	12g
Carbs	40g
Fiber	11g
Sugar	22g
Protein	34g

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Vanilla Ricotta Chia Mousse

2 servings

35 minutes

Ingredients

1 cup Ricotta Cheese
1/2 cup Plain Greek Yogurt
1 1/2 tsps Chia Seeds
1 tsp Vanilla Extract
1/4 tsp Stevia Powder

Nutrition

Amount per serving	
Calories	251
Fat	15g
Carbs	14g
Fiber	1g
Sugar	2g
Protein	15g

Directions

- 1 Add all ingredients to a food processor and blend until well combined and creamy. Divide into small bowls or jars, one per serving, and refrigerate for at least 30 minutes or overnight. Enjoy!

Notes

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

Serving Size: One serving is 3/4 cup.

More Flavor: Stir in blueberry or strawberry jam.

Additional Toppings: Fresh berries.



Pea & Mushroom Risotto

2 servings

40 minutes

Ingredients

- 2 cups Vegetable Broth, Low Sodium
- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Shallot (finely chopped)
- 2 cups Oyster Mushrooms
- 1/2 cup Arborio Rice (dry, rinsed)
- 1/2 cup Frozen Peas (thawed)
- 2 tbsps Parmigiano Reggiano (finely grated, plus extra for garnish)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	311
Fat	5g
Carbs	57g
Fiber	4g
Sugar	6g
Protein	11g

Directions

- 1 In a saucepan, bring the broth to a gentle simmer, then leave on low heat to keep warm.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the shallot and sauté for two to three minutes. Add the mushrooms and cook for another five minutes, stirring frequently.
- 3 Add the rice and cook for two minutes, or until the rice is fragrant.
- 4 Pour in the warm broth one cup at a time, stirring frequently and allowing time for the liquid to absorb before adding more. Cook until the risotto is al dente, about 20 to 25 minutes.
- 5 Stir in the peas and parmesan cheese. Season with salt and pepper. Divide evenly between bowls and top with more parmesan. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Make it Vegan: Use nutritional yeast instead of parmesan.

Make it Spicy: Add some chili flakes.

Additional Toppings: Chopped parsley.



Avocado Berry Salad with Kombucha Vinaigrette

2 servings

10 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 fl ozs Kombucha (berry flavored)
- 2 tbsps Shallot (finely chopped)
- 1/4 tsp Garlic Powder
- 1/2 tsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 1/2 cup Blackberries
- 1 Avocado (medium, cubed)

Nutrition

Amount per serving	
Calories	350
Fat	29g
Carbs	24g
Fiber	11g
Sugar	9g
Protein	5g

Directions

- 1 In a small bowl or jar, whisk together the oil, kombucha, shallot, garlic powder, honey, salt, and pepper.
- 2 Add the mixed greens, strawberries, blackberries, and avocado to a large bowl. Add the dressing and mix to combine. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Chop the avocado just before serving. Add the dressing when ready to serve.

Serving Size: One serving is approximately 2 1/2 cups.

More Flavor: Add Dijon mustard to the dressing.

Additional Toppings: Top with chopped nuts.



Almond Oat Bran Porridge

1 serving
10 minutes

Ingredients

- 1 cup Oat Milk
- 1/4 cup Oat Bran
- 1/16 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tsp Stevia Powder
- 1 1/2 tsps Almond Butter
- 1 tsp Unsweetened Shredded Coconut (toasted)
- 1 tsp Ground Flax Seed
- 1 tsp Chia Seeds

Nutrition

Amount per serving	
Calories	275
Fat	14g
Carbs	42g
Fiber	10g
Sugar	8g
Protein	10g

Directions

- 1 In a small saucepan bring the milk to a boil.
- 2 Stir in the oat bran and salt. Reduce the heat to medium and simmer for two minutes, stirring occasionally.
- 3 Add the cinnamon and stevia powder. Stir well for about two to three minutes or until the liquid is gone and the desired consistency is reached.
- 4 Transfer to a bowl. Top with almond butter, coconut, flax, and chia seeds. Enjoy!

Notes

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

Serving Size: One serving is about one cup.

Additional Toppings: Chopped nuts, banana slices and/or apple slices. More milk to adjust consistency to your preferences.



Tomato, Kale & White Bean Soup

2 servings

35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 1 tsp Cumin
- 2 cups White Navy Beans (cooked)
- 1 cup Tomato Purée
- 2 cups Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	370
Fat	4g
Carbs	69g
Fiber	24g
Sugar	13g
Protein	19g

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and sauté for about five minutes. Add the garlic and cumin and sauté for another minute.
- 2 Add the beans, tomato purée, and broth to the pot. Stir and season with salt and pepper. Cover the pot with a lid and simmer on low heat for 20 minutes.
- 3 Remove the lid, use a potato masher and mash some of the beans in the pot. Alternatively, blend some of the soup with a hand blender. Stir and add the kale leaves. Simmer uncovered for another five minutes.
- 4 Divide the soup evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add bell pepper, mushrooms, and/or lemon juice.

Additional Toppings: Top with chopped parsley.



Air Fryer Crispy Lima Beans

2 servings

20 minutes

Ingredients

- 1 1/4 cups Lima Beans (cooked)
- 2 tsps Extra Virgin Olive Oil
- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	163
Fat	5g
Carbs	23g
Fiber	8g
Sugar	0g
Protein	8g

Directions

- 1 Preheat the air fryer to 380°F (195°C).
- 2 Pat the lima beans dry with paper towel. Transfer to a bowl and toss with oil, garlic powder, smoked paprika, salt, and pepper.
- 3 Add the beans to the air fryer and cook for 15 minutes, shaking half way through. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the air fryer.

Serving Size: One serving is about 1/2 cup.

Additional Toppings: Serve with a dip on the side, such as spicy mayo, yogurt, and/or ranch.



Thai Red Curry Chickpeas, Rice & Broccoli

2 servings

35 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 1 tbsp Thai Red Curry Paste
- 1/4 cup Water
- 1 1/2 cups Chickpeas (cooked)
- 4 cups Frozen Broccoli
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving	
Calories	434
Fat	4g
Carbs	85g
Fiber	15g
Sugar	9g
Protein	20g

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Mix the curry paste with the water and toss with the chickpeas. Put the chickpeas into the baking dish and cook in the oven for 20 minutes or until just starting to brown.
- 4 Meanwhile, steam the broccoli for three to five minutes, or until bright green and tender-crisp.
- 5 Serve the chickpeas with the rice and broccoli. Garnish with the cilantro. Enjoy!

Notes

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

Serving Size: One serving is 3/4 cup of chickpeas, 1/2 cup cooked rice, and two cups of broccoli.

Additional Toppings: Sliced avocado and/or radish.



Creamy Split Pea Green Curry

2 servings
1 hour 10 minutes

Ingredients

- 1 Yellow Onion (small, sliced)
- 2 cups Kale Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 2 tbsps Curry Powder
- 2 Garlic (clove, minced)
- 2 cups Vegetable Broth, Low Sodium
- 1 cup Yellow Split Peas (uncooked, rinsed)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Plain Greek Yogurt (room temperature)

Nutrition

Amount per serving	
Calories	451
Fat	6g
Carbs	76g
Fiber	28g
Sugar	11g
Protein	28g

Directions

- 1 Heat a pot over medium heat. Add the onion, kale, and spinach with a splash of water. Stir and cook for about five minutes.
- 2 Add the curry powder and garlic. Cook for another two to three minutes. Add the broth, and using a hand blender, blend the mixture until smooth.
- 3 Add the split peas and season with salt and pepper. Cover the pot with a lid and simmer over medium-low heat for 50 to 60 minutes or until the peas are cooked.
- 4 Remove from the heat and add the yogurt. Whisk quickly until mixed well and adjust the seasoning to your taste. Divide between serving bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Additional Toppings: Top with cilantro or green onion.

Serving Options: Serve with bread, over rice, or as is.



Ghee & Tahini Bites

4 servings

40 minutes

Ingredients

- 1 cup Walnuts (chopped)
- 1/2 cup Pitted Dates
- 2 tbsps Tahini
- 2 tbsps Ghee
- 1/16 tsp Sea Salt
- 2 tbsps Unsweetened Shredded Coconut
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	389
Fat	32g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	11g

Directions

- 1 In a food processor, add the walnuts and dates. Blend until everything is combined into small crumbly pieces.
- 2 Add the tahini, ghee, salt, shredded coconut, protein powder, cinnamon, and nutmeg and blend again until the mixture is combined.
- 3 Use a one inch (2.5 cm) cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
- 4 Store in the refrigerator for at least 30 minutes to set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to one month.

Serving Size: One serving is two bites.

Make it Vegan: Use coconut oil instead of ghee.

More Flavor: Add ground ginger and cardamom.



Lentil & Potato Soup

3 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, diced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Dry Green Lentils (rinsed, drained)
- 1 cup Mini Potatoes (halved)
- 1/2 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 4 cups Vegetable Broth
- 1 1/2 tsps Apple Cider Vinegar
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	248
Fat	5g
Carbs	41g
Fiber	6g
Sugar	8g
Protein	11g

Directions

- 1 In a large pot, heat the oil over medium heat. Add the onion and sauté until softened, about three to four minutes. Season with salt and pepper.
- 2 Add the lentils, potatoes, smoked paprika, garlic powder, and vegetable broth to the pot. Season with salt and pepper.
- 3 Bring the soup to a boil, then reduce the heat to low and simmer for 20 to 25 minutes or until the lentils and potatoes are tender. Once it's done cooking, stir in the vinegar.
- 4 Garnish with fresh parsley and divide between bowls. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups.

More Flavor: Add more vegetables like celery, carrots, and/or cabbage.

Additional Toppings: Parmesan cheese and/or fresh basil.



Kimchi Avocado Toast with Eggs

1 serving

10 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1/4 Avocado (medium, sliced)
- 1 oz Sourdough Bread (toasted)
- 2 tbsps Kimchi
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	317
Fat	19g
Carbs	19g
Fiber	4g
Sugar	1g
Protein	16g

Directions

- 1 Heat the oil in a large pan over medium heat. Add the eggs to the pan and stir continuously. Keep pushing the eggs around the pan until fluffy and cooked to your desired consistency. Remove from the heat.
- 2 Add the avocado to the toast and top with the kimchi and eggs. Season with salt and pepper and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit the eggs or use tofu scramble instead.

Additional Toppings: Chopped green onions.

Gluten-Free: Use gluten-free bread.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.