



## Bariatric Friendly Grilling Recipes

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

Dear Bariatric Clients,

To kick off the grilling season, I've curated a special menu of delicious and healthy grilling recipes just for you! 🍴 Who can resist fresh veggies and lean proteins sizzling on the grill, seasoned to perfection? 🍴

Enjoy these tasty and nutritious options as you celebrate the joys of outdoor cooking.

Bon appétit!

Sheri Burke, RHN

Specializing in Bariatric Nutrition



## Grilled Chicken & Zucchini Skewers

2 servings

20 minutes

### Ingredients

- 12 ozs Chicken Breast (skinless, boneless, cubed)
- 1 tbsp Avocado Oil (divided)
- 1/2 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Balsamic Vinegar
- 1 Yellow Bell Pepper (chopped)
- 1 Zucchini (medium, chopped)
- 3/4 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	338
Fat	12g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	41g

### Directions

- 1 In a large bowl, toss the chicken with half of the oil. Add the seasoning, salt, pepper, and balsamic vinegar and mix until well coated. Place in the fridge and marinate it while you prep the vegetables.
- 2 Toss the pepper, zucchini, and onion in another bowl and drizzle with the remaining oil. Season with salt and pepper. Thread the chicken, bell peppers, zucchini, and onion onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two 10-inch (25 cm) skewers.

**Additional Toppings:** Serve with rice, salad, and/or veggies or choice.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.





## Bang Bang Chicken Skewers

4 servings

30 minutes

### Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless, cut into small cubes)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Garlic Powder
- 4 Barbecue Skewers
- 1/3 cup Mayonnaise
- 3 tbsps Sweet Chili Sauce
- 1 tsp Sriracha
- 4 cups Asparagus (trimmed)
- 2 Zucchini (medium, sliced)

### Nutrition

Amount per serving	
Calories	455
Fat	28g
Carbs	13g
Fiber	4g
Sugar	9g
Protein	38g

### Directions

- 1 Pre-heat the grill to medium heat.
- 2 In a bowl, combine the chicken, half the oil, salt, pepper, and garlic powder. Thread the chicken cubes onto the skewers. Refrigerate until ready to cook.
- 3 In a small bowl, whisk together the mayonnaise, sweet chili sauce, and sriracha. Remove half of the sauce and set aside in the fridge until ready to eat.
- 4 Toss the asparagus and zucchini with the remaining oil, salt, and pepper and transfer to a grill-safe pan.
- 5 Grill the chicken over medium heat for about six to eight minutes. Flip and brush with the mayonnaise mixture. Cook for another six to eight minutes, or until cooked through.
- 6 Meanwhile, add the veggies in the pan to the grill and cook for about five to six minutes or until cooked through.
- 7 Divide the chicken skewers and veggies onto plates and drizzle the chicken with the remaining mayonnaise sauce from the fridge. Enjoy!

### Notes

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

**Serving Size:** One serving is one 10-inch (25 cm) skewer with about two cups of veggies.

**Additional Toppings:** Top with cilantro or green onion.



## Sweet & Spicy Grilled Broccoli

2 servings

35 minutes

### Ingredients

- 3 cups Broccoli (cut into large florets)
- 1/3 cup Sweet Chili Sauce
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Chili Flakes

### Nutrition

Amount per serving	
Calories	100
Fat	1g
Carbs	22g
Fiber	4g
Sugar	16g
Protein	4g

### Directions

- 1 Add the broccoli to a bowl with the sweet chili sauce. Toss to combine. Marinate for 10 to 15 minutes.
- 2 Preheat the grill to medium-high heat.
- 3 Place the marinated broccoli, reserving any leftover marinade, onto the grill and cook for 10 to 11 minutes or until slightly charred and tender. Turn every one to two minutes to prevent burning.
- 4 Place the grilled broccoli back into the bowl with the remaining marinade and gently toss. Season with salt, pepper, and chili flakes. Enjoy!

### Notes

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

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



## Grilled Steak & Carrots with Harissa Butter

4 servings

30 minutes

### Ingredients

- 1/4 cup Butter (softened)
- 1 tbsp Harissa
- 1 tbsp Avocado Oil
- 8 Carrot (medium, cut in half lengthwise)
- Sea Salt & Black Pepper (to taste)
- 1 1/4 lbs Flank Steak
- 2 tbsps Parsley (finely chopped)

### Nutrition

Amount per serving	
Calories	417
Fat	27g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	31g

### Directions

- 1 In a small bowl, mash together the butter and harissa until well combined. Set aside.
- 2 Rub the oil over the carrots and season with salt and pepper.
- 3 Grill the carrots for eight to ten minutes or until charred on one side. Flip and grill for another six to eight minutes or until fork tender and cooked through.
- 4 Season the steak with salt and pepper.
- 5 Grill the steak over medium-high heat for about five to six minutes per side. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 6 Add the butter to the warm carrots and steak and top with parsley. Divide the steak and carrots onto plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two carrots with steak.

**More Flavor:** Rub the steak with ground cumin and/or garlic powder.

**No Flank Steak:** Use hanger, skirt, or sirloin.





## Grilled Chicken Shawarma & Cucumber Salad

3 servings

35 minutes

### Ingredients

- 1 1/2 tbsps Shawarma Spice Blend
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Cane Sugar (optional)
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tbsp White Wine Vinegar
- 1 tsp Raw Honey
- 1 Cucumber (large, thinly sliced)
- 1/3 cup Red Onion (thinly sliced)
- 3 tbsps Fresh Dill (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	301
Fat	15g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	31g

### Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a large bowl, mix together the shawarma spice, half of the oil, and sugar (if using). Season with salt and pepper. Add the chicken and coat well with the mixture. Set aside.
- 3 In a separate bowl, whisk the remaining oil, vinegar, and honey together. Add the cucumbers, onions, and dill. Season with salt and pepper and mix to coat. Set aside.
- 4 Grill the chicken for 16 to 20 minutes or until cooked through. Flip the chicken every two to three minutes to evenly cook.
- 5 Serve the chicken with the cucumber salad. Garnish with dill and enjoy!

### Notes

**Leftovers:** Refrigerate the chicken and cucumber salad separately in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 chicken thighs and one cup of salad.

**More Flavor:** Add tomatoes, bell peppers and more fresh herbs like cilantro and chives to the salad.

**Serve it With:** Pita, naan bread, rice, or potatoes.



## Grilled Green Bean Salad

4 servings

20 minutes

### Ingredients

- 4 cups Green Beans (trimmed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Shallot (thinly sliced)
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced, zested)
- 1/4 cup Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	103
Fat	7g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	2g

### Directions

- 1 Preheat the grill to medium heat.
- 2 In a bowl, add the beans, half of the oil, salt, and pepper. Toss to combine.
- 3 Place the beans directly onto the grill or into a grill basket. Grill for 10 to 12 minutes or until lightly charred and tender.
- 4 Add the grilled beans to a large bowl with the shallot, garlic, remaining oil, lemon juice, lemon zest, and dill. Toss to combine. Season with salt and pepper, as needed. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Can be enjoyed cold.

**Serving Size:** One serving is approximately one cup.

**No Fresh Dill:** Use fresh parsley instead.





## Grilled Chicken Seekh Kebab

6 servings

30 minutes

### Ingredients

- 1 lb Extra Lean Ground Chicken
- 2 tbsps Parsley (chopped, plus extra for garnish)
- 1/2 Yellow Onion (small, diced)
- 1 tbsp Garam Masala
- Sea Salt & Black Pepper (to taste)
- 6 Barbecue Skewers
- 1 Lemon (juiced, for serving)

### Nutrition

Amount per serving	
Calories	119
Fat	6g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	14g

### Directions

- 1 Preheat the grill to medium heat.
- 2 In a bowl, combine together the chicken, parsley, onion, garam masala, salt, and pepper.
- 3 Tightly pack the mixture into balls, then form the balls into long, thin kebabs, about seven inches (18 cm) in length, around each of the barbecue skewers.
- 4 Cook the kebabs on the grill for about seven to eight minutes on each side.
- 5 Squeeze the lemon juice on top before serving. Garnish with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two kebab skewers.

**Serve it With:** Naan, over rice, or with grilled vegetables.

**Wooden Skewers:** Be sure to soak the skewers in water prior to use.



## Grilled Chicken Almond Satay Skewers

6 servings

30 minutes

### Ingredients

- 1/4 cup Sesame Oil (divided)
- 3 tbsps Soy Sauce (divided)
- 2 tbsps Almond Butter
- 2 tbsps Cane Sugar
- 1 tbsp Rice Vinegar
- 1/2 tsp Ground Ginger
- 1 1/4 tps Garlic Powder
- 2 lbs Chicken Breast (boneless, skinless, cubed)
- 4 Green Bell Pepper (medium, chopped into chunks)
- 12 Barbecue Skewers (small)

### Nutrition

Amount per serving	
Calories	332
Fat	16g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	36g

### Directions

- 1 Preheat the grill to medium heat.
- 2 In a large bowl, add 3/4 of the oil, 1/3 of the soy sauce, almond butter, sugar, vinegar, ground ginger, and garlic powder and mix until smooth. Stir in the chicken and set aside.
- 3 In a separate bowl, mix together the bell peppers, the remaining oil, and the remaining soy sauce. Set aside.
- 4 To assemble, thread the chicken and peppers onto the skewers.
- 5 Grill for five to seven minutes per side, or until browned and cooked through. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two 7-inch (18 cm) skewers.

**More Flavor:** Marinate the chicken in the sauce, in the fridge, overnight. Make extra sauce, keeping it away from raw chicken to drizzle over the cooked skewers.

**Additional Toppings:** Serve with rice, salad, and/or veggies of choice.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



## Grilled Sumac Marinated Kebab

4 servings

40 minutes

### Ingredients

- 1 lb Top Sirloin Beef Roast (sliced thinly)
- 1 cup Red Onion (cut into chunks)
- 1 tbsp Ground Sumac
- 1 Lemon (juiced, divided)
- 2 Garlic (minced)
- Sea Salt & Black Pepper (to taste)
- 8 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	213
Fat	6g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	34g

### Directions

- 1 In a large bowl, add the beef, onion, sumac, lemon juice, and garlic. Mix well and season with salt and pepper.
- 2 Cover the bowl and let it marinate for about 20 minutes.
- 3 Pre-heat the grill to medium-high heat. Thread the beef slices and onion onto the barbecue skewers.
- 4 Grill the skewers for about four to five minutes per side, or until browned and cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two 10-inch (25 cm) skewers.

**More Flavor:** Add zucchini and bell peppers.

**Additional Toppings:** Top with fresh herbs such as dill, mint, and/or parsley.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.





## Grilled Lemon Pepper Shrimp & Zucchini Skewers

4 servings

15 minutes

### Ingredients

- 1 lb Shrimp (peeled, deveined, tails removed)
- 3 tbsps Avocado Oil (divided)
- 2 tsps Lemon Pepper Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 Zucchini (medium, sliced)
- 4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	206
Fat	11g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	24g

### Directions

- 1 Preheat the grill to medium-high heat.
- 2 Place the shrimp in a bowl and toss with half the oil, lemon pepper seasoning, salt, and pepper. Remove the shrimp and set aside. Add the zucchini to the bowl. Toss with the remaining oil and season with salt and pepper.
- 3 Pierce the shrimp and zucchini onto the barbecue skewers.
- 4 Grill for four to five minutes, flipping halfway through or until the shrimp and zucchini are cooked through. Divide the skewers between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two 10-inch (25 cm) skewers.

**More Flavor:** Marinate the shrimp for about one hour prior to grilling.

**Additional Toppings:** Serve with a squeeze of lemon on top and/or cilantro.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



## Jalapeno Lime Grilled Chicken with Sweet Potato

4 servings

50 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Raw Honey
- 1/2 Lime (juiced and zested)
- 1 Jalapeno Pepper (seeds removed, roughly chopped)
- 2 Garlic (clove)
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Breast (boneless, skinless)
- 2 Sweet Potato (medium, sliced into rounds)

### Nutrition

Amount per serving	
Calories	345
Fat	17g
Carbs	23g
Fiber	2g
Sugar	11g
Protein	27g

### Directions

- 1 In a blender, combine 3/4 of the oil, honey, lime juice, lime zest, jalapeno, garlic, salt, and pepper. Blend until smooth.
- 2 Pour half of the mixture over the chicken and let it sit for 20 minutes.
- 3 Toss the sweet potato with the remaining oil and season with salt and pepper.
- 4 Preheat the grill to medium-high heat.
- 5 Grill the chicken for eight to 10 minutes per side or until cooked through. Grill the sweet potato alongside the chicken for nine to 10 minutes per side or until cooked through.
- 6 Divide the chicken and sweet potato onto plates. Drizzle the remaining sauce everywhere. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups of sweet potato with chicken.

**Additional Toppings:** Top with cilantro.

**More Flavor:** Marinate the chicken in a sealed container for up to two hours before grilling.



## Grilled Sweet Chili Chicken & Veggie Skewers

3 servings

55 minutes

### Ingredients

- 1 lb Chicken Breast (boneless, skinless, cut into cubes)
- 1 Yellow Bell Pepper (medium, chopped)
- 1 Red Bell Pepper (medium, chopped)
- 1 cup Red Onion (cut into chunks)
- 2 tbsps Avocado Oil
- 1/3 cup Sweet Chili Sauce
- Sea Salt & Black Pepper (to taste)
- 6 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	347
Fat	14g
Carbs	20g
Fiber	2g
Sugar	13g
Protein	36g

### Directions

- 1 In a large bowl, add the chicken, bell peppers, onion, oil, sweet chili sauce, salt, and pepper. Mix to combine. Marinate for 30 minutes covered at room temperature.
- 2 Preheat the grill to medium-high heat. Thread the chicken and vegetables onto the barbecue skewers.
- 3 Place the skewers onto the grill and cook for five to six minutes per side or until the chicken is cooked through and the vegetables are charred. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two 7-inch (18 cm) skewers.

**More Flavor:** Brush more sweet chili sauce onto the skewers once they are cooked.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.