IFSO

COOK BOOK

International Healthy Recipes

Vol. 4

www.ifso.com

ISBN 978-88-944666-5-2

IFSO - INTERNATIONAL HEALTHY RECIPES VOL. 4

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Sara Suliman, Yitka Graham, Mary O'Kane



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Yitka Graham

Mary O'Kane

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of Obesity and metabolic disorders (IFSO)
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ISBN 978-88-944666-5-2

Foreword

Living with metabolic bariatric surgery (MBS) requires a life-long commitment to healthy eating. For many people, there are changes to their relationship with food, which requires consideration to many aspects of eating previously taken for granted.

This cookbook offers a collection of nutritious recipes compiled by our expert IFSO Integrated Health Professionals across the globe, offering ideas, inspiration and resources to our patients.

Our approach at IFSO is very much a patient-first one, and we are always exploring ways to offer innovative and practical support for people as they progress from weight-loss to health gain.

We are delighted to be part of the fourth edition of the IFSO cookbook, with delicious recipes from our global members and we hope this book will be a valuable resource for patients and professionals.



Sara Suliman
President, IFSO Integrated Health Section



Yitka Graham
President-Elect, IFSO Integrated Health Section

Preface

It is with great pleasure that we introduce the **IFSO 2026 Cookbook**, the fourth in the IFSO collection. IFSO members, their family, friends and people living with overweight or obesity responded to the call for recipes for healthy and nutritious meals. The authors were asked to consider the additional needs of people having metabolic bariatric surgery or using obesity management medications; however, the recipes will appeal to everyone.

This IFSO global initiative resulted in 80 recipes being received from all over the world reflecting our different foods and cultures. IFSO Integrated Health dietitians and nutritionists reviewed and judged the recipes. They found it interesting to learn more about regional foods and meals. The best recipes were selected for publication and will tempt everyone's appetite.

We are very grateful to the authors for their engagement and contributions and making this important project possible. A huge thanks also to the IFSO dietitians and nutritionists who freely gave their time in reviewing and judging the entries. These include: Eri Kikkawa (Japan, IFSO APC), Célia Aparecida Valbon Beleli (Brazil, IFSO LAC), Madhawi Aldhwayan (Saudi Arabia, IFSO MENAC), Richa Jaiswal (India, IFSO APC), Violeta Moize (Spain, IFSO EC), Julie Parrott (USA, IFSO NAC), Angela Leal (Mexico, IFSO LAC), Silvia Leite (Brazil, IFSO LAC), Mary O'Kane (UK, IFSO EC). In addition, a special thank you to Manuela Mazzarella and Stefanie D'Arco at IFSO for all their support behind the scenes.

We hope that you will enjoy trying the recipes and will share details of IFSO 2026 cookbook with your colleagues, patients and friends.



Mary O'Kane
on behalf of the IFSO Integrated Health Section

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Black Rice Sizzler with Roasted Paneer Sticks

Vasudha Pandit
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Aiims, Delhi
India

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 1

Preparation time: 50-60 minutes



Ingredients

- Black rice 20 g
- Paneer 60 g
  (50 g for paneer sticks and 10 g for garnishing)
- Peas 10 g
- Tomato 20 g
- Capsicum 20 g
- Carrot 5 g
- Beans 5 g
- Onion 50 g
- Garlic 10 g
- Oil 5 g
- Bay leaf 1 (0.5 g)
- Green chilli ½ (2.5 g)
- Red chilli powder 1/8 tablespoon (as per taste)
- Ginger 2 g
- Coriander leaves 5 g
- Garam masala 1/16 tablespoon
- Salt ¼ tablespoon

Nutritional Facts

per serving

- Calories: 291.55 Kcal
- Protein: 20.06 g
- Carbohydrate: 36.33 g
  Of which sugars 0 g
- Fat: 9.58 g
- Iron: 3.29 mg
- Calcium: 254.79 mg
- Fiber: 4.91 g

Cooking instructions

- Soak black rice for 30 min. Drain them and set aside.
- Add triple the amount of water and cook them for 10-15 min until rice is done.
- Heat oil/ghee.
- Add cumin seeds. When seeds crackle, add onion, garlic and bay leaf and saute until light brown.
- Add tomato, carrot, beans, peas and green chilli and saute it.
- Add ginger, black pepper, garam masala, salt and stir it.
- Add cooked rice to the above veggies mixture and stir it.
- Switch off flame.
- Add a small portion of paneer for garnishing.
- Heat the iron plate in an oven and place on its wooden plate.
- Boil water, add salt and soak cabbage leaves for 5-10 minutes.
- Place cabbage leaves on a hot iron plate.
- Place rice on it.
- Arrange diced paneer, onion and capsicum on skewer and saute them on all sides.
- Serve the paneer skewers on top of the rice and veggies on a hot iron plate.

Nutritional Analysis

Indian Food Composition Tables 2017, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad, Telangana, India.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Black rice	20 g	74.32	1.6	0.42	16	0	0.7	0	0.98
Paneer (low fat)	60	102	15	3.6	2.4	0	0	210	0
Peas	10 g	8.12	0.72	0.01	1.18	0	0.14	2.82	0.62
Tomato	20 g	3.88	0.16	0.08	0.52	0	0.04	2	0.32
Capsicum	20 g	3.2	0.2	0.06	0.36	0	0.12	3.8	0.4
Carrot	5 g	1.65	0.04	0.02	0.27	0	0.03	2.05	0.2
Beans	5 g	1.21	0.12	0.01	0.13	0	0.06	2.79	0.21
Onion	50 g	28.3	0.9	0.05	11.5	0	1.5	15.3	0.5
Garlic	10 g	12.28	0.67	0.01	2.18	0	0.08	1.76	0.54
Oil	5 g	45	0	5	0	0	0	0	0
Bay leaf	0.5 g	1.5	0.03	0.04	0.37	0	0.21	4.17	0.13
Green chilli	2.5 g	1.14	0.06	0.01	0.15	0	0.03	0.6	0.12
Red chilli powder	1/8 T.spoon	4.41	0.23	0.09	0.51	0	0.09	1.83	0.56
Ginger	2 g	0.05	0.04	0.01	0.17	0	0.03	0.37	0.1
Coriander leaves	5 g	1.55	0.17	0.03	0.09	0	0.26	7.3	0.23
Garam masala	1/16 T.spoon	2.94	0.12	0.14	0.5	0	0	0	0
Salt	1/4 T.spoon	0	0	0	0	0	0	0	0
Total		291.55	20.06	9.58	36.33	0	3.29	254.79	4.91

Chicken in Cauliflower Tahini Cream

Jaya Gupta
Dietitian
Mohak Hitech Speciality Hospital, Indore
India

Designed for individuals recovering from metabolic and bariatric surgery, this recipe is ideal during the puréed and soft diet stages. It is high in protein, easy to digest, and provides nutrient-dense ingredients with a smooth texture to support recovery.

Preparation

Number of servings: 1

Active preparation time: 8 minutes

Cooking time: 15 minutes

Total time: 23-25 minutes



Ingredients

- Chicken breast – 100 g(Raw)
- Cauliflower – 100 g (approximately 1 cup, steamed until very soft)
- Greek yogurt – 40 g
- Tahini – 1 teaspoon (5 g)
- Garlic confit paste – ¼ teaspoon (approximately 1 g)
- Olive oil – ½ teaspoon (2.5 ml)
- Smoked paprika – pinch
- Salt -pinch
- Black Pepper Powder -pinch
- Garnish with carrots and leaves

Substitute suggestions

- Greek yogurt may be replaced with low fat natural yogurt.
- Tahini may be replaced with smooth sesame paste.
- Smoked paprika may be replaced with mild paprika powder if required.
- Cauliflower can be replaced by red bell pepper.

Nutritional Facts

per serving

- Calories: 235 kcal
- Total Protein: 30 g Carbohydrate: 8.3 g Of which sugars: 3 g Fat: 9.1 g
- Iron: 1.6 mg
- Calcium: 109 mg
- Fiber: 2 g

Cooking instructions

1. Gently poach the chicken breast in water until fully cooked and tender.
2. Shred the cooked chicken finely using a fork.
3. Steam cauliflower until very soft.
4. Blend steamed cauliflower, Greek yogurt and tahini, salt until an ultra-smooth puree is formed.
5. Add garlic confit paste and mix well.
6. Fold the shredded chicken into the cauliflower puree.
7. Drizzle olive oil over the mixture.
8. Garnish with carrots and leaves.
9. Sprinkle a small pinch of smoked paprika powder, black pepper powder before serving.

Modifications for post metabolic bariatric surgery

- Chicken is shredded finely to improve digestibility.
- Cauliflower is fully cooked and blended to create a smooth texture.
- The dish can be blended further for patients in the pureed diet stage.
- Serve warm in small portions and encourage slow eating.

Nutritional Analysis

Indian Food Composition Tables (IFCT) and standard nutrient database estimation.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast	100	120	23	2.6	0	0	0.7	11	0
Cauliflower	100	25	2	0.3	5	2	0.4	22	2
Greek yogurt	40	35	4	1.0	2	1	0.1	60	0
Tahini	5	30	1	2.5	1	0	0.4	15	0
Garlic confit paste	1	3	0	0.2	0.3	0	0	1	0
Olive oil	2.5	22	0	2.5	0	0	0	0	0
Spices	Pinch	0	0	0	0	0	0	0	0
Total		235	30	9.1	8.3	3	1.6	109	2

Chickpea & Spinach Protein Tikkies

Parul Soni
Dietitian
Mohak Hitech Speciality Hospital, Indore
India

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery.

Preparation

3-4 tikkies (1 serving)



Ingredients

- 1 cup boiled chickpeas (Kabuli chana)
- 1 cup finely chopped spinach
- 1 tbsp roasted gram flour (besan) – for binding
- 1 tbsp low-fat paneer (grated) (optional – increases protein)
- 1 teaspoon ginger-garlic paste
- 1 green chilli (finely chopped) (optional)
- ½ teaspoon cumin powder
- ¼ teaspoon black pepper powder
- Salt to taste
- 1 teaspoon lemon juice
- 1–2 teaspoon olive oil for shallow cooking

Nutritional Facts

per serving
(3-4 tikkies)

- Calories: 160 kcal
- Protein: 9 g
- Carbohydrate: 18 g
  Of which sugar: 2 g
- Fat: 5 g
- Fiber: 5 g
- Calcium: 90 mg
- Iron: 2.5 mg

Cooking instructions

1. Mash the boiled chickpeas in a bowl until slightly coarse.
2. Add finely chopped spinach and mix well.
3. Add besan, paneer, ginger-garlic paste, green chilli, and spices.
4. Mix everything together to form a soft dough-like mixture.
5. Divide the mixture into small round tikkies.
6. Heat a non-stick pan and brush with a little olive oil.
7. Cook the tikkies on medium flame for 3-4 minutes on each side until golden and crisp.
8. Serve warm. (Optional serving suggestion: Can be served with mint yogurt dip or hung curd dip.)

Nutritional Analysis

Ingredient	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Sugar (g)	Calcium (mg)	Iron (mg)
Boiled Chickpeas	1 cup (~164 g)	269	14.5	45.0	4.2	12.5	8.0	80	4.7
Spinach	1 cup (~30 g)	7	0.9	1.1	0.1	0.7	0.1	30	0.8
Roasted Besan	1 tbsp (~10 g)	38	2.2	5.8	0.6	1.1	1.0	10	0.5
Low-fat Paneer (optional)	1 tbsp (~15 g)	30	3.0	0.8	1.5	0	0.5	80	0.1
Olive Oil	2 teaspoon (~10 g)	90	0	0	10.0	0	0	0	0
Total	–	434	20.6	52.7	16.4	14.3	9.6	200	6.1

Egg Wrapped Pork and Oat Dumplings
(With a Crispy Cheese Skirt - optional)

Hoi Suen Gigi Leung
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Metabolic and Bariatric Surgery Clinic,
Prince of Wales Hospital, Hong Kong
China

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery.





Preparation

Number of servings: 2 servings (4 dumplings per serving)

Preparation time: 30 mins

Ingredients

- 2 eggs, raw
- 80g ground pork, lean (can be substituted with ground beef)
- 15g oats, dry
- 1 teaspoon (5 g) vegetable oil for panfrying egg wrappers & dumplings
  Seasoning (for pork):
- 1 stalk spring onion (10 g), finely sliced
- ½ tablespoon ginger (5 g), finely minced
- 1 teaspoon soy sauce
- Pinch of white pepper
- 1 teaspoon water

Crispy cheese skirt (optional):

- 2 tablespoon parmesan cheese (10 g), grated

Nutritional Facts

per serving

- Calories: 192 kcal
- Total Protein: 18.8 g
- Carbohydrate 8.8g
  Of which sugars: 0.3 g
- Fat: 9.2 g
- Iron: 1.7 mg
- Calcium: 115 mg
- Fiber: 1.0 g

Cooking instructions

- Mix the pork and seasoning. Stir the pork mixture in one direction with chopsticks to develop a pasty texture.
- Combine with oats to make the filling. Set aside.
- Heat a non-stick pan over medium-low heat and brush a thin layer of oil.
- Beat the eggs well and add about 1 tablespoon of the egg mixture to the pan.
- Use the back of a spoon or ladle to spread the egg into a circle (~8cm diameter wrapper). Place 1 teaspoon of filling on one side of the egg.
- When the egg begins to set, carefully lift up the other side of the wrapper with a spatula and fold it across to seal the dumpling just like making an omelette. Let it cook for 10 seconds and fry the other side for another 10 seconds. Repeat this step to finish the rest.
- To finish cooking the dumplings, place all of them back into the pan and fry over medium- high heat until the bottom is golden brown, around 1-2 minutes. Then add ½ cup of water, cover with a lid and cook over medium-high heat for 5 minutes and allow all the water to evaporate. Serve hot.

Crispy cheese skirt (optional):

- Wipe the pan dry, place the dumplings back in and sprinkle grated parmesan cheese around the dumplings. Heat over medium heat. Cook until the cheese has turned into a crispy texture. Enjoy!

Nutritional Analysis

Food Nutrient Calculator, Centre for Food Safety, The Government of the Hong Kong Special Administrative Region (https://www.cfs.gov.hk)

Ingredient	Total weight used in the recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Oats	15	56.85	1.97	0.98	10.15	0.15	0.64	7.8	1.51
Eggs	100	138	14.4	6.4	5.6	NA	1.7	76	NA
Ginger	5	1.3	0.04	0.02	0.24	0.09	0.03	0.85	0.14
Vegetable oil	5	44.05	0	5	0	0	0	0	0
Spring onion	10	3.2	0.18	0.02	0.73	0.23	0.15	7.2	0.26
Pork	80	96.8	16.88	3.2	0.17	0	0.69	12	0
Soy sauce	5	2.65	0.31	0	0.38	0.09	0.10	0.95	0.04
Parmesan cheese	10	41.5	3.79	2.73	0.34	0.09	0.09	125.3	0
Total	230	384.35	37.57	18.35	17.61	0.65	3.40	230.1	1.95

Green Protein Delight Cups

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India





With its steamed preparation, high protein content, and soft texture, this recipe is well suited to the soft diet stage following metabolic and bariatric surgery. During earlier stages of recovery, it can be mashed or blended with low-fat yogurt for a smoother, easier-to-tolerate consistency.

Preparation

Number of servings: 6 Pieces
(2 Piece per serving)

Preparation time: 55 minutes

Ingredients

- 100g (Raw) yellow moong dal – Soaked 6-8 hours, Drained
- 100 g Cottage cheese – Crumbled *
- 100 g Spinach – Finely chopped
- 50 g Low-fat natural yogurt
- 20 g Flax seed powder
- 5 g Grated ginger
- ½ Teaspoon (1-1.2 g) Roasted cumin powder
- ½ Teaspoon (2.5 g) Salt (Adjust to Taste)
- 0.25 g Turmeric

(*) Indian cottage cheese is unique to India and is often homemade. Goat cheese or feta cheese are suitable substitutes.

Nutritional Facts

per serving

- Calories: 234 kcal
- Total Protein: 16.41 g
- Carbohydrate: 22.17 g
  Of which sugars: 4.5 g
- Fat: 8.4 g
- Iron: 4.35 mg
- Calcium: 253.9 mg
- Fiber: 8.18 g

Cooking instructions

- Wash the yellow moong dal thoroughly. Soak for 6–8 hours, then drain well.
- Add the soaked moong dal, chopped spinach, grated ginger and low-fat natural yogurt to a blender. Blend with minimal water to obtain a smooth, thick batter.
- Transfer the batter to a bowl. Add crumbled low-fat cottage cheese, flax seed powder, roasted cumin powder, turmeric and salt. Mix well until evenly combined.
- The batter should be thick but spoonable. Adjust the consistency with a small amount of water if required.
- Lightly grease silicone muffin moulds or small cups. Fill each mould about three-quarters full with the batter.
- Place the moulds in a steamer. Steam at 100°C (212°F) for 40 minutes until the cups are firm and fully cooked.
- Check doneness by inserting a toothpick into the centre. If it comes out clean, the cups are ready.
- Allow to cool for 3–4 minutes, then gently remove from the moulds.
- Serve warm with green chutney.
- Modification for patients post-bariatric Surgery:
  The steamed cups can be softly mashed or lightly blended with yogurt to obtain a softer texture if required during early diet progression.

Nutritional Analysis

Nutritional values were derived using the Indian Food Composition Tables (IFCT, 2017) and analyzed through the Intuitive Nutrition Analysis software.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Yellow Moong Dal	100	298	22.87	0.61	47.91	1.5	7.91	76.66	16.66
Cottage Cheese	100	258	18.86	14.78	12.41	11.57	0.9	476	-
Spinach	100	24	2.14	0.64	2.05	0.24	2.95	82.29	2.38
Low Fat Natural Yogurt	50	30	1.55	2	1.5	-	0.1	74.5	-
Flax Seed Powder	20	89	3.71	7.13	2.2	0.12	1.09	51.4	5.23
Ginger	5	3	0.11	0.04	0.45	0.07	0.1	0.94	0.27
Total		702	49.24	25.2	66.52	13.5	13.05	761.7	24.54

Lentil Rice with Small Meatballs

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Suitable for both people living with overweight and obesity and following bariatric surgery. Suitable for the soft diet phase. Portion control is recommended; the rice can be cooked until very soft, and the meatballs should be prepared without frying.





Preparation

Number of servings: 4

Preparation time: 40 (excluding soaking time)

Cooking time: 60 minutes

Ingredients

- White rice (raw): 1 cup (approx 180 g)
- Green lentils, cooked: 200 g
- Lean ground beef (raw): 300 g
- Garlic freshly chopped: 5 g
- Onions (raw), medium: 2 (approx 300 g)
- Black raisins, dried, dried: 28 g
- Olive oil: 3 Tablespoons (15 g)
- Black pepper: to taste
- Saffron infusion: 1 Tablespoon
- Turmeric: 1 Teaspoon (2 g)
- Salt: to taste
- Ground Cinnamon: 1 Teaspoon (2 g)
- Butter: 2 Teaspoons

Nutritional Facts

per serving

- Calories: 389.9 kcal
- Total Protein: 16.27 g
- Carbohydrate: 51.02 g
  Of which sugars: 5.14 g
- Fat: 8.93 g
- Iron: 3.15 mg
- Calcium: 43.92 mg
- Fiber: 5.95 g

Cooking instructions

- Soak raw rice, lentils, and raisins separately for several hours.
- Cook lentils in water over medium heat until fully tender. Drain and set aside.
- Cook rice to a pot with a few cups of water and salt, and place it over heat. After the rice comes to a boil and foams, strain it with lukewarm water (the rice should be cooked to a point where, when squeezed between your thumb and forefinger, the edges are soft and the center is still slightly firm/uncooked).
- Drain soaked raisins and sauté briefly with a small amount of butter, saffron, and cinnamon until slightly plump and glossy.
- Finely grate onions and squeeze out excess liquid.
- Combine grated onion with ground meat, salt, black pepper, turmeric, and garlic powder. Mix thoroughly until uniform.
- Form small meatballs, smaller than a walnut.
- Place meatballs in a non-stick pan with a small amount of water and saffron infusion. Cook over low heat, turning gently until evenly cooked. When water evaporates, add a small amount of olive oil and lightly brown the meatballs.
- In a non-stick pot, add oil or butter and arrange desired base layer if required. Layer rice and lentils alternately. Cover and cook over low heat.
- Cover with a lid and cook for 45 to 55 minutes until fully steamed.
- Serve topped with meatballs and sautéed raisins.

Nutritional Analysis

The nutrient analysis for our recipes has been meticulously conducted using the Nutritionist IV software, specifically modified for Iranian foods.

Ingredient	Total weight (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Lean ground beef (Raw)	300	381	31.8	10.2	-	-	1.8	15	-
White Rice (Raw)	180	625	12.1	0.7	140.6	0	1.1	23.4	3.8
Green Lentils (Cooked)	200	232	18.04	0.76	40.26	3.6	6.66	38	15.8
White Onions (Raw)	200	40	1.8	0.4	6.2	4.4	1.0	62.0	2.6
Black Raisins	28	51	0.6	0.1	13.5	10.1	1	9	0.7
Garlic (Raw)	5	7	0.33	0.03	1.65	0.05	0.2	8	0.11
Olive oil	15	135	-	15	-	-	-	-	-
Butter	10	74.13	0.06	8.3	0.06	-	-	1.3	-
Turmeric	2	6	0.2	0.2	0.1	1.3	-	-	-
Ground Cinnamon	2	6	0.08	0.06	1.11	1.11	0.76	24.6	0.49
salt	2	-	-	-	-	-	-	-	-
Black pepper	1	2.5	0.1	-	0.6	-	0.1	4.4	0.3
Total	945	1559.63	65.11	35.75	204.08	20.56	12.62	175.7	23.8

Lentil–Spinach Protein Steamed Cups (Mini Savory Idli Style)

Mansi Sethi
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India

Suitable for patients post-metabolic bariatric surgery



Preparation

Serving: 2–3 small cups (≈ 90–100 g)

Steaming: 10–12 minutes

Cooling: 2–3 minutes

Ingredients

(1 Serving)

- Moong dal (yellow split lentils) dried – 50 g
- Spinach – 1 small handful (≈ 20 g, finely chopped)
- Low-fat paneer – 30 g (grated)
- Oats powder – 1 tbsp (≈ 10 g)
- Ginger – ½ teaspoon (grated)
- Green chilli – ¼ (finely chopped, optional)
- Salt – to taste
- Water – as required for batter
- Ghee / olive oil – 1 teaspoon (optional, for greasing)

Nutritional Facts

per serving

- Calories: 180 kcal
- Protein: 14 g
- Carbohydrate: 20 g
  of which Sugar: 1.5 g
- Fat: 5 g
- Fiber: 4 g
- Calcium: 140 mg
- Iron: 2.5 mg

Cooking instructions

1. Soak and blend: Soak moong dal for 2 hours. Drain and blend with minimal water to make a smooth batter.
2. Prepare veggies: Finely chop spinach and mix with grated paneer.
3. Combine: Mix the dal batter, oats powder, spinach, paneer, ginger, chilli, and salt until uniform. Batter should be slightly thick but pourable.
4. Steam: Grease mini idli molds or small cups with ½ teaspoon ghee/olive oil. Pour batter into molds. Steam for 10-12 minutes until cooked through.
5. Serve: Cool slightly and serve warm. Can pair with a low-fat chutney or yogurt.



Nutritional Analysis

Indian Food Composition Tables (IFCT 2017) and USDA Nutrient Database.

Ingredient	Quantity	Calories kcal	Protein	Carbs	Fat	Fiber	Sugar	Calcium	Iron
Moong dal	50 g	170 kcal	12 g	30 g	0.5 g	5 g	1 g	40 mg	2 mg
Spinach	20 g	5 kcal	0.6 g	1 g	0 g	0.7 g	0.1 g	30 mg	0.7 mg
Low-fat paneer	30 g	50 kcal	6 g	1 g	2.5 g	0 g	1 g	90 mg	0.2 mg
Oats powder	10 g	38 kcal	1.3 g	6.5 g	0.7 g	1 g	0.2 g	5 mg	0.4 mg
Ginger, chili	3g	5 kcal	0.1 g	1 g	0 g	0.3 g	0.1 g	5 mg	0.1 mg
Ghee/olive oil	1 teaspoon	45 kcal	0 g	0 g	5 g	0 g	0 g	0 mg	0 mg

Mediterranean Baked Silken Tofu with Prawns and Cheese

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Taiwan

Suitable for people who had metabolic bariatric surgery. Soft Phase.





Preparation

Number of servings: 2

Preparation time: 30-35 minutes

Ingredients

- 300 grams silken tofu (1 standard box)
- 1 large egg (approx. 50 grams)
- 90 grams prawns, peeled and finely diced (approx. 6 pieces)
- 50 grams pumpkin, peeled and thinly sliced
- 20 grams spinach leaves, finely chopped
- 30 grams cherry tomatoes, halved (approx. 6 pieces)
- 15 grams low-fat sliced cheese (1 slice), torn into pieces
- 1 tablespoon shredded mozzarella and cheddar cheese blend (15 g)

Substitutes: White fish fillet can be used instead of prawns for those with shellfish allergies

Nutritional Facts

per serving

- Calories: 218 kcal
- Total Protein: 23.9 g
- Carbohydrate: 6.4 g
  Of which sugars: 2.5 g
- Fat: 10.6 g
- Iron: 3.1 mg
- Calcium: 231 mg
- Fiber: 0.8 g

Protein density: approximately 10.9 g protein per 100 kcal

Cooking instructions

- Preheat oven to 180°C (350°F).
- In a large bowl, lightly mash the silken tofu with a fork until it reaches a coarse, soft consistency suitable for the soft diet phase.
- Stir in the beaten egg, finely chopped spinach, diced prawns, and low-fat cheese pieces until well combined.
- Divide the mixture evenly into two 250ml oven-proof ramekins.
- Layer the thin pumpkin slices and halved cherry tomatoes on top.
- Sprinkle the shredded cheese blend over the surface.
- Bake in the center of the oven for 20 to 25 minutes until the center is set and the top is golden brown.
- Allow to cool for 5 minutes before serving to ensure a firmer, safer texture for swallowing.

Nutritional Analysis

Taiwan Food Composition Database and manual calculation.

Ingredient	Weight (g)	Total Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
SilkenTofu	150g	78	7.2	4.1	3.0	0.9	1.6	65	0.2
Large Egg (1/2)	25g	36	3.1	2.4	0.2	0.2	0.5	14	0.0
Prawns (Diced)	45g	45	9.1	0.5	0.0	0.0	0.3	25	0.0
Pumpkin (Sliced)	25g	7	0.3	0.1	1.7	0.7	0.2	6	0.2
Spinach	10g	3	0.3	0.1	0.4	0.1	0.3	10	0.2
Cherry Tomatoes	15g	3	0.2	0.1	0.6	0.4	0.1	2	0.2
Low-fat Cheese	7.5g	16	1.9	0.8	0.3	0.1	0.1	59	0.0
Dual Cheese Blend	7.5g	30	1.8	2.5	0.2	0.1	0.0	50	0.0
Total (Per Serving)	285g	218	23.9g	10.6g	6.4g	2.5g	3.1mg	231mg	0.8g

Mediterranean Kofta with Chickpeas, Spinach and Tomato

Ella Ayoub
Dietitian
Australia

Preparation

Number of servings: 4

Preparation time: 15 minutes

Cooking: 25 minutes

Total time: 40 minutes

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery.



Ingredients (Serves 4)

Kofta

- 500 grams extra lean beef mince (5% fat, raw weight)
- 2 cloves garlic (6 grams), minced
- 2 teaspoons onion powder (4 grams)
- 2 tablespoons fresh parsley (10 grams), finely chopped
- 1 teaspoon ground cumin (2 grams)
- 1 teaspoon paprika (2 grams)
- 1 teaspoon ground sumac (2 grams)
- 1/4 teaspoon ground cinnamon (0.5 gram)
- 1/4 teaspoon ground black pepper (0.5 gram)
- 3/4 teaspoon fine sea salt (4.5 grams)

Sauce

- 1 teaspoon olive oil (5 ml)
- 1 can crushed tomatoes, no added salt (400 grams)
- 1 can chickpeas in brine, drained and rinsed (240 grams drained weight)
- 2 cups fresh baby spinach (60 grams)
- 1/2 teaspoon ground cumin (1 gram)
- 1/2 teaspoon paprika (1 gram)

Nutritional Facts

per serving

- Calories: 312 kcal
- Total Protein: 33.4 g
- Carbohydrate: 23.4 g
  Of which sugars: 7.2 g
- Fat: 9.5 g
- Iron: 5.9 mg
- Calcium: 150 mg
- Fiber: 5.4 g

Cooking instructions

1. Preheat a large non-stick frying pan over medium heat.
2. In a bowl, combine mince, garlic, onion powder, parsley, cumin, paprika, sumac, cinnamon, salt and pepper.
3. Mix gently until just combined. Do not overmix.
4. Shape into 12 equal meatballs.
5. Add olive oil to pan and cook meatballs for 6–8 minutes, turning carefully, until browned.
6. Drain and rinse chickpeas thoroughly under running water for approximately 10 seconds.
7. Add crushed tomatoes, chickpeas and additional spices.
8. Bring to a gentle simmer.
9. Reduce heat and cook uncovered for 15 minutes at approximately 180°C (350°F stovetop simmer).
10. Stir in spinach and cook 2–3 minutes until wilted.
11. Taste sauce and adjust seasoning if required before serving. Ensure meatballs reach an internal temperature of 75°C (167°F) before serving.
12. Serve warm with yogurt and lemon wedge.

Nutritional Analysis

Australian Food Composition Database (AUSNUT/NUTTAB) and USDA Food Data Central, based on raw ingredient weights as listed.

Ingredient	Total Weight in Recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Extra lean beef mince, 5% fat, raw	500	655	102	25	0	0	12.5	55	0
Garlic, raw	6	8.94	0.38	0.03	1.98	0.06	0.10	10.86	0.13
Onion powder	4	13.64	0.42	0.04	3.16	1.54	0.10	15.36	0.61
Parsley, fresh	10	3.6	0.30	0.08	0.63	0.09	0.62	13.80	0.33
Cumin, ground	2	7.5	0.36	0.45	0.88	0.05	1.33	18.62	0.21
Paprika	2	5.64	0.28	0.26	1.08	0.21	0.42	4.58	0.70
Sumac, ground	2	6.08	0.09	0.14	1.42	0.00	0.10	7.20	0.68
Cinnamon, ground	0.5	1.24	0.02	0.01	0.41	0.01	0.04	5.01	0.27
Black Pepper	0.5	1.26	0.05 |	0.02	0.32	0.00	0.05	2.21	0.13
Fine sea salt	4.5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Olive oil	4.5	40	0.00	4.5	0.00	0.00	0.00	0.00	0.00
Crushed tomatoes, canned	400	128	6.4	0.80	28	16	3.2	72	6.8
Chickpeas, canned, drained	240	288	15.12	4.56	45.12	2.16	3.36	117.60	10.56
Spinach, raw	60	13.80	1.74	0.24	2.16	0.24	1.62	59.40	1.32
Low-fat natural yogurt (plain), to serve	120	75.60	6.30	1.86	8.45	8.45	0.06	219.60	0.00
Total	1356.0	1248.3	133.46	37.99	93.61	28.81	23.50	601.24	21.74

Mirza Ghasemi with Chargrilled Eggplant

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Suitable for people who had metabolic bariatric surgery (soft phase). Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 2

Preparation time: 20 minutes

Cooking time: 30 minute





Ingredients

- Eggplants (Raw): 500 g
- Tomatoes, finely chopped or grated: 400 g
- Tomato paste: 1.5 Tablespoon (8 g)
- Garlic, freshly chopped: 7 g
- Eggs: 2 large (approximately 100 g without shells)
- Olive oil: 2 Tablespoons (10 g)
- White onion (Raw): 100 g
- Turmeric: 1 Teaspoon (5 g)
- Black pepper: ½ Teaspoon (2.5 g)
- Salt: to taste

Nutritional Facts

per serving

- Calories: 288.18 kcal
- Total Protein: 12.75 g
- Carbohydrate: 25.26 g
  Of which sugars: 18.44 g
- Fat: 14.33 g
- Iron: 3.09 mg
- Calcium: 148.2 mg
- Fiber: 13.5 g

Cooking instructions

- Wash the eggplants and pierce them several times with a fork to allow steam to escape.
- Grill the eggplants directly over a gas flame, barbecue, or in the oven, turning occasionally until the skin is charred and the flesh is very soft.
- Allow the eggplants to cool, then drain excess liquid.
- Peel off and discard the charred skins.
- Roughly chop the cooked eggplant flesh with a knife.
- Heat olive oil in a pot over medium to high heat.
- Add garlic, turmeric, and black pepper and sauté until golden.
- Add the chopped eggplants and cook for 10 to 15 minutes, stirring occasionally.
- Add tomatoes, tomato paste, and salt.
- Cook over medium heat until excess liquid has evaporated.
- Add eggs directly to the mixture and stir until fully cooked.
- Alternatively, eggs may be fried separately and placed on top before serving.
- Easy to moderate level of preparation.

Nutritional Analysis

The nutrient analysis for our recipes has been meticulously conducted using the Nutritionist IV software, specifically modified for Iranian foods.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Eggplants (Uncooked)	500	140	5.25	0.95	21	18.75	1.25	50	16
Tomatoes pulp	400	64	3.2	1	13.9	8	2.3	132	8
Fresh raw Eggs	120	172	15.1	11.4	0.8	0.5	2.1	67.2	0
Olive oil	10	90	0	10	0	0	0	0	0
Raw Garlic	7	10	0.4	-	2.6	-	-	2.6	
Tomato paste	8	5.36	0.36	0.02	1.03	1.03	0.12	3.6	0
White onion (Raw)	100	95	1.2	5.3	11.2	8.6	0.42	41	3
Total		576.36	25.51	28.67	50.53	36.88	6.19	296.4	27

Musclefuel Blueberry Swirl

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Mohak Hitech Super Speciality Hospital
India

Special Instructions:
- For the soft phase, use well-cooked and mashed fruit.
- For the puréed phase, blend until smooth.
- Avoid fruit skins and dried fruits in the early stages if poorly tolerated.
- Add protein powder to the yogurt and milk mixture to increase protein content.



Preparation

1 Serving (100g)

Preparation time:
40 Minutes

Ingredients

- Fresh blueberries – 60 g
- Stevia – ½ teaspoon (3 g)
- Chia seeds – 1 teaspoon (5 g)
- Unsweetened Greek yogurt – 120 g
- Low-fat milk (or lactose-free milk) – 30 ml
- Walnuts for garnish (optional) – 3 gm

Substitutes:

- Blueberries can be replaced with strawberries or raspberries (well-cooked and mashed).
- Lactose-free milk can be used for better tolerance.
- Greek yogurt may be replaced with high-protein curd (strained).

Nutritional Facts

per serving:

- Calories: 166 kcal
- Protein: 14.8 g
- Fat: 4.8 g
- Total Carbohydrate: 16.7 g
  of which sugars: 16.7 g
- Dietary Fiber: 3.3 g
- Iron: 0.82 mg
- Calcium: 195 mg

Cooking instructions

- Combine blueberries and stevia in a small saucepan.
- Cook on low heat for 4–5 minutes, gently mashing until slightly thickened.
- Remove from heat and stir in chia seeds.
- Let the mixture sit for 5 minutes to activate thickening.
- In a bowl, whisk Greek yogurt and milk until smooth and creamy.
- Transfer the blueberry-chia mixture into a serving jar or bowl.
- Spoon the yogurt mixture over the top.
- Lightly swirl if desired.
- Refrigerate for 30 minutes (or overnight) until set.
- Serve chilled.



Nutritional Analysis

IFCT (Indian Food Composition Table)

Ingredient	Qty	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Blueberries	60 g	34	0.4	0.2	8.7	1.4	0.2	4
Stevia	~3 g equiv	0	0	0	0	0	0	0
Chia seeds	5 g	25	0.9	1.6	2.1	1.7	0.4	32
Greek yogurt	120 g	72	12	0.5	4	0	0.1	120
Low-fat milk	30 ml	15	1	0.5	1.5	0	0.03	36
Walnut (garnish)	3 g	20	0.46	1.96	0.41	0.2	0.09	3
Total		166 kcal	14.76 g	4.76 g	16.71 g	3.3 g	0.82 mg	195 mg

Northern Ash-e Doogh

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Iran

Suitable for people who had metabolic bariatric surgery (during the puréed or soft solid diet stages). Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 4

Preparation time:
30 minutes
(excluding soaking time)

Cooking time: 60 minutes





Ingredients

- Doogh (Diluted salted yogurt): 1 litre (1000 g)
- Cooked chickpeas: 100 g
- Fresh soup vegetables (raw) (parsley, spinach leaves, chard leaves, leek): 400 g
- White rice, uncooked: 60 g
- Salt: to taste
- Black pepper: to taste
- Egg: 1 large (approximately 50 g without shell), optional

Nutritional Facts

per serving

- Calories: 262.12 kcal
- Total Protein: 11.1 g
- Carbohydrate: 35.33 g
  Of which sugars: 12.67 g
- Fat: 8.45 g
- Iron: 4.42 mg
- Calcium: 77.89 mg
- Fiber: 2.42 g

Cooking instructions

- Sort and wash the chickpeas thoroughly.
- Soak chickpeas in cold water for 12 to 24 hours, changing the water every hour to reduce bloating.
- Cook chickpeas in fresh water for 20 to 30 minutes until fully soft.
- Cook rice separately in water until fully cooked.
- Clean, wash, and finely chop the soup vegetables, which includes parsley, leeks, spinach leaves, and Chard leaves.
- In a large pot, after 30 minutes, when the chopped vegetables are cooked, add gradually the yogurt to the pot while stirring the soup simultaneously to mix the ingredients.
- Combine doogh and chopped vegetables and cook over medium heat.
- Taste the doogh before adding salt, as it may already be salty.
- Add cooked chickpeas and rice to the pot.
- Stir continuously to prevent curdling.
- Add salt and black pepper approximately 30 minutes before completion.
- If using egg, beat it well with the doogh before heating to prevent curdling.
- Continue stirring constantly until the soup reaches a gentle boil.
- Garnish with fried onion, garlic, and dried mint before serving.
- If the soup is too thick, add additional doogh.

Nutritional Analysis

The nutrient analysis for our recipes has been meticulously conducted using the Nutritionist IV software, specifically modified for Iranian foods.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Doogh	1000	500	21	25	46	45.8	0	0.62	-
Cooked chickpeas	100	112	5.5	1.5	18.25	0	2.15	44.75	1.8
White Rice, uncooked	60	208	2.4	0.2	46.8	0	0.4	7.8	1.2
Whole Egg	50	71	6.1	5.1	-	-	0.75	23	
leeks	100	61	1.5	0.3	14	3.9	-	-	1.8
Spinach leaves	100	35	3	0.5	6	-	2.5	40	-
Parsley	100	40	3	1	6	1	10	140	3
Chard leaves	100	19	1.8	0.2	3.7	-	1.8	51	1.6
salt	5	-	-	-	-	-	-	-	-
Black pepper	1	2.5	0.1	-	0.6	-	0.1	4.4	0.3
Total	1616	1048.5	44.4	33.8	141.35	50.7	17.7	311.57	9.7

Northern Persian Baghali Ghatogh

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Iran

Suitable for both people living with overweight and obesity and following bariatric surgery. Suitable for the puréed or soft diet stages.



Preparation

Number of servings: 1

Preparation time:
5 minutes
(excluding soaking time)

Cooking time: 30 minutes

Ingredients

- Fresh green fava beans, shelled (raw): 150g (substitute: frozen fava beans, thawed)
- Garlic (raw), finely chopped: 2.5 g
- Dried dill: ½ Tablespoon (2.5 g) (substitute: fresh dill, cleaned and finely chopped: 25 g)
- Egg (whole, raw): 1 large (approximately 50 g without shell)
- Vegetable or meat stock: 100 ml (substitute: 100 ml water plus ¼ stock cube)
- Olive oil: 1 Teaspoon
- Turmeric: ¼ Teaspoon
- Black pepper: ⅛ Teaspoon
- Salt: to taste

Nutritional Facts

per serving

- Calories: 246.5 kcal
- Total Protein: 17.8 g
- Carbohydrate: 16.95 g
  Of which sugars: 2.88 g
- Fat: 12.79 g
- Iron: 5.32 mg
- Calcium: 352.4 mg
- Fiber: 9.3 g

Cooking instructions

- Lightly coat a small pot with olive oil spray.
- Add fava beans and sauté over low heat for 1 to 2 minutes.
- Add garlic, turmeric, and black pepper; cook for 2 minutes.
- Add stock and a small amount of salt.
- Increase heat until boiling, then reduce to low heat.
- Cover the pot and simmer for 45 to 60 minutes until fully cooked.
- Add dried dill during the final minutes of cooking.
- In a separate pan, lightly fry the egg in a small amount of oil until just set.
- Transfer the stew to a serving dish and place the egg on top.
- Turmeric is gently heated in oil to release antioxidants and aroma.
- Dill is added at the end to preserve flavour and colour.
- If you prefer, you can use the same amount of water plus one meat extract tablet instead of stock.
- If you prefer, you can use 100g of fresh dill (cleaned and chopped) instead of dried dill.

Nutritional Analysis

The nutrient analysis for our recipes has been meticulously conducted using the Nutritionist IV software, specifically modified for Iranian foods.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Raw green fava beans (Broad beans)	150	72	7.65	1.2	8.4	1.35	1.2	27	8.1
Whole Egg	50	71	6.1	5.1	-	-	0.75	23	
Garlic	5	4	0.19	0.02	0.99	0.03	0.05	5	0.1
Olive oil	5	45	0	5	-	-	0	0	0
Free fat Chicken broth	100	36	2.52	1.2	3.5	1.5	0.2	187	0
Chopped fresh dill	20	16	1.24	0.27	3.46	0	3.02	111	0.8
Salt	5								
Black pepper	1	2.5	0.1	-	0.6	-	0.1	4.4	0.3
Total		246.5	17.8	12.79	16.95	2.88	5.32	352.4	9.3

Nutri-Filled Paneer Capsicum Boats

Daksha Chitale
Chief Clinical Dietitian
Mohak hitch specialty hospital, Indore
India

Suitable for both people following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 2

Timings: 15minutes

Ingredients

- 2 medium bell peppers (capsicum)
- 100 g low-fat paneer, crumbled
- ¼ cup boiled chickpeas (lightly mashed)
- 2 tbsp finely chopped spinach
- 1 tbsp finely chopped onion
- 1 teaspoon ginger-garlic paste
- ½ teaspoon cumin powder
- ¼ teaspoon black pepper powder
- ¼ teaspoon turmeric powder
- Salt to taste
- 1 teaspoon olive oil
- 1 teaspoon lemon juice

Nutritional Facts

per serving (1 stuffed pepper)

- Calories: 160 kcal
- Protein: 10.5 g
- Carbohydrate: 12 g
  Of which sugar: 3.45 g Fat: 7 g
- Fiber: 3 g
- Calcium: 150 mg
- Iron: 1.4 mg

Cooking instructions

1. Wash the bell peppers and cut the top portion. Remove the seeds to create a hollow cavity.
2. Heat a pan with olive oil, sauté onion and ginger-garlic paste for 1–2 minutes.
3. Add spinach, mashed chickpeas, and crumbled paneer.
4. Mix in turmeric, cumin powder, black pepper, and salt. Cook for 2–3 minutes.
5. Turn off the heat and add lemon juice.
6. Stuff the prepared mixture into the hollow bell peppers.
7. Place them in a covered pan or oven and cook for 10–12 minutes until peppers soften.
8. Serve warm as a protein-rich bariatric meal or snack.

Nutritional analysis

Ingredient	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Calcium (mg)	Iron (mg)	Sugar (g)
Bell Peppers	2 medium (~200 g)	60	2.0	12.0	0.6	4.0	20	0.8	5
Low-fat Paneer	100 g	145	18.0	3.0	7.0	0	220	0.3	2.5
Boiled Chickpeas	¼ cup (~40 g)	66	3.5	11.0	1.0	2.5	20	1.1	1
Spinach	2 tbsp (~15 g)	4	0.5	0.6	0.1	0.3	30	0.5	0.1
Onion	1 tbsp (~15 g)	6	0.2	1.4	0	0.3	10	0.1	0.3
Olive Oil	1 teaspoon (~5 g)	45	0	0	5.0	0	0	0	0
Total (Whole Recipe)	–	326 kcal	24.2 g	28.0 g	13.7 g	7.1 g	300 mg	2.8 mg	7.1 g

Persian Saffron Chicken & Barberry Bowl

Razieh Khalooeifard
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Assistant Professor, Department of Clinical nutrition. School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences
Iran

Fahimeh Yariqoli
MD, Bariatric Surgeon
MD, Laparoscopic and Bariatric Surgeon
University of Medical Sciences
Iran

Suitable for people living with overweight or obesity, including those following metabolic and bariatric surgery. Portions can be halved to prevent feeling overly full. Suitable for the soft phase.



Preparation

Number of servings: 4

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients

- Chicken breast, raw, skinless: 600 g
- Cauliflower florets, raw: 500 g
- Onion, raw, sliced: 120 g
- Dried barberries, washed (no sugar added): 20 g
- Brewed saffron: 30 ml
- Low-fat plain yogurt: 150 g
- Turmeric powder: 1 teaspoon (5 g)
- Salt and black pepper: as needed
- Water: 250 ml

Nutritional Facts

per serving

- Calories: 246 kcal
- Total Protein: 39 g
- Carbohydrate: 14
  Of which sugars: 6.7 g
- Fat: 3 g
- Iron: 1.6 mg
- Calcium: 118 mg
- Fiber: 3.2 g

Cooking instructions

1. Steam cauliflower until soft and mash.
2. Simmer chicken with onion, turmeric, water and seasoning for 25 minutes.
3. Shred chicken finely.
4. Add saffron and barberries. Cook 5 minutes.
5. Serve chicken over cauliflower base.
6. Blend for patients after bariatric surgery if required.
7. Easy to prepare and suitable for batch cooking.



Nutritional Analysis

Software used: Nutritionist IV

Ingredient	Weight (g)	Kcal	Protein (g)	Fat (g)	Carbs (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast	600	660	138	7.2	0	0	4.2	90	0
Cauliflower	500	125	9.5	1.5	25	10	1.5	110	10
Onion	120	48	1.3	0.1	11	5	0.2	30	2
Barberries	20	60	0.6	0.2	14	6	0.4	18	1
Yogurt	150	90	8	3	6	6	0.2	225	0
Total	–	983	157.4	12	56	27	6.5	473	13

Persian Steamed Herb Chicken Roll

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MD, Bariatric Surgeon
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Suitable for people living with overweight or obesity and for those following metabolic and bariatric surgery. Portions can be halved if needed to prevent feeling overly full. Suitable for the soft phase.



Preparation

Number of servings: 4

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

- Chicken breast, raw, skinless: 700 g
- Egg whites, raw: 120 g
- Fresh parsley, chopped: 50 g
- Fresh dill, chopped: 30 g
- Fresh coriander, chopped: 30 g
- Garlic powder: 1 teaspoon (5 g)
- Black pepper: 0.5 teaspoon (2.5 g)
- Salt: as needed

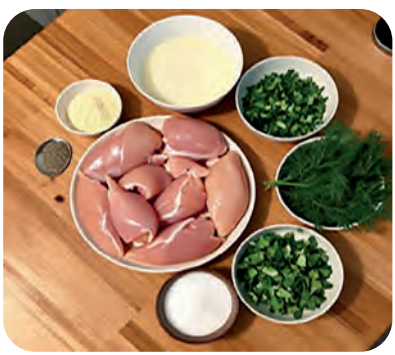
Nutritional Facts

per serving

- Calories: 215 kcal
- Total Protein: 44 g
- Carbohydrate: 1.9 g
  Of which sugars: 0.6 g
- Fat: 2.2 g
- Iron: 1.5 mg
- Calcium: 53 mg
- Fiber: 0.8 g

Cooking instructions

1. Mince chicken breast using a food processor.
2. Mix with egg whites, herbs, garlic powder, salt and pepper.
3. Spread mixture on baking paper and roll tightly.
4. Steam for 25 minutes until fully cooked.
5. Slice into portions.
6. For patients following bariatric surgery, chop or blend if needed.
7. This recipe is easy to prepare.





Nutritional Analysis

Software used: Nutritionist IV

Ingredient	Weight (g)	Kcal	Protein (g)	Fat (g)	Carbs (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast	700	770	161	8.4	0	0	4.9	105	0
Egg whites	120	62	13	0	1.6	1.6	0.1	18	0
Herbs	110	30	3	0.6	6	0.8	1.1	90	3
Total	–	862	177	9	7.6	2.4	6.1	213	3

Ponk Fusion

Mariam Lakdawala
Nutrition Consultant
Self-employed
India



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 3

Preparation time: 25 minutes

Ingredients

- Tender sorghum (Jowar): 250 grams
- Paneer cubes: 100 grams
- Onion: 100 grams
- Tomato: 100 grams
- Mix dry fruit powder: 1 tablespoon
- Cooking oil: 1.5 teaspoon
- Lemon juice: 1-1.5 teaspoon (As per taste)
- Salt: As per taste
- Cilantro for garnish

Nutritional Facts

per serving

- Calories: 279 kcal
- Total Protein: 11 g
- Carbohydrate: 28.9 g
  Of which sugars: 2.64 g
- Fat: 12.9 g
- Iron: 1.6 mg
- Calcium: 152.3 mg
- Fiber: 5.3 g

Cooking instructions



- Heat a non-stick pan with 3/4th teaspoon oil.
- Roast the tender sorghum on medium flame for 5 minutes.
- Season with salt while roasting.
- Stir in 1 tablespoon dry fruit powder and roast for 1 minute.
- Set aside the sorghum mixture.
- Brown the paneer cubes in 3/4th teaspoon oil until golden on all sides.
- Prep your fresh onion, tomato, and cilantro.
- Combine the roasted sorghum, paneer, and chopped veggies in a bowl.
- Squeeze fresh lemon juice over the mix.
- Toss well and adjust salt to taste.
- Garnish with cilantro and serve immediately!

Nutritional Analysis

Used Indian Food Composition Tables (IFCT), 2017

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Sorghum	250	334	10	1.7	67.7	1.3	3.95	27.6	10.2
Paneer	100	287	18	23	2.0	-		400	
Mix dry fruit powder	15	81	2.5	6.1	4.9	-	0.5	19.1	1.3
Tomato	100	20	1.0	0.5	2.7	1.34	0.3	10.2	1.8
Onion	100	48	1.5	-	9.6	-	-	-	2.45
Cooking oil	7.5 ml	68	-	7.5	-	-	-	-	-
Total		838	33	38.8	86.9	2.64	4.75	457	15.75

Protein-Boosted Savoury Lentil Cake with Yogurt–Mint Drizzle

Mansi Sethi
Bariatric Nutritionist
MOHAK hi-tech speciality hospital, INDORE [MP]
India

Suitable for post metabolic bariatric patients and diabetes-friendly diets. Soft, easy-to-digest texture.





Preparation

Number of servings: 3-4

Preparation time: 5 hours [soaking time]

Cooking Time: 15–20 minutes

Ingredients

- Chana dal – 80 g (raw, soaked 4–5 hours)
- Urad dal – 40 g (raw, soaked 4–5 hours)
- Unflavoured protein powder – 30 g (providing approx. 15 g protein)
- Green chilli – 1 small
- Ginger – 1 teaspoon (fresh)
- Salt – ¼ teaspoon
- Turmeric powder – ¼ tablespoon
- Roasted cumin powder – ½ tablespoon

For Yogurt-Mint Drizzle (Frosting)

- Hung curd – 80 g
- Mint chutney – 1 tablespoon
- Tamarind (imli) chutney – 1 tablespoon

For Garnish

- Fresh pomegranate seeds – 1 tablespoon Mint leaves -1-2

Nutritional Facts

Per Serving (Approximate)

- Calories: 190 kcal
- Total Protein: 15.4 g
- Carbohydrate: 26.3 g of which sugars: 4.1 g
- Fat: 3.2 g
- Iron: 2.3 mg
- Calcium: 78 mg
- Fiber: 7.1 g

Cooking instructions

1. Wash and soak chana dal and urad dal in water for about 4–5 hours. Drain completely.
2. In a blender, grind the soaked dals with green chilli and ginger to form a smooth, thick batter. Add minimal water if needed.
3. Transfer the batter to a bowl and mix in unflavoured protein powder, salt, turmeric powder, and roasted cumin powder. Stir well to ensure the protein powder blends evenly.
4. Pour the batter into a lightly greased baking mould or steaming dish.
5. Bake at 180°C (356°F) for 15–20 minutes, or steam until the cake is firm and cooked through.
6. Allow the cake to cool slightly, then gently demould and cut into slices.
7. Prepare the Yogurt-Mint Drizzle by mixing hung curd with mint chutney until smooth.
8. Spread or drizzle the yogurt-mint mixture over the cake and add tamarind chutney lightly on top for flavour contrast.
9. Garnish with fresh pomegranate seeds before serving.

Nutritional Analysis

Indian Food Composition Tables (IFCT 2017) and USDA Nutrient Database.

Ingredients	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Chana dal (raw)	80 g	291	16.8	48.8	4.8	13.6	3.2	38
Urad dal (raw)	40 g	136	9.6	23.2	0.6	7.2	1.8	55
Unflavoured protein powder	30 g	60	15	2	0.5	0	0	40
Hung curd	80 g	48	4	3	2	0	0.1	96
Mint chutney	15 g	10	0.4	2	0.2	0.5	0.2	10
Tamarind chutney	15 g	30	0.3	7	0.1	0.3	0.4	12
Pomegranate seeds	15 g	12	0.2	3	0.1	0.5	0.1	3
Total	–	587	46.3	89	8.3	22.1	5.8	254

Protein-Packed Lentil & Paneer Cloud Bites

Mansi Sethi
Bariatric Nutritionist
MOHAK hi-tech speciality hospital, INDORE [MP]
India

Suitable for people following metabolic bariatric surgery.



Preparation

Number of servings: 2

Preparation time: 15 minutes

Soaking Time: 2 hours

Cooking Time: 10 minutes

Ingredients

- Yellow moong dal (soaked 2 hrs) – 60 g
- Low-fat paneer (grated) – 80 g
- Oats powder – 20 g
- Psyllium husk (Isabgol) – 1 teaspoon
- Finely grated carrot – 40 g
- Spinach (finely chopped) – 30 g
- Ginger paste – ½ teaspoon
- Cumin powder – ½ teaspoon
- Black pepper – ¼ teaspoon
- Salt – As per taste
- Curd (low-fat, for binding) – 2 tbsp
- Olive oil (for greasing) – 1 teaspoon

Nutritional Facts

per serving

- Calories: 252 kcal
- Protein: 16.9 g
- Carbohydrate: 29.5 g
  Of which sugars: ~3.4 g
- Fat: 6.8 g
- Iron: ~2.1 mg
- Calcium: 296 mg
- Fiber: 8.8 g

Cooking instructions

1. Grind soaked moong dal into a thick, fluffy batter (avoid excess water).
2. Add grated paneer, oats powder, psyllium husk, and curd. Mix well.
3. Fold in carrot, spinach, ginger paste, cumin powder, black pepper, and salt.
4. Let the mixture rest for 5 minutes (psyllium helps binding and Fiber enrichment).
5. Shape into small soft dumplings or "cloud-like" rounds.
6. Steam for 8-10 minutes OR cook on a non-stick pan with minimal oil.
7. Serve warm.

Nutritional Analysis

(Total Recipe - 2 Servings)

Ingredient	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Sugar (g)	Calcium (mg)	Iron (mg)
Moong dal (raw, soaked)	60 g	210	14.4	36	1.2	9.6	2.5	80	2.2
Low-fat paneer	80 g	120	14	3	5	0	0.5	400	0.2
Oats powder	20 g	78	2.6	13.2	1.4	2.1	0.2	10	0.8
Psyllium husk	5 g	10	0	0	0	4	0	0	0
Carrot	40 g	16	0.4	3.8	0.1	1.2	2	13	0.2
Spinach	30 g	7	0.9	1.1	0.1	0.7	0.1	30	0.8
Curd (low-fat)	30 g	18	1.5	2	0.8	0	1.5	60	0.1
Olive oil	5 g	45	0	0	5	0	0	0	0
TOTAL (Recipe)	–	504	33.8	59.1	13.6	17.6	6.8	593	4.3
PER SERVING	–	252	16.9	29.5	6.8	8.8	~3.4	296	2.1

Savory Rice Paper Croissants with Tuna

Winnie Chia Qin Ying, Jessica Ong Qun Hui
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Dietetics Department, Sengkang General Hospital
Singapore

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 2

Preparation time: 15-20 minutes

Ingredients

- 10 pieces rice paper
- 2 eggs (100 g)
- 50 ml low-fat milk
- 5 tablespoons tuna flakes in water, drained (75 g)
- 2 slices edam cheese (38 g)



Nutritional Facts

per serving

- Calories: 281 kcal
- Total Protein: 20.7 g
- Carbohydrate: 23.7 g
  Of which sugars: 1.2 g
- Fat: 11.0 g
- Saturated Fat: 5.4 g
- Monounsaturated Fat: 3.8 g
- Polyunsaturated Fat: 1.8 g
- Iron: 1.69 mg
- Calcium: 208.49 mg
- Fiber: 0.6 g

Cooking instructions

- Whisk the eggs and low-fat milk in a shallow bowl until smooth.
- Dip one sheet of rice paper into the mixture, allowing any excess to drip off.
- Repeat with 4 more sheets, stacking them neatly on top of one another.
- Using a knife, or scissors, cut the stack to form one triangle and two semi-circles.
- Place one semi-circle vertically on top of the triangle.
- Spread 2.5 tablespoons of tuna flakes evenly over the semi-circle rice paper and top with ½ slice of edam cheese.
- Place the other semi-circle rice paper horizontally over the filling.
- Spread another 2.5 tablespoons of tuna flakes evenly over the horizontal semi-circle rice paper and top with ½ slice of edam cheese.
- Form the croissant by rolling the stack from the bottom of the triangle up to the tip.
- Repeat with the remaining rice papers to make a second croissant.
- Place the croissants on a parchment-lined paper/tray.
- Bake in the air-fryer for 10 minutes at 200°C OR 392°F.

Nutritional Analysis

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Edam cheese	38	135	9.5	10.5	0.5	-	0.17	277.78	-
Rice paper	60	197	3.0	0.7	43.5	-	0.23	6.00	1.3
Eggs	100	143	12.6	9.5	0.7	-	1.75	56.00	-
Milk, low fat	52	22	1.7	0.5	2.5	2.5	0.02	64.46	-
Tuna flakes in water, drained	75	64	14.5	0.7	0.0	-	1.22	12.74	-
Total	325	561	41.3	21.9	47.2	2.5	3.39	416.98	1.3

Soft High-Protein Southern Fish & Herb Stew

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University of Medical Sciences
Iran



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery. Suitable for soft and puréed phases.

Preparation

Number of servings: 4

Preparation time: 15 minutes

Cooking Time: 25 minutes

Ingredients

- White fish fillet, raw, skinless (cod or grouper): 600 g
- Onion, raw, finely chopped: 150 g
- Tomato, raw, peeled and chopped: 200 g
- Fresh coriander leaves, chopped: 40 g
- Fresh fenugreek leaves, chopped: 10 g
- Garlic, raw, crushed: 10 g
- Turmeric powder: 1 teaspoon (5 g)
- Black pepper: 0.5 teaspoon (2.5 g)
- Salt: as needed
- Water: 300 ml

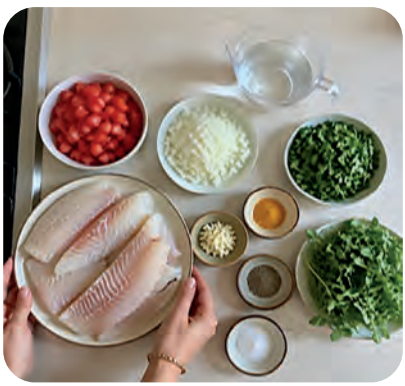
Nutritional Facts

per serving

- Calories: 180 kcal
- Total Protein: 34 g
- Carbohydrate: 6.7 g
  Of which sugars: 2.9 g
- Fat: 1.7 g
- Iron: 1.3 mg
- Calcium: 46 mg
- Fiber: 1.4 g

Cooking instructions

1. Place onion and garlic in a saucepan with water.
2. Simmer for 10 minutes until soft.
3. Add tomatoes, turmeric, black pepper and salt. Cook for 5 minutes.
4. Add fish fillets and simmer gently for 8–10 minutes until cooked.
5. Add fresh herbs and cook for 3 minutes.
6. For patients post-bariatric surgery, blend to a smooth or semi-smooth consistency.
7. This recipe is easy to prepare and requires basic cooking skills.





Nutritional Analysis

Software used: Nutritionist IV

Ingredient	Total weight used (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
White fish	600	600	132	6	0	0	3.6	72	0
Onion	150	60	1.7	0.2	14	6	0.3	35	2.6
Tomato	200	36	1.8	0.4	7.8	5.2	0.6	20	2
Garlic	10	15	0.6	0	3	0.1	0.2	18	0.2
Herbs	50	10	1	0.2	2	0.3	0.5	40	0.8
Total	–	721	137.1	6.8	26.8	11.6	5.2	185	5.6

Soya Tikki Wrap

Parul Aggrawal
Underwent LSG procedure in October 2025
(Operated at All India Institute of Medical Sciences (AIIMS), New Delhi
Operating Surgeon: Prof. Manjunath Maruti Pol,
Nutritionist: Dr Richa Jaiswal)

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 4

Preparation time: 20 minutes

Ingredients:

Servings: 4

- Boiled chick peas - 82 g (Raw 35 gm)
- Boiled beetroot - 1 small
- Tofu/ paneer - 25 g
- Onion - 20 g
- Ginger, garlic, green chillies - 1/2 Tbsp
- Fresh coriander - a handful
- Crushed roasted peanuts - 10 g
- White sesame seeds - 1 tbsp
- Salt - to taste
- Red chilli powder - 1/8tbsp
- Black pepper powder - 1/8tbsp
- Roasted cumin powder - 1/4 tbsp
- Dry mango powder - 1/8 tbsp
- Garam masala - 1/16tbsp
- Lemon juice - 1/2 tbsp
- Roasted chana powder (sattu) - 1/2 tbsp

For dough :

- Oats +Wheat flour - 80 g (40 g each)
- Salt - 1/8 tbsp
- Carrom seeds - 1/8 tbsp
- Spinach puree - 25 g

For sauce :

- Paneer - 80 g
- Amul High Protein Curd - 100 g
- Soaked cashews – 20 g
- Boiled red chilli - 1
- Garlic - 1/2 clove
- Salt - 1/8 tbsp
- Kashmiri red chilli powder - 1/4tbsp
- Oregano seasoning - 1/4tbsp
- Lemon juice - 1/2 tbsp

For Salad:

- Thick curd - 1/8 cup (30 g)
- Salt - to taste
- Green chutney - 1/4 tbsp (10 g)
- Cucumber - 50 g
- Onion - 100 g
- Cumin seeds - 1/8 tbsp



Nutritional Facts

per serving

- Calories: 315.9 kcal
- Total Protein: 15.6 g
- Carbohydrate: 34.8 g
  Of which sugars: 0 g
- Fat: 14.1 g
- Iron: 4.4 mg
- Calcium: 299.3 mg
- Fiber: 8.9 g

Cooking instructions

Step 1: Prepare the Chickpea & Beetroot Tikki

- Mash: In a large bowl, coarsely mash the boiled chickpeas and boiled beetroot.
- Mix: Add crumbled tofu/paneer, finely chopped onion, ginger-garlic-green chili paste, and fresh coriander.
- Season: Stir in the roasted peanuts, sesame seeds, and all the dry spices (salt, red chili, black pepper, cumin, dry mango, and garam masala).
- Bind: Add lemon juice and the sattu (roasted chana powder). The sattu will act as a binder to hold the moisture from the beetroot.
- Cook: Shape into long kebab-like cylinders or flat tikkis.
- Pan-sear them on a non-stick griddle or in air fryer with minimal oil until the exterior is slightly crisp.

Step 2: Make the Spinach Dough & Tortillas

- Knead: Mix the oats flour, wheat flour, salt, and carom seeds (ajwain). Gradually add the spinach puree to knead a soft, pliable dough. Let it rest for 10 minutes.
- Roll: Divide into small balls and roll them out into thin, circular rotis.
- Toast: Cook the rotis on a hot tawa (griddle) on both sides until cooked through but still flexible enough to wrap.

Step 3: Blend the Creamy Sauce.

- Blend: In a high-speed blender, combine the paneer, hung curd, soaked cashews, red chili, garlic, salt, Kashmiri red chili powder, oregano, and lemon juice. Blend until the mixture is completely smooth and creamy.
- To Increase protein, whey protein can be added. Not used in this recipe.

Step 4: Prepare the Curd Salad

- Whisk the thick curd, salt, green chutney, and cumin seeds.

- Add thinly sliced onions and cucumbers to create a refreshing side salad.

Step 5: Assemble the Wrap

- Layer: Lay a spinach tortilla flat. Spread a generous layer of the paneer-cashew sauce in the center.
- Place: Set the chickpea-beetroot tikki on top.
- Add veggies of your choice in wrap
- Garnish: Add some of the curd salad or extra sliced onions for crunch.
- Fold the tortilla tightly over the filling and secure it with a toothpick as shown in picture.

HIGH PROTEIN WRAP IS READY..!!!!

Nutritional Analysis

Longvah, T., Ananthan, R., Bhaskarachary, K. and Venkaiah, K. (2017). Indian Food Composition Tables 2017, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad, Telangana, India.

Ingredients	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chickpeas	35g	100.4	6.5	1.8	13.8	0	2.4	52.5	8.8
Beetroot	1 small	28.48	1.56	0.11	4.94	0	0.6	13.82	2.64
Tofu / paneer	25 g	64.45	4.71	3.69	3.1	0	0.22	119	0
Onion	20 g	12	0.36	0.024	4	0	0.6	8	0.2
Ginger,garlic,green chillies	1/2 Tbsp	4	0.18	0.05	0.53	0	0.08	1.47	0.37
Fresh coriander	a handful	2	0.17	0.03	0.09	0	0.26	7	0.23
Crushed roasted peanuts	10 g	52	2.36	3.96	1.72	0	0.34	5.4	1.03
White sesame seeds	1 tbsp	26	1	2	0.54	0	0.75	64	0.84
Salt	to taste	0	0	0	0	0	0	0	0
Red chilli powder	1/8 tbsp	4.41	0.23	0.09	0.51	0	0.09	1.83	0.56
Black pepper powder	1/8 tbsp	4.04	0.18	0.04	0.65	0	0.18	7.61	0.61
Roasted cumin powder	1/4 tbsp	11.18	0.44	0.53	0.82	0	0.74	32.44	1.09
Dry mango powder	1/8 tbsp	6.33	0.05	0.14	1.2	0	0	0	0
Garam masala	1/16 tbsp	2.94	0.12	0.14	0.5	0	0	0	0
Lemon juice	1/2 tbsp	2.73	0.03	0.03	0.51	0	0.009	1.68	0
Roasted chana powder (sattu)	1/2 tbsp	24.66	1.59	0.39	3.48	0	0.45	3.45	1.11
Oil	1 teaspoon (5 ml)	45	0	5	0	0	0	0	0
Total		390.6	19.5	18.0	36.4	0.0	6.7	318.2	17.5

Ingredients	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
For Wrap/ Dough 4 servings									
Oats	40 g	162.8	4.72	3.8	27.4	0	1.16	0	4
Wheat flour	40 g	128.08	4.22	0.6	25.6	0	1.64	12.37	4.54
Salt	1/8 tbsp	0	0	0	0	0	0	0	0
Carom seeds	1/8 tbsp	6.67	0.28	0.37	0.42	0	0.23	19.4	0.37
Spinach	25 g	6.09	0.53	0.16	0.51	0	0.73	20.5	0.59
Total		303.6	9.8	4.9	53.9	0.0	3.8	52.3	9.5
For sauce- 4 Serving									
Paneer	80 g	206.24	15.08	11.8	9.92	0	0.72	380.8	0
Amul High Protein Curd (Values from Paket)	100 g	68	6.3	10	0.1	0	0	200	0
Cashews	20 g	116.52	3.75	9.04	5.09	0	1.19	6.8	0.77
Red chilli	1	35.3	1.9	0.96	4.41	0	0.93	14.97	4.67
Garlic	1/2 clove	15.42	0.2	0.004	0.65	0	0.02	0.52	0.16
Salt	1/8 tbsp	0	0	0	0	0	0	0	0
Kashmiri red chilli powder	10 g	24.6	1.59	0.62	3.16	0	0	0	0
Oregano seasoning	1/4 tbsp	6.98	0.36	0.05	1.26	0	0	0	0
Lemon juice	1/2 tbsp	2.73	0.03	0.03	0.51	0	0.009	1.68	0
Total		475.8	29.2	32.5	25.1	0.0	2.9	604.8	5.6
For Salad									
Thick curd	1/8 cup (30 g)	15	1.14	0.42	1.56	0	0.27	142.8	0
Salt	to taste	0	0	0	0	0	0	0	0
Green chutney	1/4 tbsp	3.1	0.34	0.06	0.18	0	0.52	14.6	0.46
Cumin seeds	1/8 tbsp	5.68	0.235	0.28	0.42	0	0.37	16.49	0.56
Onion	100 g	60	1.8	0.12	20	0	3	40	1
cucumber	50 g	9.7	0.35	0.08	1.74	0	0.23	8.19	1.07
Total		93.48	3.865	0.96	23.9	0	4.39	222.08	3.09
GRAND TOTAL		1263.5	62.3	56.4	139.3	0.0	17.7	1197.3	35.7
Per Serving	1 Person	315.9	15.6	14.1	34.8	0.0	4.4	299.3	8.9

Spirulina–Paneer Zucchini Medallions

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India

Suitable for both people living with overweight and obesity, and individuals following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 2

Preparation time: 15 minutes

Cooking Time: 10 minutes

Ingredients

for 2 servings

- Low-fat paneer – 60 g (crumbled) Substitute: Firm tofu (60 g)
- Zucchini – 50 g (finely grated, excess water squeezed out) Substitute: Bottle gourd (lauki), grated and squeezed
- Chickpea flour (besan) – 15 g
- Spirulina powder – 2 g
- Hung curd – 20 g

Note: Greek yogurt can be used as a substitute where hung curd is not available

- Ginger-garlic paste – ½ teaspoon
- Roasted cumin powder – ¼ teaspoon
- Black pepper powder – ¼ teaspoon
- Salt – to taste (approx. 2–3 g)
- Olive oil – 1 teaspoon (for shallow cooking)
- Fresh coriander leaves – 1 tbsp, finely chopped

Nutritional Facts

per serving

- Calories: 110 kcal
- Protein: 8.9 g
- Carbohydrate: 7.3 g
  Of which sugars: 2.8 g
- Fat: 5.4 g Iron: trace mg
- Calcium: 178 mg
- Fiber: 1.3 g

Cooking instructions

1. In a mixing bowl, combine crumbled paneer, grated zucchini, chickpea flour, spirulina powder, and hung curd (or Greek yogurt).
2. Add ginger-garlic paste, roasted cumin powder, black pepper, salt, and chopped coriander.
3. Mix well to form a soft, slightly thick mixture that can hold shape.
4. Divide the mixture and shape into small round medallions or patties.
5. Heat a non-stick pan and lightly grease with olive oil.
6. Place the medallions on the pan and cook on medium heat for 3–4 minutes on each side until lightly golden.
7. Serve warm.

Nutritional Analysis

Source: Standard Indian Food Composition Tables (IFCT 2017) and USDA FoodData Central database (average values)

Ingredient	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Sugar (g)	Calcium (mg)	Iron (mg)
Paneer (low-fat)	60 g	90	11.0	2.0	4.0	0.0	1.5	300	0.0
Zucchini	50 g	8	0.6	1.5	0.1	0.5	1.2	8	0.0
Chickpea flour	15 g	55	3.0	9.0	1.0	2.0	1.5	6	0.5
Hung curd	20 g	20	2.0	1.5	1.0	0.0	1.5	40	0.0
Spirulina powder	2 g	6	1.2	0.5	0.1	0.0	0.0	2	0.3
Olive oil	1 teaspoon	40	0.0	0.0	4.5	0.0	0.0	0	0.0
TOTAL (Per Recipe)	–	219	17.8	14.5	10.7	2.5	5.7	356	0.8

Sprouted Green Gram Appe (Balls) with Infused Paneer Filling

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India

Suitable for individuals beyond 3 months after metabolic bariatric surgery, weight-management programs, or obesity management medications use.





Preparation

Number of servings: 4 pc (Per person)

Preparation time: 15 minutes

Cooking Time: 10-12 minutes

Ingredients

For Appe (Balls) Batter

- Green sprouts (moong) – 130 g
- Carrot (finely chopped) – 2 tbsp
- Onion (finely chopped) – 2 tbsp
- Green chilli – 1 small
- Ginger-garlic paste – ½ teaspoon
- Turmeric – ¼ teaspoon
- Cumin seeds – ½ teaspoon
- Salt – to taste
- Water – as required for grinding

For Paneer Filling

- Low fat Paneer (crumbled) – 60 g
- Black pepper – ¼ teaspoon
- Roasted cumin powder – ¼ teaspoon
- Salt – a pinch
- Coriander leaves – 1 tbsp

Nutrition Facts

per person

- Calories: 295 kcal
- Protein: 15.4 g
- Carbohydrate: 14.3 g
- Total Fat: 28.9 g
- Dietary Fiber: 3.7 g
- Iron: 0.95 mg
- Calcium: 178 mg

Cooking instructions

1. Prepare Batter
   Grind the green sprouts with little water to form a thick but pourable batter.
2. Add Vegetable
   Transfer the batter to a bowl and mix in carrot, onion, green chilli, ginger-garlic paste, cumin seeds, turmeric and salt.
3. Prepare Paneer Filling
   In another bowl mix crumbled paneer, pepper, roasted cumin powder, salt and coriander leaves.
4. Cook Appe (Balls)
   Heat an appe pan and lightly grease it. Pour 1 tbsp batter into each cavity.
5. Add Filling
   Place 1 teaspoon paneer mixture in the center and cover with a little more batter.
6. Cook
   Cover and cook for 3–4 minutes, flip and cook until golden brown and crisp.
7. Serve
   Serve hot with mint yogurt dip or coriander chutney.

Nutritional Analysis

Indian Food Composition Tables (IFCT 2017) and USDA Nutrient Database.

Ingredients	Quantity	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Green moong sprouts	130 g	39	3.9	7.8	0.26	2.34	0.4	20
Carrot	20 g	8	0.18	2.0	0.04	0.56	0.05	5
Onion	20 g	8	0.22	1.86	0.02	0.34	0.05	1
Green chilli	5 g	2	0.1	0.5	0.02	0.2	0.05	1
Ginger- garlic paste	5 g	5	0.1	1.0	0.02	0.2	0.03	1
Paneer (crumbled)	60 g	95	10.98	0.72	12.48	0	0.2	150
Spices & salt	5 g	3	0	0.5	0.1	0.1	0.02	1
Rice bran oil	15 ml	135	0	0	15	0	0	0
TOTAL	265 g	295	15.48	14.36	28.94	3.74	0.95	178

Stuffed Fuzzy Melon with Shrimp Paste and Scallop

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Suitable for people living with overweight or obesity and for individuals after metabolic bariatric surgery.
Diet progression stage: soft phase.



Preparation

Number of servings: 2

Preparation time: 20 minutes

Ingredients

- 1 medium fuzzy melon (can be substituted with zucchini)
- 10 medium shrimp (80 g), raw, peeled
- 2 scallops (60 g), raw, sliced horizontally into halves
- 1 tablespoon carrot, raw, finely minced Seasoning (for shrimp paste):
- ½ egg white (15ml), raw
- Pinch of salt
- Pinch of white pepper
- ½ teaspoon corn starch (or potato starch) Sauce:
- ¼ cup chicken stock
- ½ teaspoon corn starch (or potato starch) + 2 teaspoon water, mixed into a solution
- ½ teaspoon oyster sauce
- Chopped spring onion for garnish (optional)

Nutritional Facts

per serving

- Calories: 98 kcal
- Total Protein: 15.2 g
- Carbohydrate: 5.8 g
  Of which sugars: 2.3 g
- Fat: 1.0 g
- Iron: 1.2 mg
- Calcium: 45.6 mg
- Fiber: 1.6 g

Cooking instructions

- Peel the fuzzy melon to remove its hairy Fiber. Cut it into 1-inch (2.5cm) rounds and use a spoon to scoop out the seeds
- Chop the shrimp roughly and put them in a mixing bowl.
- Add the carrot and seasoning to the shrimp. Mix and stir in one direction with chopsticks until pasty and sticky.
- To assemble, place the scallop on the bottom of the melon and then stuff with shrimp paste.
- Steam over high heat for 10 minutes.
- For the sauce, bring the chicken stock and oyster sauce into a boil. Add the corn starch solution and stir until the sauce is thickened.
- Pour the sauce over the stuffed fuzzy melon and serve hot.

Nutritional Analysis

Food Nutrient Calculator, Centre for Food Safety, The Government of the Hong Kong Special Administrative Region (https://www.cfs.gov.hk)

Ingredient	Total weight used in the recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Carrots	8	3.28	0.07	0.02	0.77	0.38	0.02	2.64	0.22
Egg white	15	9	1.74	0.01	0.47	NA	0.24	1.35	NA
Corn starch	2.5	9.53	0.01	0	2.28	0	0.01	0.05	0.02
Shrimp	80	84.8	16.25	1.38	0.73	0	1.93	41.6	0
Fuzzy melon (edible part)	180	27	1.44	Trace	4.68	3.78	0	27	2.7
Scallop	60	52.8	10.07	0.46	1.44	0	0.17	14.4	0
Oyster sauce	6	4.98	0.18	Trace	1.02	0.48	Trace	0.53	0
Chicken broth	60	4.2	0.6	0.06	0.24	0	0.12	3.6	0.24
Total	411.5	195.58	30.36	1.93	11.63	4.64	2.49	91.17	3.18

Apple-Cinnamon Cream

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Salzkammergut-Klinikum Gmunden, Department of Clinical Nutrition (specialised in metabolic bariatric surgery);
Province of Upper
Austria

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 8

Preparation time: 15 minutes





Ingredients

- 400 g curd cheese, low fat (15 oz)
- 400 g plain yogurt, low fat or non-fat greek yogurt (15 oz)
- 200 g buttermilk (7 oz)
- 100 g applesauce without added sugar (4 oz)
- Juice of half a lemon
- ½ tablespoon cinnamon
- 5 spearmint leaves

Nutritional Facts

per serving (rounded)

- Calories: 74 kcal
- Total Protein: 10 g
- Carbohydrate: 7 g
  Of which sugars: 7 g
- Fat: 0 g
- Iron: 1 mg
- Calcium: 151 mg
- Fiber: 1 g

Cooking instructions

- Place the curd cheese, yogurt, and buttermilk in a bowl and stir until smooth and creamy.
- Add lemon juice and cinnamon and mix well.
- Leave the cream to infuse in the refrigerator for at least 30 minutes so that the flavors blend well.
- Then pour the cream into glasses and top each one with a spoonful of unsweetened apple sauce.
- Garnish with fresh spearmint before serving.

Note for patients after metabolic bariatric surgery:
The apple cinnamon cream can be eaten from the gradual reintroduction of food phase after surgery. It has a soft, creamy consistency and contains easily digestible ingredients, making it well suited for this phase of nutrition.

Nutritional Analysis

The nutritional values were calculated using the Nutritional Software (www.nutritional-software.at)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Curd cheese, low fat	400	284	50	1	16	16	2	353	2
Plain yogurt, 0,1% fat	400	168	19	0	20	20	0	540	0
Buttermilk	200	74	7	1	8	8	0	218	0
Applesauce without added sugar	100	48	0	0	11	10	0	5	1
Lemon juice	10	3	0	0	0	0	0	1	0
Cinnamon	5	10	0	0	1	0	2	61	3
Spearmint	5	8	1	0	1	1	1	31	0
Total prepared	1120	595	77	2	57	55	5	1210	5
Prepared per serving	140	74	10	0	7	7	1	151	1

Baked Turkey and Pumpkin Casserole

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Vladimir Samoilov
President of the Russian Society of Bariatric Surgeons, Bariatric Surgeon

Ekaterina Novichikhina
Bariatric Physician, Endocrinologist

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Bariatric Surgeon

Bariatric Surgery Center, Voronezh
Russia

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 5

Preparation time: 45 minutes

Ingredients

- Ground turkey – 600 g
- Pumpkin – 400 g
- Apple – 200 g
- Egg – 1
- Salt and pepper – to taste

Nutritional Facts

per serving

- Calories: 311.8 kcal
- Total Protein: 33.2 g
- Carbohydrate 14 g
  Of which sugars: 10.68 g
- Fat: 13.74 g
- Iron: 2.86 mg
- Calcium: 68.16 mg
- Fiber: 1.76 g

Cooking instructions

- Dice the pumpkin and apples, then lightly sauté them in a dry pan.
- Mix the ground turkey with the egg and seasonings.
- Layer the turkey mixture and the fruit and vegetables in a baking dish.
- Bake at 180°C for 25–30 minutes.
- Let cool, then cut into portions.



Nutritional Analysis

Specialized software for nutritionists and dietitians «nutrilogic.ru»

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Ground turkey	600	1167	153	61.8	0	0	7.8	195.6	0
Pumpkin	400	213	4.8	0.8	46.8	32.4	5.2	99.6	4
Apple	200	96	0.6	0.4	22.8	20.8	0.2	12	4.8
Egg	60	83	7.56	5.7	0.42	0.24	1.08	33.6	0
Total		1559	165.96	68.5	70.02	53.44	14.28	340.8	8.8

Banana Bowlcake

Damien Carrupt and Fany Chappuis
Dietitians
Riviera Chablais Hospital, 1847 Rennaz
Switzerland

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery.



Preparation

Number of servings: 1

Preparation time: 10-15 minutes

Ingredients

- 50 g banana without skin (1/2 banana)
- 55 g whole egg
- 30 g milk or plant-based milk
- 35 g blended oat flakes

Toppings:

- 15 g Peanut butter or other nut butters (for example almond butter, hazelnut butter)

Optional:

- 10 g whey protein
- 40-60 g fruits (for example banana, strawberries, blueberries,...)

Nutritional Facts

per serving

- 370 Kcal
- Total Protein: 17.3 g
- Carbohydrate : 34.2 g
  Of which sugars: 10.8 g
- Fat: 16.9 g
- Iron: 2.6 g
- Calcium: 89.5 g
- Fiber: 6.2 g

Cooking instructions



1. Blend the whole egg, the milk of your choice, and half a banana.
2. Once blended, transfer the mixture to a bowl and add the oats.
3. Microwave on medium power for 2 minutes.
4. After 2 minutes, remove the bowl from the microwave, let it cool slightly, add peanut butter as a topping, and enjoy!

Serving suggestions:
Enjoy it directly from the bowl or unmold it onto a plate and decorate with your choice of toppings. It can be enjoyed hot, warm, or cold. You can also prepare it in advance, for example, the night before. The toppings can vary according to your tastes, the season, and your calorie goals.

Nutritional Analysis

Database: The Swiss Food Composition (https://valeursnutritives.ch)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Banana	50g	45	0.6	0.1	9.9	7.8	0.1	2.6	1.4
Whole egg	55g	77	6.9	5.4	0.2	0.2	1	26.4	0
Whole milk	30 ml	20	1.2	1	1.4	1.4	0	36	0
Blended oat flakes	35g	133	4.7	2.6	20.8	0.4	1.2	18.9	3.7
Peanut butter	15g	95	3.9	7.8	1.9	1	0.3	5.6	1.1
Total		370	17.3	16.9	34.2	10.8	2.6	89.5	6.2

Bean Patties with Curry Dip

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Salzkammergut-Klinikum Gmunden,
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This dish is only suitable for long-term nutrition after completing a dietary build-up. Beans, vegetables, and nuts should be well cooked and finely processed. The patties should be cooked until soft and chewed thoroughly. The dip has a creamy consistency and is generally well tolerated. Individual tolerance should be taken into account.

Preparation

Number of servings: 4

Preparation time: 40 minutes,
15 minutes baking time



Ingredients

- 1-250 g can kidney beans (8-9 oz)
- 1 tablespoon fresh parsley to taste
- grated walnut kernels (50 g or 2 oz)
- 1 medium carrot, raw (40 g)
- 50 g celery, raw
- 1 medium onion, raw (40 g)
- 1 piece chicken egg, raw (70 g)
- 3-4 tablespoon oat flakes (70 g or 3 oz)
- 1 tablespoon canola oil (10 g)
- 1 teaspoon table salt
- 1 piece garlic, raw (5 g)
- 100 g plain yogurt or non-fat Greek yogurt (3-4 oz)
- ½ teaspoon curry powder
- 100 g curd cheese (3-4 oz)
- 1 teaspoon table salt
- Freshly ground pepper to taste

Nutritional Facts

serving (rounded)

- Calories: 260 kcal
- Total Protein: 11 g
- Carbohydrate: 16 g
  Of which sugars: 6 g
- Fat: 16 g
- Iron: 2 mg
- Calcium: 114 mg
- Fiber: 4 g

Cooking instructions

- Rinse the kidney beans well in a sieve and drain thoroughly. Then mash them roughly in a bowl so that they still retain some texture.
- Wash and peel the vegetables. Finely dice or grate the carrot, celery, and onion. Chop the garlic very finely. Finely chop the parsley. Roughly chop the walnut kernels.

- Add all the prepared ingredients to the beans. Add the egg and mix everything well. Mix in the oat flakes until a malleable mixture is formed. Season with salt to taste.
- Cover the mixture and leave to stand in the refrigerator for about 20 minutes so that the oat flakes swell and the mixture becomes firmer.
- Then form into evenly sized patties and lightly sprinkle the outside with oat flakes or coat them in the flakes.
- Heat the canola oil in a pan. Fry the bean patties over a low heat (around 150°C or 300°F) for about 15 minutes, turning them carefully several times until they are golden brown and crispy on the outside and cooked through on the inside.

Curry dip

- Mix the yogurt and curd cheese until smooth. Stir in the curry powder and season with salt and freshly ground black pepper. Leave to infuse in the refrigerator until ready to serve.

Nutritional Analysis

The nutritional values were calculated using the Nutritional Software (www.nutritional-software.at)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Bean patties									
Kidney beans	250	73	5	0	9	0	1	28	5
Parsley, fresh	10	6	0	0	1	0	0	18	0
Walnut kernels	50	367	8	35	3	3	0	8	1
Carrot	40	16	0	0	3	3	0	8	1
Celery	50	11	1	0	1	1	0	40	1
Onion	40	12	0	0	2	2	0	9	1
Chicken egg, raw	70	96	8	7	1	1	1	36	0
Oat flakes	50	181	6	4	30	0	2	8	3
Canola oil	10	90	0	10	0	0	0	0	0
Table salt	2	0	0	0	0	0	0	5	0
Garlic, raw	5	7	0	0	1	0	0	2	0
Curry dip									
Plain yogurt, 3,6% fat	100	67	4	4	4	4	0	135	0
Curry powder	5	17	0	0	2	2	1	12	0
Curd cheese, 10% fat	100	82	11	2	4	4	0	88	0
Table salt	2	0	0	0	0	0	0	5	0
Black pepper	5	15	1	0	3	2	1	22	1
Total prepared	654	1038	46	62	64	23	9	454	15
Prepared per serving	164	260	11	16	16	6	2	114	4

Belgian Endive au Gratin

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Ingredients

(for 2 servings):

- 2 slices of lean cooked ham
- 2 Belgian endives
- 200 ml of semi-skimmed milk
- 60 g of grated cooked pressed cheese, such as Emmental or Gruyère.
- 20 g of instant cornstarch
- 40 g of unflavoured whey protein
- 2 teaspoons (10g) of olive oil
- Salt, pepper, nutmeg



Preparation

Number of servings: 2

Preparation time: 25 minutes

This recipe is suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Nutritional Facts

per serving

- Calories: 398 kcal
- Total Protein: 40.5 g
- Carbohydrate: 18.6 g
  Of which sugars: 9 g
- Fat: 13 g
- Iron: 2.5 mg
- Calcium: 420 mg
- Fiber: 5 g

Cooking instructions

- Separate the Belgian endive leaves.
- Heat 2 teaspoons of olive oil in a pan over medium heat. Add the endive leaves. Cook for 10 minutes until golden brown.
- Using a round cutter or small mould, assemble a "flower". Alternate cooked endive leaves and thin strips of lean ham. Set aside.
- Prepare the white sauce. Pour the semi-skimmed milk into a small saucepan. Season lightly with salt, pepper, and nutmeg. Heat gently over medium heat. Do not boil.
- When the milk starts to simmer, add the instant cornstarch. Whisk continuously for 1–2 minutes until thickened.
- Add the grated cheese. Stir until fully melted.
- Remove the pan from the heat. Add the unflavoured whey protein. Mix well. Do not boil after adding whey protein.
- Preheat the oven grill to 200 °C / 390 °F.
- Place the endive and ham "flower" on oven-safe plates or a baking dish.
- Pour the sauce around the endive flower. Place under the grill for 3–5 minutes, until lightly golden.

Nutritional Analysis (per serving)

Nutritional values were calculated based on data obtained from the CIQUAL food composition database developed by ANSES (France).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Lean cooked ham	50	67.0	10.5	1.5	1.0	1.0	1.0	5	0.0
Belgian endive	120	21.4	1.5	0.2	2.8	1.7	1.0	33	5.0
Semi-skimmed milk	100	53.2	3.4	1.6	4.8	4.8	0.0	120	0.0
Grated cheese	30	82.6	9.0	3.7	1.0	0.5	0.2	245	0.0
Instant cornstarch	10	31.5	0.0	0.0	7.0	0.0	0.0	2	0.0
Unflavoured whey protein	20	91.7	16.1	1.0	2.0	1.0	0.3	15	0.0
Olive oil	5	50.7	0.0	5.0	0.0	0.0	0.0	0	0.0
Total	–	398	40.5	13	18.6	9.0	2.5	420	5

Buttermilk Jelly

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Salzkammergut-Klinikum Gmunden,
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Austria

Suitable from approximately day 5 after surgery, depending on individual tolerance. Use very soft cooked fruit and purée if needed. Omit pistachios if poorly tolerated. Consume slowly and ensure a soft, smooth texture.



Preparation

Number of servings: 8

Preparation time: 20 minutes,
3-4 hours cooling time

Ingredients

- 5 g gelatin (2 piece or 0,2 oz)
- Peel and Juice of a half (1/2) lemon
- 100 g curd cheese, low fat (4 oz)
- 1 tablespoon raspberry syrup 0% sugar
- 250 g buttermilk or non-fat Greek yogurt (9 oz)
- 200 g rhubarb, raw (0.4 pound)
- 200 g raspberry, raw (0.4 pound)
- Water
- ½ piece vanilla pod
- 40 g pistachios, chopped (1-2 oz)
- 4-5 spearmint leaves

Nutritional Facts

per serving (rounded)

- Calories: 74 kcal
- Total Protein: 5 g
- Carbohydrate: 4 g
  Of which sugars: 4 g
- Fat: 3 g
- Iron: 1 mg
- Calcium: 86 mg
- Fiber: 3 g

Cooking instructions

- Soak the gelatin in cold water according to the package instructions.
- Wash the lemon in hot water, finely grate the zest, and squeeze the juice. Cut the vanilla pod lengthwise and scrape out the seeds.
- Mix the buttermilk and low-fat curd cheese in a saucepan until smooth. Add the vanilla pulp, lemon zest, and a little lemon juice and heat gently while stirring. Do not allow the mixture to boil.
- Squeeze out the soaked gelatin well and dissolve it completely in the warm mixture while stirring. Stir in the sugar-free raspberry syrup and mix everything well.
- Pour the mixture into glasses or molds and chill in the refrigerator for several hours until the jelly is completely set.

Rhubarb and raspberry layer

- Wash the rhubarb and cut into small pieces. Steam in a saucepan with a little water until soft. Then allow to cool slightly.
- Carefully fold in the raspberries and add a little extra raspberry syrup to taste if necessary.
- Spread the rhubarb and raspberry mixture on top of the set buttermilk jelly.
- Garnish the dessert with spearmint.

Nutritional Analysis

The nutritional values were calculated using the Nutritional Software (www.nutritional-software.at)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Gelatin	5	17	4	0	0	0	0	1	0
fresh Lemon	50	19	0	0	2	2	0	6	1
Curd cheese, low fat	100	71	12	0	4	4	0	88	0
Raspberry syrup, 0% sugar	10	1	0	0	0	0	0	1	0
Buttermilk	250	93	9	1	10	10	0	273	0
Rhubarb, raw	200	40	1	0	3	2	1	132	6
Raspberry, raw	200	86	3	1	10	10	2	80	9
Water	200	0	0	0	0	0	0	14	0
Vanilla pod	1	3	0	0	1	1	0	12	0
Pistachios, chopped	40	256	8	21	6	2	3	54	4
Spearmint	5	8	1	0	1	1	1	31	0
Total prepared	1061	593	38	24	36	31	8	691	21
Prepared per serving	133	74	5	3	4	4	1	86	3

Caraway Soup

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Austria

Suitable from approximately day 5 after surgery, if well tolerated. Ensure a smooth, creamy consistency by cooking the potatoes until soft and finely puréeing the soup. Add the egg after cooking and stir well. Finely chop the parsley. Eat slowly and stop when comfortably full.



Preparation

Number of servings: 6

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

- 500 g vegetable soup (500 ml or 16-17 oz)
- 500 g buttermilk (500 ml or 16-17 oz)
- 1 tablespoon caraway seeds
- 250 g potatoes, raw (8-9 oz or 0,5 pound)
- 50 g sour cream or non-fat greek yogurt (2 oz)
- 1 teaspoon table salt
- Ground nutmeg to taste
- 1 tablespoon freshly parsley to taste
- 1 piece chicken egg, raw

Nutritional Facts

per serving (rounded)

- Calories: 98 kcal
- Total Protein: 6 g
- Carbohydrate: 11g
  Of which sugars: 4 g
- Fat: 3 g
- Iron: 1 mg
- Calcium: 126 mg
- Fiber: 1 g

Cooking instructions

- Wash the potatoes thoroughly, peel them, and cut them into small cubes. Place them in a pot with the caraway seeds and vegetable stock, cover, and simmer gently. Depending on the size of the pieces, it will take about 15 to 20 minutes for the potatoes to soften.
- In the meantime, mix the egg with the sour cream until smooth.
- Once the potatoes are soft, add the buttermilk to the soup and heat briefly. Then reduce the heat significantly; the soup should no longer boil. Slowly pour in the mixture of egg and sour cream, stirring constantly, and allow the soup to simmer so that it thickens slightly.
- Attention: If the heat is too high, the egg may curdle.
- Then purée everything finely with a hand blender or hand mixer. Season to taste with salt and freshly ground nutmeg. Depending on the desired consistency, a little vegetable stock or water can be added at the end.
- Sprinkle with freshly chopped parsley before serving.

Nutritional Analysis

The nutritional values were calculated using the Nutritional Software (www.nutritional-software.at)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Cal-cium (mg)	Fiber (g)
Vegetable soup	500	10	1	0	1	0	0	30	0
Buttermilk	500	185	18	3	20	20	1	545	0
Caraway seeds	5	19	1	1	2	0	1	48	1
Potatoes, raw	250	188	5	0	39	2	2	23	3
Sour cream	50	79	2	7	2	2	0	50	0
Table salt	5	0	0	0	0	0	0	13	0
Ground nutmeg	2	11	0	1	1	0	0	4	0
Parsley, fresh	5	3	0	0	0	0	0	9	0
Chicken egg, raw	70	96	8	7	1	1	1	36	0
Total prepared	1387	589	35	18	66	25	5	756	4
Prepared per serving	231	98	6	3	11	4	1	126	1

Chicken and Oat Savoury Tart

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications. Diet progression stage: Phase after tolerance to solid protein foods.



Preparation

Number of servings: 6

Preparation time: 45 minutes

Ingredients

- 200 g chicken breast (cooked weight, skinless, shredded)
- 60 g oat flour
- 100 g whole eggs (2 medium eggs)
- 150 ml skimmed milk
- 50 g carrot, raw weight (peeled and grated)
- 20 g leek, raw weight (finely chopped)
- 40 g light mozzarella cheese
- 10 g sesame seeds
- 5 g baking powder
- 2 g turmeric powder
- Salt and dried thyme to taste

Nutritional Facts

per serving

- Calories: 153.7 kcal
- Total Protein: 16.9 g
- Carbohydrate: 9.5 g
  Of which sugars: 2.1 g
- Fat: 5.2 g
- Iron: 1.38 mg
- Calcium: 116.3 mg
- Fiber: 1.3 g

Cooking instructions

1. Preheat oven to 180°C (356°F).
2. Mix eggs and skimmed milk.
3. Add oat flour, turmeric and salt. Mix until smooth.
4. Add baking powder at the end.
5. Place chicken, carrot and leek in baking dish.
6. Pour batter over filling. Top with mozzarella and sesame.
7. Bake for 30 minutes at 180°C (356°F). Cool and divide into 6 portions.



Nutritional Analysis

Nutritional values were calculated using the Brazilian Food Composition Table (TACO), and the Portuguese Food Composition Table (TCA).

Ingredient	Total weight (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast cooked	200	330	62.0	7.2	0.0	0.0	2.0	24	0.0
Oat flour	60	228	7.8	4.2	38.0	0.6	2.4	32	5.0
Eggs	100	143	12.6	9.5	0.7	0.7	1.8	56	0.0
Skimmed milk	150	51	5.1	0.3	7.5	7.5	0.0	180	0.0
Carrot	50	20	0.5	0.1	4.5	2.2	0.2	17	1.4
Leek	20	12	0.3	0.1	2.8	0.6	0.3	12	0.6
Light mozzarella	40	80	11.2	4.8	1.2	0.8	0.1	280	0.0
Sesame seeds	10	58	1.8	5.0	2.3	0.1	1.5	97	1.1
Total	630	922	101.3	31.2	57.0	12.5	8.3	698	8.1

Chicken Breast Tawook with Non-Fat Garlic Yogurt Dip

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Eligible for both people living with overweight or obesity and those who have undergone metabolic bariatric surgery or are using obesity management medications.
It is not recommended during the first 4 weeks after metabolic bariatric surgery, until solid food is allowed.



Preparation

Number of servings: 4

Preparation time:
- Prep: 15 minutes
- Marinating: 30–120 minutes
- Cooking: 12–15 minutes
- Total active time: ~30 minutes

Ingredients

- Chicken breast, raw, skinless/boneless: 600 g
- Greek yogurt, non-fat, plain: 200 g
  - o 100 g for marinade
  - o 100 g for dip
- Lemon juice, raw: 60 g
- Garlic, raw: 12 g (≈ 4 cloves; ~3 g per clove)
  - 8 g (≈ 3 cloves) for marinade
  - 4 g (≈ 1 clove) for dip
- Olive oil: 10 g
- Cumin, ground: 2 g
- Salt, black pepper: to taste

Nutritional Facts

Per serving	(no wrap)	(with wrap)
Calories (kcal)	239.90	339.90
Total Protein (g)	39.18	47.18
Carbohydrate (g)	4.05	17.05
Of which sugars (g)	2.01	2.01
Fat (g)	6.67	10.17
Iron (mg)	1.00	2.40
Calcium (mg)	73.49	203.49
Fiber (g)	0.15	8.15

Cooking instructions

- **Make the marinade:** In a bowl, mix 100 g non-fat yogurt, 60 g lemon juice, 8 g grated garlic (≈ 3 cloves), 10 g olive oil, 2 g ground cumin, salt, and black pepper.
- **Prepare chicken:** Cut chicken breast into 3–4 cm cubes. Coat evenly with the marinade. Cover and refrigerate for 30–120 minutes.
- **Preheat oven:** Preheat to 220°C / 428°F (fan oven 200°C / 392°F).
- **Skewer and bake:** Thread chicken onto skewers. You can optionally thread chunks of vegetables, bell pepper, or onion between the meat pieces on the skewer. Place on a lined baking tray (or on a rack over a tray). Bake for 12–15 minutes, turning once, until fully cooked (safe internal temperature ≥ 74°C / 165°F).
- **Make the dip:** Stir 100 g non-fat yogurt with 4 g grated garlic (≈ 1 clove) and a pinch of salt and pepper. Serve alongside the chicken.
- **Optional serving:** Warm a protein wrap briefly (10–20 seconds) and serve the chicken and yogurt dip inside the wrap if desired.

Nutritional Analysis

Performed with MyFoodData Recipe Nutrition Calculator, data source: USDA FoodData Central

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast, raw	600	720.00	135.00	15.60	0.00	0.00	2.22	30.00	0.00
Greek yogurt, non-fat, plain	200	118.00	20.40	0.78	7.20	6.40	0.14	220.00	0.00
Lemon juice, raw	60	13.28	0.21	0.15	4.13	1.50	0.05	3.59	0.18
Garlic, raw	12	16.00	0.76	0.08	3.96	0.12	0.20	21.60	0.24
Olive oil	10	85.00	0.00	9.64	0.00	0.00	0.06	0.10	0.00
Cumin, ground	2	7.33	0.37	0.43	0.90	0.03	1.33	18.67	0.20
Whole grain protein-style wrap	228	400.00	32.0	14.00	52.00	0.00	5.60	520.00	32
TOTAL (whole recipe, no wrap)	884	959.61	156.74	26.68	16.19	8.05	4.00	293.96	0.62
TOTAL (with wraps)		1359.61	188.74	40.68	68.19	8.05	9.60	813.96	32.62

Chicken Soufflé

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Ekaterina Novichikhina
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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 4

Preparation time: 40 minutes

Ingredients

- Chicken fillet – 500 g
- Eggs – 2
- Low-fat milk 1.5% – 200 ml
- Salt - to taste

Nutritional Facts

per serving

- Calories: 229 kcal
- Total Protein: 38.6 g
- Carbohydrate 4.61 g
  Of which sugars: 2.52 g
- Fat: 6.2 g
- Iron: 2.7 mg
- Calcium: 87.9 mg
- Fiber: 0.25 g

Cooking instructions

- Boil the chicken fillet until fully cooked.
- Blend the meat in a blender until smooth.
- Add the eggs, milk, and salt, then blend again until creamy.
- Pour the mixture into molds and bake in a water bath at 180°C for 30 minutes.

Nutritional Analysis

Source: Specialized software for nutritionists and dietitians «nutrilogic.ru»

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken fillet	500	661	133.5	10.5	8	-	8.5	49	1
Eggs	120	166	15.12	11.4	0.84	0.48	2.16	62.7	-
Low-fat milk 1,5%	200	89	6	3	9.6	9.6	0.2	240	0
Total		916	154.6	24.9	18.44	10.8	10.86	351.7	1

Colour Symphony Dessert

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications (soft phase).



Preparation

Number of servings: 20

Preparation time: 45 minutes
+ plus 3 hours refrigeration

Ingredients

- 1 envelope red diet jelly powder (10 g powder)
- 1 envelope green diet jelly powder (10 g powder)
- 36g unflavoured gelatine powder (3 envelopes)
- 1 litre of skimmed milk
- 200 ml light evaporated milk
- 200 g low fat quark cheese or low fat Greek Yogurt
- Liquid sweetener to taste
- 1 teaspoon vanilla essence (5 ml)
- 20 fresh blueberries (approximately 40 g total)
- 10 fresh strawberries (approximately 120 g total)

Nutritional Facts

per serving

- Calories: 45.5 kcal
- Total Protein: 5.0 g
- Carbohydrate: 4.5 g
  Of which sugars: 4.3 g
- Fat: 0.9 g
- Iron: 0.06 mg
- Calcium: 92 mg
- Fiber: 0.2 g

Cooking instructions

1. Dissolve the green diet jelly in 150ml hot water. Add 150ml cold water. Mix well and set aside.
2. Repeat the same process with the red diet jelly and set aside.
3. Heat 500ml of the skimmed milk without boiling. Dissolve the unflavoured gelatine completely.
4. Add the remaining skimmed milk, light evaporated milk, quark cheese, sweetener and vanilla essence. Blend until completely smooth to ensure suitable texture for the soft phase after bariatric surgery.
5. Pour a first layer of the creamy mixture into individual glass cups.
6. Place in the freezer for approximately 15 minutes until firm.
7. Add a layer of red jelly into each glass cup. Return to freezer until set.
8. Add a layer of green jelly into each glass cup. Repeat layering process until all mixtures are used.
9. Refrigerate for at least 3 hours before serving.
10. Decorate each portion with 1 blueberry and half a strawberry before serving.

Nutritional Analysis

Nutritional values were calculated using the Brazilian Food Composition Table (TACO), and the Portuguese Food Composition Table (TCA).

Ingredient	Total weight (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Skimmed milk	1000	340.0	34.0	2.0	50.0	50.0	0.3	1200.0	0.0
Regular evaporated milk	200	268.0	13.6	15.2	20.0	20.0	0.2	500.0	0.0
Low fat quark	200	120.0	22.0	1.0	6.0	6.0	0.1	120.0	0.0
Unflavoured gelatine	36	119.88	29.88	0.0	0.0	0.0	0.0	0.0	0.0
Blueberries	40	22.8	0.28	0.12	5.6	4.0	0.12	2.4	0.96
Strawberries	120	38.4	0.84	0.36	9.24	5.88	0.48	19.2	2.4
Total	1596	909.08	100.6	18.68	90.84	85.88	1.2	1841.6	3.36

Creamy Prune, Strawberry and Yogurt Dessert

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications (soft phase).



Preparation

Number of servings: 4

Preparation time: 20 minutes

Ingredients

- 30 g dried prunes, pitted
- 100 g fresh strawberries
- 400 g light natural Greek yogurt
- 100 ml water
- 6 drops liquid vanilla essence
- Liquid sweetener to taste

Nutritional Facts

per serving

- Calories: 86 kcal
- Total Protein: 10.3 g
- Carbohydrate: 9.7 g
  Of which sugars: 7.0 g
- Fat: 1.1 g
- Iron: 0.28 mg
- Calcium: 132 mg
- Fiber: 1.0 g

Cooking instructions

1. Place the prunes and 100ml water in a small saucepan.
2. Cook over low heat for approximately 5 minutes until soft.
3. Allow to cool completely, keeping the cooking liquid.
4. Blend the prunes, cooking liquid and strawberries until smooth.
5. In a separate bowl, mix the Greek yogurt, vanilla essence and sweetener.
6. Divide into 4 small bowls or glasses.
7. Layer yogurt and fruit cream.
8. Chill before serving.

Nutritional Analysis

Nutritional values were calculated using the Brazilian Food Composition Table (TACO), and the Portuguese Food Composition Table (TCA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Dried prunes	30	72	0.6	0.1	19.2	11.4	0.3	13	2.1
Strawberries	100	32	0.7	0.3	7.7	4.9	0.4	16	2.0
Light Greek yogurt	400	240	40.0	4.0	12.0	12.0	0.4	500	0
Total	530	344	41.3	4.4	38.9	28.3	1.1	529	4.1

Dip Trio with Seed Crackers

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Spain

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (particularly during the puréed or soft phases) or using obesity management medications.



Preparation

Number of servings: 4

Preparation time:
15 minutes

Cook time: 30 minutes

Total time: 45 minutes

Ingredients

Seed Crackers

- 100 g pasteurized egg whites
- 20 g golden flaxseeds
- 20 g chia seeds
- 20 g sunflower seeds
- 20 g pumpkin seeds
- 1 teaspoons dried herbs (Herbes de Provence)

Beetroot Dip

- 200 g cooked beetroot
- 100 g cooked white beans
- 10 g extra virgin olive oil
- 30 g low-fat fresh cheese
- 1 teaspoon Ground cumin
- 1 teaspoon ground black pepper

Tuna Dip

- 90 g canned tuna
- 10 g oil from the canned tuna
- 30 g low-fat fresh cheese
- 200 g cooked chickpeas
- 50 ml water
- 1 teaspoon dried herbs (Herbes de Provence)
- 1 teaspoon ground black pepper

Spinach Dip

- 250 g cooked chickpeas
- 100 g fresh spinach
- 30 g low-fat fresh cheese
- 15 ml lemon juice
- 10 ml olive oil
- 1 teaspoons ground black pepper

Nutritional Facts

per serving

Seed Crackers (per serving 45 g)

- Calories: 118.3 kcal
- Total Protein: 6.8 g
- Carbohydrate: 6.7 g
  Of which sugars: 0 g
- Fat: 8.1 g
- Iron: 1.2 mg
- Calcium: 51.65 mg
- Fiber: 1.8 g

Beetroot Dip (per serving 85 g)

- Calories: 76.2 kcal
- Total Protein: 3.2 g
- Carbohydrate: 9.6 g
  Of which sugars: 2.95 g
- Fat: 3 g
- Iron: 0.62 mg
- Calcium: 30.72 mg
- Fiber: 4.5 g

Tuna Dip (per serving 82.5 g)

- Calories: 113.5 kcal
- Total Protein: 8.6 g
- Carbohydrate: 10.46 g
  Of which sugars: 0.3 g
- Fat: 4.26 g
- Iron: 0.9 mg
- Calcium: 31.7 mg
- Fiber: 3 g

Spinach Dip (per serving 97.5 g)

- Calories: 115.15 kcal
- Total Protein: 5.9 g
- Carbohydrate: 13.59 g
  Of which sugars: 0.3 g
- Fat: 4.6 g
- Iron: 0.97 mg
- Calcium: 49.7 mg
- Fiber: 4-1 g



Cooking instructions

Seed Crackers (45 minutes)

1. Combine the mixed seeds, egg white, and spices in a bowl. Mix well.
2. Refrigerate the mixture for 15 minutes to allow the seeds to hydrate. Preheat the oven to 180°C (350°F).
3. Line a baking tray with non-stick baking paper. Spread the hydrated mixture evenly onto the tray. Aim for a thickness of approximately 2 mm.
4. Bake for 30–40 minutes, or until golden and crisp. Allow to cool completely before breaking into desired portions. Store leftovers in an airtight container at room temperature.

Dips (Beetroot, Tuna, and Spinach) (5 minutes)

For the Beetroot and Tuna Dips:

1. Place all ingredients in a blender or tall mixing container.
2. Blend with a hand blender until smooth and homogeneous.
3. Store leftovers in an airtight container in the refrigerator.

For the Spinach Dip:

1. Bring water to boil. Blanch the spinach for 10 seconds.
2. Transfer immediately to ice water to stop the cooking process. Drain well and pat dry.
3. Add the spinach and remaining ingredients to a blender.
4. Blend until smooth and homogeneous.
5. Store leftovers in an airtight container in the refrigerator.



Nutritional Analysis

The nutritional analysis was conducted using the USDA FoodData Central Nutrient Database (United States Department of Agriculture). Each ingredient was entered individually using its closest corresponding raw or cooked form, as applicable. Nutrient values were obtained per 100 g and adjusted proportionally according to the exact quantities used in the recipe.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Seed Crackers									
Pasteurized egg whites	100 g	45 kcal	10.5 g	0.1g	0.3 g	-	0.07 mg	6 mg	-
Golden flaxseeds	20 g	113 kcal	3.6 g	8.4g	5.7 g	-	1.14 mg	51 mg	5.46 g
Chia seeds	20 g	98 kcal	3.4 g	6.6g	7.6 g	-	1.2 mg	119 mg	0.16 g
Sunflower seeds	20 g	114.2 kcal	3.78 g	9.68g	9.68 g	-	0.8 mg	23.2 mg	0.67 g
Pumpkin seeds	20 g	103 kcal	5.98 g	8g	3.74 g	-	1.6 mg	7.4 mg	1 g
Total	180 g	473.2 kcal	27.26 g	32.78g	27.02 g	-	4.81 mg	206.6 mg	7.29 g
Beetroot Dip									
Cooked beetroot	200 g	82 kcal	3.38 g	0.6g	17.58 g	10.2 g	0.86 mg	28 mg	6.2 g
Cooked white beans	100 g	116 kcal	6.5 g	1.4g	20 g	0.4 g	1.6 mg	64 mg	12.1 g
Olive oil, extra virgin	10 ml	81.9 kcal	-	9.37g	-	-	-	-	-
Low fat fresh cheese	30 g	25.2 kcal	3.3 g	0.69g	1.2 g	1.2 g	0.03 mg	30.9 mg	-
Total	340 g	305.1 kcal	13.18 g	12.06g	38.78 g	11.8 g	2.49 mg	122.9 mg	18.3 g
Tuna Dip									
Canned tuna	90 g	81 kcal	17.1 g	0.81g	0.07 g	-	1.5 g	16.2 mg	-
Olive oil, extra virgin	10 ml	81.9 kcal	-	9.37g	-	-	-	-	-
Low fat fresh cheese	30 g	25.2 kcal	3.3 g	0.69g	1.2 g	1.2 g	0.03 mg	30.9 mg	-
Cooked chickpeas	200 g	266 kcal	14 g	6.2g	40.6 g	-	2.08 mg	80 mg	12 g
Total	330 g	454.1 kcal	34.4 g	17.07g	41.87 g	1.2 g	3.61 mg	127.1 mg	12 g
Spinach Dip									
Cooked chickpeas	250 g	332.5 kcal	17.55 g	7.75g	50.75 g	-	2.6 mg	100 mg	14.8 g
Fresh spinach	100 g	21 kcal	2.85 g	0.62g	2.41 g	-	1.26 mg	68 mg	1.6 g
Low fat fresh cheese	30 g	25.2 kcal	3.3 g	0.69g	1.2 g	1.2 g	0.03 mg	30.9 mg	-
Olive oil	10 ml	81.9 kcal	-	9.37g	-	-	-	-	-
Total	390 g	460.6 kcal	23.7 g	18.43g	54.36 g	1.2 g	3.89 mg	198.9 mg	16.4 g

High-Protein Chicken Bites with Toasted Coconut Crust

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Portugal



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.
Diet progression stage: Soft phase, after tolerance to solid protein foods is established.

Preparation

Number of servings: 12

Preparation time: 35 minutes

Ingredients

- 200 g potato, raw weight (peeled before boiling)
- 150 g chicken breast (cooked weight, skinless, shredded)
- 6 g ground golden linseed (2 teaspoons)
- 8 g oat bran (2 teaspoons)
- 80 g low-fat Greek yogurt, 2% fat
- 50 g unsweetened desiccated coconut
- 60 g light mozzarella cheese (sliced)
- Salt and herbs to taste

Nutritional Facts

per serving (2 units)

- Calories: 165.2 kcal
- Total Protein: 13.0 g
- Carbohydrate: 10.7 g
  Of which sugars: 1.7 g
- Fat: 8.4 g
- Iron: 0.82 mg
- Calcium: 93 mg
- Fiber: 2.4 g

Cooking instructions

1. Peel the potatoes and weigh 200 g raw weight.
2. Boil the potatoes in salted water until soft.
3. Drain and mash while still warm until smooth.
4. In a bowl, combine the mashed potato and shredded cooked chicken breast.
5. Add ground linseed and oat bran.
6. Season with salt and dried herbs to taste. Mix thoroughly using your hands until uniform.
7. Add a small amount of the potato cooking water only if needed to improve binding. The mixture should be firm and mouldable.
8. Divide the mixture into 12 equal portions.
9. Flatten each portion in the palm of your hand. Place 5 g of sliced light mozzarella in the centre.
10. Seal carefully and shape into a compact bite.
11. Dip each bite into the Greek yogurt, removing excess. If the yogurt is too thick, dilute slightly with a small amount of water or milk.
12. Coat evenly with desiccated coconut.
13. Preheat the air fryer to 180°C (356°F).
14. Cook for 15 minutes, turning halfway through cooking time, until golden and lightly crisp on the outside.

Nutritional Analysis

Nutritional values were calculated using the Brazilian Food Composition Table (TACO), and the Portuguese Food Composition Table (TCA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Cal-cium (mg)	Fiber (g)
Boiled potato	200	172	4.0	0.2	40.0	2.0	1.0	8.0	3.2
Chicken breast cooked	150	248	46.5	5.4	0.0	0.0	1.5	18.0	0.0
Ground linseed	6	32	1.1	2.6	1.7	0.1	0.3	15.0	1.6
Oat bran	8	30	1.4	0.6	5.3	0.2	0.3	4.0	1.2
Greek yogurt 2%	80	59	4.8	1.6	3.2	3.2	0.1	88.0	0.0
Desiccated coconut	50	330	3.3	32.5	12.0	3.5	1.5	7.0	8.5
Light mozzarella	60	120	16.8	7.2	1.8	1.2	0.2	420.0	0.0
Total	554	991	77.9	50.1	64.0	10.2	4.9	560	14.5

Keşkek

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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications. It can be a nutritious and satisfying meal that supports energy needs and long term weight management.

Preparation

Number of Servings: 3

Preparation Time: 30 minutes

Ingredients

- 150 grams of wheat for ashure
- 250 grams of chicken thighs (raw chicken meat)
- 1 teaspoon of salt (5 g)
- 1 teaspoon of red pepper flakes (5 g)
- 1 teaspoon of thyme (5 g)
- 1 tbsp of butter (10 g)
- 1 tbsp of olive oil (15 g)
- 600 ml of water

Nutritional Facts

- Calories: 374.7 kcal
- Total Protein: 21.2 g
- Carbohydrate: 31.3 g
- Sugars: 1.9 g
- Fat: 18.1 g
- Iron: 5.8 mg
- Calcium: 66.7 mg
- Fiber: 7.4 g

Cooking Instructions

1. Heat the olive oil in a pot and add the chicken. Fry the chicken for a few minutes, turning it over so it is lightly browned and the surface is sealed.
2. Add the soaked wheat, spices and butter to the chicken. The wheat should be soaked overnight (8–12 hours) using approximately 600 ml of water for 150 g of wheat, then drained before adding. Spices such as salt, red pepper flakes and thyme can be included.
3. Add enough water to cover the ingredients by about 4 fingers, bring it to a boil, then reduce the heat and let it cook. Cook over medium-low heat for approximately 45 minutes, or until the wheat softens and reaches a porridge-like consistency. Stir occasionally to prevent sticking.
4. After cooking (remove any chicken bones if present), blend the mixture to achieve the desired consistency. Optionally, shred the chicken and serve it on top.

Nutritional Analysis

Source: BeBis (nutrition information system) program was used in the food analysis.

Ingredient	Total weight used in recipe (g)	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Wheat for aşure	50	152.3	5.7	0.9	29.7	0.3	1.6	16.5	6.6
Chicken legs	83.3	144	15.1	9.3	0.0	0.0	1.5	12.5	0.0
Salt	2	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0
Chili pepper	2	4.5	0.2	0.03	0.8	0.8	0.1	1.6	0.4
Oregano	2	4.8	0.2	0.1	0.8	0.7	2.1	31.5	0.3
Butter	3.3	24.7	0.1	2.8	0.1	0.1	0.0	0.4	0.0
Olive oil	5	44.2	0.0	5.0	0.0	0.0	0.0	0.0	0.0
TOTAL	146.6	374.5	21.2	18.1	31.4	1.9	5.2	66.7	7.3

Lahmacun

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Turkiye

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery in the solid phase.



Preparation

Number of servings: 2

Preparation time: 35 minutes

Ingredients

All ingredients are raw.

For the filling:

- 80 g ground beef
- 30 g onion
- 30 g tomato
- 10 g green pepper
- 20 g red pepper
- 5 g parsley
- 1 teaspoon tomato paste (5 g)
- 1 teaspoon red pepper paste (5 g)
- 2 g salt
- 1 g black pepper
- 2 g paprika
- 1 g cumin
- 1 teaspoon olive oil (5 g)

For the Dough:

- 90 g oat flour
- 80 g water
- 1 g salt

Nutritional Facts

per serving

- Calories: 307.4 kcal
- Total Protein: 15.65 g
- Carbohydrate: 34.4 g
- Sugars: 6 g
- Fat: 11.7 g
- Iron: 3.5 mg
- Calcium: 55.2 mg
- Fiber: 3.75 g

Cooking instructions

- For the filling, place the ground beef in a mixing bowl. Add finely chopped onion, tomato, parsley, red pepper, and green pepper.
- Add the tomato paste, red pepper paste, olive oil, salt, and spices. Mix all the ingredients thoroughly.
- For the dough, place the oat flour in a bowl. Add 80 g of water and knead until a medium-firm dough is obtained.
- Divide the dough into two equal portions. Roll each portion out thinly into a round shape.
- Spread the prepared filling evenly over the dough.
- Bake in a preheated oven at 200°C (392°F) for approximately 15 minutes. Enjoy!

Nutritional Analysis

Source: System (BeBiS 9) database software programme.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Ground beef	80	166	16.4	11.2	0.1	-	1.8	4.8	-
Onion	30	8.3	0.4	0.1	1.5	1.5	0.1	6.6	0.4
Tomato	30	5.2	0.3	0.1	0.8	0.8	0.1	2.7	0.4
Green pepper	10	3.8	0.1	-	0.7	0.7	0.1	1	0.4
Red pepper	20	7.4	0.3	0.1	1.3	1.3	0.1	2	0.7
Parsley	5	2.6	0.2	-	0.4	-	0.1	8.9	0.2
Tomato Paste	5	1.9	0.1	-	0.3	0.3	0.1	3	0.1
Red Pepper Paste	5	5.6	0.1	-	1.2	-	0.1	1.4	0.1
Salt	3	-	-	-	-	-	-	-	-
Black Pepper	1	2.8	0.1	-	0.5	0.5	0.1	4.3	0.1
Paprika	2	6.3	0.3	0.3	0.7	-	0.5	3.6	0.4
Cumin	1	3.6	0.2	0.1	0.4	0.1	0.2	9.5	0.1
Olive oil	5	44.3	-	5	-	0.3			
Oat Flour	90	357.1	12.8	6.4	61.1	0.5	3.8	49.5	4.5
Total	287	614.9	31.3	23.4	68.8	6	7	110.4	7.5

Layered Mango Summer Dessert

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medication.



Preparation

Number of servings: 1

Preparation time: 10 min

Ingredients

- ½ whole wheat breakfast cereal bar (18 g)
- 60 g crumbled low-fat fresh cheese
- 2 tablespoon chopped fresh mango (30 g)
- 25 ml fresh orange juice
- ½ teaspoon stevia (3 g) (optional)

Nutritional Facts

per serving (133 g)

- Calories: 152,07 kcal
- Total Protein: 10,00 g
- Carbohydrate 23,10 g
  Of which sugars: 11,06 g
- Fat: 1,53 g
- Iron: 1,24 mg
- Calcium: 298,50 mg
- Fiber: 2,40 g

Cooking instructions

- Place the crushed whole-wheat breakfast cereal bar in a glass.
- Blend the fresh cheese together with the orange juice until smooth. If needed, add ½ teaspoon of stevia to taste. Spread it over the first layer.
- Finally, blend the mango and spoon the mango purée on top.



Nutritional Analysis

Fonte: Tabela portuguesa da Composição Nutricional dos Alimentos do Instituto Nacional de Saúde Doutor Ricardo Jorge

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Whole wheat breakfast cereal bar	18.00	65.52	1.93	0.36	12.87	1.10	1.08	6.30	1.53
Orange juice	25.00	11.3	0.1	0.0	2.6	2.4	0.1	1.5	0.00
Low-fat fresh cheese	60.00	57.60	7.80	1.08	4.14	4.14	0.00	288.00	0.00
Fresh mango	30.00	17.70	0.15	0.09	3.51	3.45	0.06	2.70	0.87
Total	133.00	152.07	10.00	1.53	23.10	11.06	1.24	298.50	2.40

Lor Dolması

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Turkiye

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery in the soft and solid phase



Preparation

Number of servings: 1

Preparation time: 35 minutes



Ingredients

- 10 g bulgur
- 1 teaspoon olive oil (5 g)
- 35 g onion
- 2 g salt
- 60 g low-fat cow's milk
- 3 leaves of Swiss chard (60 g)
- 45 g cottage cheese
- 2 tablespoons strained yogurt (60 g)
- ½ tablespoon pomegranate molasses (7 g)

Nutritional Facts

per serving

- Calories: 226.3 kcal
- Total Protein: 13 g
- Carbohydrate: 19.4 g
- Sugars: 11.4 g
- Fat: 10.1 g
- Iron: 2.3 mg
- Calcium: 274.2 mg
- Fiber: 3 g

Cooking instructions

- Add olive oil, salt, and chopped onions to a pan and sauté until softened.
- Add the bulgur and cook for another 1-2 minutes. Then, add the milk and cook until the bulgur begins to absorb the milk.
- Finally, add the cottage cheese and mix thoroughly.
- Remove the prepared filling from the heat and leave it to cool.
- Trim the thick stems of the chard leaves.
- Blanch the leaves in boiling water for approximately 30 seconds. Then, shock them in cold water and leave to drain.
- Place the chard leaves with the shiny side facing down. Flatten the thick veins of the leaves using the back of a spoon if necessary.
- Place a sufficient amount of the filling inside each leaf and roll them up.
- Arrange the prepared rolls in a baking dish. Add 200 ml of water and bake in a preheated oven at 180°C (356°F) for approximately 20 minutes.
- Spread 2 tablespoons (60g) of strained yogurt on the base of a serving plate. Place the rolls on top and serve by drizzling ½ tablespoon of pomegranate molasses over them. Enjoy!

Nutritional Analysis

Source: System (BeBiS 9) database software programme.

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Bulgur	10	32.5	0.9	0.1	6.9	0.1	0.5	3	1
Olive oil	5	44.3	-	5	-	-	-	-	-
Onion	35	9.7	0.4	0.1	1.7	1.8	0.1	7.7	0.5
Salt	2	-	-	-	-	-	-	5	-
Low-fat cow's milk	60	28.8	2	1	2.9	2.9	-	70.8	-
Swiss chard	60	9.6	1.3	0.2	0.4	0.4	1.6	61.8	1.5
Cottage cheese	45	32.4	5.6	0.4	1.2	-	-	27.5	-
Strained yogurt	60	50	2.6	3.2	2.2	2.2	-	96	-
Pomegranate molasses	7	19	0.2	0.1	4	4	0.1	2.4	-
Total	284	226.3	13	10.1	19.4	11.4	2.3	274.2	3

Mango Smoothie with Whey Protein

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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 2

Preparation time: 5 minutes

Ingredients:

- Whey protein (neutral or vanilla) 30 g
- Mango (flesh) - 80 g
- Plain unsweetened yogurt 1,5% - 40 g
- Water - 55 ml

Nutritional Facts

per serving

- Calories: 94.5 kcal
- Total Protein: 13.14 g
- Carbohydrate 8.29 g
  Of which sugars: 7 g
- Fat: 1.71 g
- Iron: 0.4 mg
- Calcium: 104.2 mg
- Fiber: 0.79 g

Cooking instructions

- Peel and chop the mango.
- Combine all ingredients in a blender.
- Blend until smooth.

Nutritional Analysis

Source: Specialized software for nutritionists and dietitians «nutrilogic.ru»

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Whey protein	30	120	24	2.5	3.5	2	0.6	150	0.3
Mango (flesh)	80	48	0.64	0.32	10.72	10	0.16	8.8	1.28
Plain unsweetened yogurt 1,5%	40	21	1.64	0.6	2.36	2	0.04	49.6	-
Water	15	-	-	-	-	-	-	-	-
Total		189	26.28	3.42	16.58	14	0.8	208.4	1.58

Mashed Sweet Potato and Avocado with Egg

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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 3

Preparation time: 25 minutes

Ingredients

- 1 sweet potato – 300 grams
- 1 Avocado (peeled) – 100 grams
- Chicken egg – 1
- Water – 100 milliliters
- Salt – to taste

Nutritional Facts

per serving

- Calories: 162 kcal
- Total Protein: 6.21 g
- Carbohydrate 16.4 g
  Of which sugars: 6.27 g
- Fat: 8.04 g
- Iron: 1.56 mg
- Calcium: 31.5 mg
- Fiber: 3 g

Cooking instructions

- Peel the sweet potato, chop it, and boil until soft.
- Hard-boil the egg and peel it.
- Peel and chop the avocado.
- Combine the sweet potato, avocado, egg, and water, then blend until smooth.
- If needed, add a little more water to reach the desired consistency.

Nutritional Analysis

Source: Specialized software for nutritionists and dietitians «nutrilogic.ru»

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Sweet potato	300	237	6	0.6	52.2	19.5	2.1	38	3.3
Avocado	100	147	2	14.7	1.8	0.7	0.6	12	6.7
Chicken egg	±50	157	12.7	11.5	0.7	0.7	2.5	55	0
Water	100	-	-	-	-	-	-	-	-
Total		541	20.7	26.8	54.7	20.9	5.2	105	10

Oats Pudding with Almonds and Fruit

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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery.



Preparation

Number of servings: 1

Preparation time: 10 minutes

Ingredients

- 20 g oats (2 tablespoon)
- 10 g flaxseed (1 tablespoon)
- 100 g natural yogurt skyr drink
- 80 ml water
- 1-2 tablespoon sweeteners
- 40 g strawberries/raspberries/ blueberries
- 5 g almond flakes
- a pinch of salt

Nutritional Facts

per serving:

- Calories: 238 kcal
- Total Protein: 13.52 g
- Carbohydrate 25.02 g
  Of which sugars: 14.96 g
- Fat: 9.95 g
- Iron: 1.79 mg
- Calcium: 165.5 mg
- Fiber: 5.33 g

Cooking instructions

1. Grind oats and flaxseed into flour. Transfer to a pot, add water, skyr, sweeteners and salt, and mix. Simmer, stirring frequently, until a pudding-like consistency is achieved.
2. Pour the pudding into a bowl and serve with fruit and almond flakes.

Nutritional Analysis

Source: DietetykPro (polish dietary program)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
oats	20	75	2.38	1.44	13.86	12.48	0.78	10.8	1.38
flaxseed	10	53	2.19	3.92	2.89	0.16	0.57	25.5	2.73
natural yogurt skyr drink	100	64	7.6	1.8	4.3	20	0	107.0	0
strawberries	40	13	0.28	0.16	3.04	2.32	0.28	10.4	0.72
almond flakes	5	33	1.07	2.63	0.93	0	0.16	11.8	0.5
Total		238	13.52	9.95	25.02	14.96	1.79	165.5	5.33

Poached Egg with Chickpea Purée and Roasted Tomatoes

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 2

Preparation time: 45 minutes

Ingredients

- 2 medium chicken eggs (2 × 55 g)
- 130 g cherry tomatoes
- 150 g cooked chickpeas
- 80 g bell pepper
- 2 cloves of garlic
- 10 ml lemon juice
- 100 g onion
- ⅓ teaspoon (2 g) iodized salt
- ½ teaspoon (1 g) basil, oregano, or thyme leaves
- 1 teaspoon (2 g) sweet paprika
- 1 teaspoon (1,5 g) nutritional yeast
- 1 tablespoon of vinegar (optional)

Nutritional Facts

per serving

- Calories: 223.2 kcal
- Total Protein: 15.0 g
- Carbohydrate 17.8 g
- Of which sugars: 5.3 g
- Fat: 8.5 g
- Iron: 3.6 mg
- Calcium: 84.1 mg
- Fiber: 7.5 g

Cooking instructions

- Preheat the oven to 200°C (390°F).
- Place the previously washed cherry tomatoes, garlic gloves, sliced bell pepper and onion on a baking tray. Add basil, oregano, or thyme leaves and the iodized salt.
- Roast for 20-30 minutes, until the tomatoes, bell pepper and onion are soft and the garlic is caramelized. Allow it to cool slightly, then peel the tomatoes and the bell pepper for people who have had metabolic bariatric surgery and are in the pureed, soft, or solid phase.
- Blend the chickpeas with 2 roasted garlic cloves, sweet paprika, nutritional yeast and lemon juice until smooth and creamy. If necessary, you can add milk or warm water to obtain consistency.
- To poach the eggs, bring a pot of water to a boil and add 1 tablespoon of vinegar (optional). Carefully add the eggs and cook until the whites are set and opaque (about 3-4 minutes).
- Serve the chickpea purée on a plate, place the poached egg on top, and arrange the roasted tomatoes on the side. Drizzle with the roasting juices before serving.

Nutritional Analysis

Fonte: Tabela portuguesa da Composição Nutricional dos Alimentos do Instituto Nacional de Saúde Doutor Ricardo Jorge

Ingredient	Total weight used in recipe (g)	Kcal	Protein	Fat	Carbohy-drate	Sugars	Iron	Calcium	Fiber
Poached egg	110	165	14.3	11.99	0	0	2.31	46.2	0
Raw red bell pepper	80	21.6	1.28	0.48	2.16	2	0.48	7.2	1.6
Raw tomatoes	130	39	1.3	1.04	5.2	5.2	0.39	11.05	2.08
Raw garlic	12.00	8.64	0.46	0.07	1.36	0.16	0.10	2.04	0.36
Raw onion	100.00	20.00	0.90	0.20	3.10	2.20	0.50	31.00	1.10
Fresh lemon juice	10.00	2.50	0.03	0.00	0.15	0.15	0.02	0.70	0.00
Cooked chickpeas	150.00	10.20	3.15	22.65	178.50	0.90	3.15	69.00	9.30
Nutritional yeast*	3.00	11.25	1.50	0.09	0.94	0.00	0.18	1.08	0.56
Total	595,00	446.49	29.97	17.03	35.55	10.61	7.13	168.27	14.44

Polish Protein Comfort Dumplings (Two Serving Options)

Monika Mikolajek
General Surgery Unit, DSS Wroclaw
Poland

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.





Preparation

Number of servings: 4

Preparation time: 30 minutes

Ingredients

- 200 g cooked potatoes (peeled, cooled; cooked weight)
- 500 g natural skyr 0% fat (raw weight)
- 1 whole egg (55 g, raw weight)
- 200 g egg whites (raw weight)
- 20 g potato starch (dry weight)
- 1/2 teaspoon salt

Nutritional Facts

per serving

- Calories: 176 kcal Total Protein: 21.8 g
- Carbohydrate: 18 g
  Of which sugars: 4 g (naturally occurring only)
- Fat: 1.5 g
- Iron: 1.0 mg
- Calcium: 165 mg
- Fiber: 1.0 g

Cooking instructions

1. Mash cooled potatoes until smooth.
2. Add skyr, egg, egg whites, starch and salt.
3. Mix gently until uniform dough forms.
4. Shape small dumplings (3–4 cm).
5. Bring water to boil (100°C / 212°F), reduce to gentle simmer.
6. Cook 3–4 minutes after floating to the surface.
7. Remove with a slotted spoon.

Serving Option 1
Savoury Dill Yogurt Sauce

Number of servings: 4

Ingredients

- 200 g natural skyr 0% fat (raw weight)
- 5 g fresh dill
- 15 ml lemon juice

Preparation

- Finely chop fresh dill.
- Combine skyr, dill and lemon juice.
- Season lightly with salt and white pepper.
- Refrigerate 10 minutes before serving.

Nutritional Facts **per serving of Savoury Dill Yogurt Sauce**

- Calories: 8 kcal
- Total Protein: 5.6 g
- Carbohydrate 4.7 g oOf which sugars: 1.9 g
- Fat: 0 g
- Iron: 0.1 mg
- Calcium: 62.5 mg
- Fiber: 0 g

Nutritional Facts **per serving of Dumplings and Yogurt Sauce**

- Calories: 184 kcal
- Total Protein: 27.4 g
- Carbohydrate 22.6 g
  Of which sugars: 7.3 g
- Fat: 1.3 g
- Iron: 0.88 mg
- Calcium: 225.8 mg
- Fiber: 0.8 g

Nutritional Analysis

Savoury Sauce

Analysis performed using USDA FoodData Central (2024 database values)

Ingredient	Weight	kcal	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Skyr 0%	200 g raw	120	22	7	7	0	0.1	240	0
Fresh dill	5 g	2	0.2	0.4	0.1	0	0.1	9	0.1
Lemon juice	15 ml	6	0.1	2	0.3	0	0.1	1	0

Serving Option 2
Warm Cinnamon Apple Sauce (No Added Sugar)

Number of servings: 4

Ingredients:

- 200 g apples (raw weight)
- 30 ml water
- 1/2 teaspoon ground cinnamon

Preparation

1. Place apples and water in saucepan.
2. Cook over medium heat (160°C / 320°F pan temperature) for 5 minutes.
3. Add cinnamon and stir.
4. Blend or leave slightly chunky.

Nutritional Facts per serving of Apple Sauce

- Calories: 26.8 kcal
- Total Protein: 0.1 g
- Carbohydrate 7.3 g
  Of which sugars: 5 g
- Fat: 0.1 g
- Iron: 0.1 mg
- Calcium: 3.5 mg
- Fiber: 1.3 g

Nutritional Facts per serving of Dumplings and Apple Sauce

- Calories: 202.8 kcal
- Total Protein: 21.9 g
- Carbohydrate 25.2 g
  Of which sugars: 10.4 g
- Fat: 1.4 g
- Iron: 0.88 mg
- Calcium: 166.8 mg
- Fiber: 2.1 g

Nutritional Analysis

Sweet Sauce

Analysis performed using USDA FoodData Central (2024 database values)

Ingredient	Weight	kcal	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Apples	200 g raw	104	0.5	28	20	0.3	0.2	12	4.8
Cinnamon	1/2 teaspoon	3	0	1	0	0	0.1	2	0.5
Water	30 ml	0	0	0	0	0	0	0	0

Protein Bread

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Salzkammergut-Klinikum Gmunden, Department of Clinical Nutrition
(specialised in metabolic bariatric surgery); Province of Upper Austria.
Austria

Suitable for patients who have undergone metabolic bariatric surgery:
This dish is only suitable for long-term nutrition after completing a dietary restructuring program. Due to the nuts and seeds it contains, it should be processed finely. Eat the dish slowly, chew thoroughly, and take individual tolerance into account.



Preparation

Number of servings: 4

Preparation time: 10 minutes

Baking time: 60 minutes

Ingredients

- 250 g curd cheese
- 3 piece chicken egg, raw (210 g)
- grated walnut kernels (90 g)
- 2-3 tablespoon sesame seeds (10 g)
- 4-5 tablespoon ground flaxseeds (50 g)
- 4-5 tablespoon chia seeds (40 g)
- 2-3 tablespoon pumpkin seeds (30 g)
- 1 tablespoon baking powder (10 g)
- 1 teaspoon table salt
- 2-3 tablespoon blue poppy (20 g)
- 2-3 tablespoon (sweet) almonds (20 g)
- 1 teaspoon dried aniseed
- 1 teaspoon fennel seeds
- 1 teaspoon caraway seeds
- 1 teaspoon coriander seeds

Nutritional Facts

per serving (rounded)

- Calories: 101 kcal
- Total Protein: 5 g
- Carbohydrate: 2 g
  Of which sugars: 1 g
- Fat: 8 g
- Iron: 1 mg
- Calcium: 56 mg
- Fiber: 2 g

Cooking instructions

- Preheat the oven to 350°F (170°C) top and bottom heat and line a loaf pan with parchment paper.
- Put the curd cheese and eggs in a bowl with the salt and mix with a hand mixer or whisk.
- Grind the spices, grate the almonds, then add all the other ingredients and stir in.
- Leave to rest for 5 minutes.
- Pour the bread dough into the prepared loaf pan and spread evenly – sprinkle with various seeds and kernels.
- Bake on the middle shelf for approx. 60 minutes.
- Remove the loaf pan with the bread from the oven and leave to cool completely.

Nutritional Analysis

The nutritional values were calculated using the Nutritional Software (www.nutritional-software.at)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrates (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fibre (g)
curd cheese, 10% fat	250	205	28	5	10	10	0	219	0
chicken egg, raw	210	288	25	20	3	3	4	107	0
Grated walnut kernels	90	619	13	58	10	6	3	78	5
Sesame seeds	10	60	2	5	1	0	1	78	1
Ground flaxseeds	50	249	11	18	4	4	3	104	11
Chia seeds	40	178	8	12	2	0	3	82	13
Pumpkin seeds	30	176	11	14	1	0	1	3	3
Baking powder	10	9	0	0	2	0	0	113	0
Table salt	2.5	0	0	0	0	0	0	6	0
Blue poppy	20	104	4	8	1	0	2	292	4
(sweet) almonds	20	124	5	11	1	1	1	17	2
Dried aniseed	1	4	0	0	0	0	0	7	0
Fennel seeds	1	0	0	0	0	0	0	0	0
Caraway seeds	1	4	0	0	0	0	0	10	0
Coriander seeds	1	4	0	0	0	0	0	7	0
Total prepared	670	2023	105	150	35	25	18	1122	39
Prepared per serving	33	101	5	8	2	1	1	56	2

Protein Quiche

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Dietitians in the Medical-Surgical Obesity Center
Riviera Chablais Hospital, Rennaz
Switzerland

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery.



Preparation

Number of servings: 4

Preparation time: 45 minutes

Ingredients

- 400 g broccoli florets
- 200 g smoked salmon
- 3 eggs
- 200 ml light cream 15%
- 140 g low fat quark
- 100 g cornflour
- 100 g grated Parmesan cheese
- 1 teaspoon coriander
- 1/2 teaspoon Espelette pepper
- salt
- pepper
- 1 teaspoon dried or fresh basil

Nutritional Facts

per serving

- Calories: 476 kcal
- Total Protein: 32.2 g
- Carbohydrate: 26.9 g
  Of which sugars: 3.4 g
- Fat: 24.7 g
- Iron: 2.7 mg
- Calcium: 524.7 mg
- Fiber: 3.6 g

Cooking instructions

1. Steam the broccoli florets.
2. Preheat the oven to 200°C (390°F).
3. In a bowl, whisk the eggs, then add the light cream, low fat quark, grated Parmesan cheese, and cornflour.
4. Mix everything together well until smooth and homogeneous.
5. Season with salt and pepper, then add the basil, coriander, and Espelette pepper. The mixture should be flavorful, so don't skimp on the spices and/or seasonings.
6. Take a mold; I used a silicone mold for easy unmolding.
7. If you don't have a silicone mold, line yours with parchment paper.
8. Arrange the broccoli florets and the smoked salmon, cut into strips, in the mold. Pour the mixture evenly over the top.
9. Bake for about 40 minutes, serve hot and enjoy!

Nutritional Analysis

Database: The Swiss Food Composition (https://valeursnutritives.ch)
* National Agency for Health Security (https://ciqual.anses.fr)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Broccoli florets	400	140	13.2	2	11.6	6.8	2.8	168	11.2
Smoked salmon	200	346	46.4	17.8	0	0	0	20	0
Eggs	165	243	18.5	17.8	2.1	2.1	2.5	113.9	0
* Light Cream 15%	200	324	5.2	30	0	0	0	186.6	0.9
Low fat quark	140	85	14.8	0.3	5.9	4.9	0	154	0
Cornflour	100	354	0.3	0	88	0	0.5	1	0.6
Grated Parmesan cheese	100	401	30.5	31	0	0	0.7	1340	0
* Coriander	5	0	0	0	0	0	0	3.3	0
* Espelette pepper	2.5	0	0	0	0	0	0	0	0
* Dried Basil	5	12	0	0	0	0	4.5	112	1.9
Total	1317.5	1905	128.9	98.9	107.6	13.8	11	2098.8	14.6

Protein Zucchini Waffle

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Belgium

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery after soft phase.

Preparation

Number of servings: 2
Preparation time: 15 minutes
Cooking Time: 30 minutes



Ingredients

- 200 g skyr (a type of soft, fresh cheese)
- 150 g tofu
- 2 eggs
- 70 g oat flour
- 100 g zucchini
- 8 g baking powder
- 3 g fresh garlic
- a pinch of salt, white pepper

Nutritional Facts

per serving

- Calories: 376 kcal
- Total Protein: 27.3 g
- Carbohydrate 29.45 g
  Of which sugars: 5.9 g
- Fat: 13.4 g
- Iron: 1.39 mg
- Calcium:167.45 mg
- Fiber: 4.7 g

Cooking instructions

Preparing the vegetable

- steam the zucchini for 5-7 minutes,
- drain the zucchini,
- blend until you obtain a smooth purée.

Waffle batter preparation

- In a blender: add the skyr, tofu, eggs, vegetable and zucchini purée, oat flour, baking powder, and a pinch of salt, pepper, and aromatic herbs.
- Blend until you obtain a smooth batter.
- Preheat your waffle maker, then pour a ladle of batter into each mold.
- Close the appliance and cook for about 3 to 5 minutes, depending on your waffle maker, until the waffles are nicely golden.

Nutritional Analysis

with reference from table Nubel (table of Belgian food composition)

Ingredients	Total Weight used in Recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Baking powder	8	14	0.4	-	3.2	-	-	90.4	-
Tofu	150	176	18	9.8	3	0.8	-	-	2
Skyr nature 0%	200	124	9.8	1	8	8	-	220	0
eggs	120	160	15	10.6	1.2	0.4	1.98	-	-
zucchini	100	17	1.6	0.6	2	1.9	0.8	22	1
Oat flour	70	260	9.8	4.8	41.2	0.4	-	-	6.3
salt	1	-	-	-	-	-	-	2.5	-
Fresh garlic	3	1	-	-	0.3	0.3	-	-	0.1
White pepper	0.5	-	-	-	-	-	-	-	
Total	652.5	752	54.6	26.8	58.9	11.8	2.78	334.9	9.4

Pumpkin Red Lentil Soup

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Belgium

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 5

Preparation time: 30 minutes

Ingredients

- 1 butternut squash (about 900 g to 1 kilogram), peeled and cubed
- 3 carrots (about 300 g), peeled and sliced
- 1 yellow onion (about 150 g), chopped
- 80 g dried red lentils, rinsed
- 1.2 litres water
- 1.5 vegetable stock cubes (about 15 g total)
- 1 tablespoon olive oil (15 g)
- Salt to taste (about 3 g, optional)
- Black pepper to taste (about 1 g, optional)
- 0.5 teaspoon chilli flakes (about 2.5 g, optional)

For finishing

- 2 tablespoons light cream (30 ml)
- 2 tablespoons roasted pumpkin seeds (20 g)
- 2 tablespoons fresh parsley, chopped (10 g)

Nutritional Facts

per serving

- Calories: 180 kcal
- Total Protein: 8 g
- Carbohydrate: 28 g
  Of which sugars: 6 g
- Fat: 4 g
- Iron: 2.5 mg
- Calcium: 60 mg
- Fiber: 7 g

Cooking instructions

- Heat 1 tablespoon olive oil (15 g) in a large pot over medium heat.
- Chop the onion into large pieces. Add to the pot. Cook for 3 to 4 minutes until translucent.
- Peel and chop the carrots and butternut squash into large chunks. Add to thepot. Cook for 5 minutes to release the flavours.
- Rinse the dried red lentils under cold water. Add them to the pot.
- Dissolve the stock cubes in 1.2 litres boiling water. Pour into the pot until the vegetables are just covered. Stir well.
- Reduce the heat. Simmer gently for 20 minutes. Cook until the vegetables and lentils are very soft.

Nutritional Analysis

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Butternut squash	1000	450	10	1	120	20	4	480	20
Carrots	300	120	3	1	28	14	1	90	8
Yellow onion	150	60	2	0	14	6	0.3	35	3
Red lentils (dry)	80	280	20	1	48	2	5	40	9
Olive oil	15	135	0	15	0	0	0	0	0
Light cream	30	60	1	5	2	2	0	30	0
Pumpkin seeds	20	110	6	9	4	0	2	10	1
Parsley	10	5	0.5	0	1	0	0.3	15	0.5
Total	1605	1220	42.5	32	217	44	12.6	700	41.5

Raspberry Cheesecake

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Switzerland

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery. Suitable for regular or blended diets. For blended versions, remove raspberry seeds from the coulis. After metabolic and bariatric surgery, this recipe provides two servings.



Preparation

Number of servings: 1

Preparation time: 30 minutes

Nutritional Facts

per serving

- Calories : 287 kcal
- Total Protein: 29.1 g
- Carbohydrate: 26.4 g
  Of which sugars: 11.5 g
- Fat: 6.4 g
- Iron: 1.4 mg
- Calcium: 259.4 mg
- Fiber: 3.5 g

Ingredients

- 200 g quark or cream cheese
- 55 g whole egg
- 15 g cornstarch
- 5 g vanilla extract
- 80 g raspberries

Cooking instructions

1. Preheat the oven to 180°C (350°F).
2. In a bowl, whisk together the quark/ cream cheese, egg, cornstarch, and vanilla extract.
3. Pour the mixture into a 15 cm round cake pan and bake for 25 minutes.
4. While the cheesecake is baking, prepare the fruit coulis. Mash the raspberries with a fork or a blender. Depending on the desired consistency, you can remove the seeds.
5. Once the cheesecake is baked, remove it from the oven, let it cool, and then refrigerate for at least 1-2 hours.
6. Once completely chilled, top with the raspberry coulis and enjoy.



Nutritional Analysis

Database: The Swiss Food Composition (https://valeursnutritives.ch)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Quark	200g	122	21.2	0.4	8.4	7	0	220	0
Whole egg	55g	77	6.9	5.4	0.2	0.2	1	26.4	0
Cornstarch	15g	53	0	0	13.2	0	0.1	0.2	0.1
Raspberry	80g	35	1	0.6	4.6	4.3	0.3	12.8	3.4
Vanilla flavoring	0	0	0	0	0	0	0	0	0
Total		287	29.1	6.4	26.4	11.5	1.4	259.4	3.5

Roasted Pork Tenderloin on a Bed of Turnip Greens with Chestnut Purée

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Portugal

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 6

Preparation time: 3 hours

Ingredients

- 500 g pork tenderloin
- 1 tablespoon (15 ml) olive oil
- Juice of 1 medium orange (80 ml)
- 1 teaspoon (6 g) iodized salt
- ½ teaspoon (1 g) thyme
- 1 teaspoon (3 g) garlic powder
- 1 teaspoon (2 g) sweet paprika
- Around 30 peeled chestnuts (300 g)
- 300 ml warm skim milk
- 360 g turnip greens leaves or spinach
- 90 g light processed cheese (optional, for post-surgery / bariatric version)

Nutritional Facts

per serving (264 g)

- Calories: 263.54 kcal
- Total Protein: 24.48 g
- Carbohydrate 20.57 g
  Of which sugars: 8.85 g
- Fat: 8.49 g
- Iron: 1.11 mg
- Calcium: 210.03 mg
- Fiber: 3.52 g

Cooking instructions

- Place the pork tenderloin in a baking tray and season with iodized salt, thyme, garlic powder, sweet paprika, and orange juice. Massage the seasonings into the meat and let it marinate for at least 1 hour.
- Then, bake in a preheated oven at 180ºC (350ºF) for 2 hours. Add enough water to almost cover the pork.
- After 1 hour, spread the chestnuts around the pork.
- Meanwhile, in a pot of boiling water, cook the previously washed turnip greens leaves for about 20 minutes, until soft and tender. Drain thoroughly using a metal colander. **Post- surgery / bariatric adaptation:** add the cheese and blend the greens into a smooth paste. If needed, add some of the cooking water to reach the desired consistency.
- Once the pork is cooked, slice or shred it into thin strips and drizzle with some of the cooking juices from the tray (for post-surgery / bariatric adaptation).
- Blend the cooked chestnuts with milk and adjust seasoning to taste.
- Serve the pork over the cooked greens and accompany with the chestnut purée.

Nutritional Analysis

Fonte: Tabela portuguesa da Composição Nutricional dos Alimentos do Instituto Nacional de Saúde Doutor Ricardo Jorge

Ingredient	Total weight used in recipe (g)	Kcal	Protein	Fat	Carbohy-drate	Sugars	Iron	Calcium	Fiber
Raw pork loin	500	655.0	111.0	23.5	0.0	0.0	3.0	35.0	0.0
Cooked Turnip greens	360	72.0	6.5	1.4	4.7	4.0	1.1	396.0	7.9
Cooked chestnuts	240	420.0	6.7	2.4	86.2	21.1	1.7	43.2	13.2
Processed cheese*	90	158.4	12.1	8.0	9.6	6.4	0.3	501.3	0.0
Skim milk	300	105.0	10.2	0.6	14.7	14.7	0.3	330.0	0.0
Olive Oil	15	134.9	0.0	15.0	0.0	0.0	0.0	0.0	0.0
Orange juice	80	36.0	0.4	0.0	8.2	7.6	0.3	4.8	0.0
Total	1585	1581.3	146.9	50.9	123.4	53.7	6.7	1310.3	21.1

Salmon and Zucchini Cream Soup

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Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 5

Preparation time: 30 minutes

Ingredients

- Salmon fillet – 250 g
- Zucchini – 250 g
- Potato – 150 g
- Water – 350 ml
- Salt – to taste

Cooking instructions

- Cut the salmon, zucchini, and potato, and pour in the water.
- Cook until the fish and vegetables are done (about 20 minutes).
- Blend everything into a purée.
- If necessary, add a little more water.

Nutritional Facts

per serving

- Calories: 101.4 kcal
- Total Protein: 11.05 g
- Carbohydrate 4.69 g
  Of which sugars: 1.5 g
- Fat: 4,28 g
- Iron: 0.81 mg
- Calcium: 18.54 mg
- Fiber: 1 g

Nutritional Analysis

Source: Specialized software for nutritionists and dietitians «nutrilogic.ru»

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Salmon fillet	250	387	49.75	20.5	0.75	0.5	2	24	0.25
Zucchini	250	45	2.5	0.75	7.25	6.25	1	52.2	2.5
Potato	150	75	3	0.15	15.45	0.75	1.05	16.5	2.25
Water	350	-	-	-	-	-	-	-	-
Total		507	55.25	21.4	23.45	7.5	4.05	92.7	5

Sandwich with Pulled Chicken

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Poland

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (solid phase).



Preparation

Number of servings: 1

Preparation time: 20 minutes

Ingredients

- 60 g wholegrain bread (2 slices)
- 200 ml broth
- 80 g raw chicken breast
- 30 g pickled cucumber
- 15 g ketchup (1 tablespoon)
- 5 g rocket
- 5 g olive oil (1 teaspoon)
- 5 g soy sauce (1 teaspoon)
- 1/2 teaspoon smoked paprika (1g)
- 1/3 teaspoons sweet paprika (1g)
- 1/3 teaspoon granulated garlic (1g)
- 1/3 teaspoon dried basil (1g)

Nutritional Facts

per serving

- Calories: 304 kcal
- Total Protein: 24.37 g
- Carbohydrate 36.93 g
  Of which sugars: 25.39 g
- Fat: 7.61 g
- Iron: 3.69 mg
- Calcium: 63.3 (mg)
- Fiber: 5.43 g

Cooking instructions

1. Add the broth into a small pot. Add the chicken breast and simmer gently for 20 minutes. Make sure the chicken breast is fully cooked before removing it from the pot. Once cooked, shred it with a fork.
2. Prepare the marinade: mix the ketchup with olive oil, soy sauce, granulated garlic, sweet paprika, smoked paprika, and dried basil.
3. Combine the shredded chicken with the marinade.
4. Place rocket, shredded chicken, and cucumber slices on one slice of bread, then cover with the second slice.

Nutritional Analysis

Source: DietetykPro (polish dietary program)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
graham	60	139	4.98	1.02	29.22	25.38	1.32	13.2	3.84
raw chicken breast	80	78	17.2	1.04	0	0	0.32	4	0
broth	200	10	0.78	0.24	1.24	0	0.1	10	0
pickled cucumber	30	3	0.1	0	0.68	0	0.12	0	0.36
ketchup	15	15	0.14	0.08	3.6	0	0.12	4.05	0.48
arugula	5	1	0.13	0.03	0.18	0	0.75	8	0.08
olive oil	5	45	0	4.98	0.01	0.01	0.02	0	0
soy sauce	5	3	0.41	0.03	0.25	0	0.07	1.65	0.04
smoked paprika	1	3	0.17	0.1	0.56	0	0	0	0.04
sweet paprika	1	4	0.18	0.03	0.69	0	0	0	0.21
granulated garlic	1	4	0.15	0.01	0.7	0	0	0	0
dried basil	1	2	0.23	0.04	0.48	0	0.9	22.4	0.38
Total		304	24.37	7.61	36.93	25.39	3.69	63.3	5.43

Savoury Cottage Cheese Waffles

Ilona Kawa
Bariatric Nurse
The Center for Surgical Treatment of Obesity, University Hospital in Krakow
Poland

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (solid phase) or using obesity management medications.



Preparation

Number of servings: 4

Preparation time:
20 minutes

Ingredients

Dough:

- 200 g Cottage cheese
- 2 (110 g) Eggs
- 50 g Wheat Flour
- 15 g Potato Starch

Toppings:

- 100g Skyr
- 100g Smoked Salmon
- 100g Avocado
- 1 tbsp of chopped fresh Dill

Nutritional Facts

per serving

- Calories: 254 kcal
- Total Protein: 18 g
- Carbohydrate: 18
  Of which sugars: 3 g
- Fat: 12 g
- Iron: 1.2mg
- Calcium: 103 mg
- Fiber: 1.75 g

Cooking instructions

1. Place cottage cheese, eggs, wheat flour, and potato starch in a blender.
2. Blend on high until completely smooth.
3. Pour the batter onto the preheated waffle iron (adjust to the size of your waffle maker).
4. Cook for approximately 5-10 minutes, depending on the waffle iron's power.
5. Spread the skyr on the waffle, put the smoked salmon and avocado on top, sprinkle with dill.

Nutritional Analysis

Source: [1.] Kunachowicz H, Przygoda B, Nadolna I, Iwanow K. Tabele składu i wartości odżywczej żywności. Wyd. 2. Warszawa: Wydawnictwo Lekarskie PZWL; 2017

[2.] Kunachowicz H, Nadolna I, Iwanow K, Przygoda B. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. Wyd. 6. Warszawa: Wydawnictwo Lekarskie PZWL; 2021

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Cottage cheese	200	196	22	8	6	6	0.2	180	0
Egg	110	155	13	11	1	1	1.8	50	0
Wheat Flour	50	182	5	0.5	38	1	1.7	10	1.5
Patato Starch	15	52	0	0	13	0	0	8	0
Skyr	100	60	11	0.2	4	4	0.1	130	0
Smoked Salmon	100	208	20	13	0	0	0.5	15	0
Avocado	100	160	2	15	9	1	0.6	12	5
Dill	15	5	0.3	0.1	1	0	0.2	15	0.5
Total	690	1018	73.3	47.8	72	13	5.1	415	7

Shopska Salad

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Bulgarian association for the study of obesity and related diseases

Bulgaria

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 2

Preparation time: 15 minutes

Ingredients

- 2-3 Tomatoes (350 g)
- 1-2 Cucumbers (250 g)
- 1-2 Green peppers (100 g)
- ½ Onion (50 g)
- 100 g Bulgarian white cheese (or feta cheese)
- ½ Tablespoon Sunflower (olive or rapeseed) oil
- 1 Tablespoon Red wine vinegar
- Handful of parsley (10 g)
- Salt to taste

Nutritional Facts

per serving

- Calories: 223.5 kcal
- Total Protein: 10.9 g
- Carbohydrate: 18.5 g
  Of which sugars: 9.0 g
- Fat: 14.0 g
- Iron: 1.3 mg
- Calcium: 171.1 mg
- Fiber: 4.2 g

Cooking instructions

1. Wash the vegetables (tomatoes, cucumber, pepper, onion and parsley).
2. Peel the tomatoes and chop them into bite-sized pieces.
3. Chop the cucumbers (unpeeled) into bite-sized pieces.
4. Clean seeds and ribs from the peppers and chop them into pieces.
5. Peel the onion and dice it.
6. Add all vegetables to a bowl together with the sunflower oil and red wine vinegar. Mix well.
7. Finely chop the parsley and sprinkle it on the salad.
8. Grate the Bulgarian white cheese (or feta cheese) over the salad.
9. Add salt to taste.
10. Serve and enjoy.

Nutritional Analysis

Source: USDA FoodData Central

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Tomato	350	70	2.9	1.1	14.1	9.2	0.8	35	4.2
Cucumber	250	37.5	1.6	0.3	9.1	4.2	0.7	40	1.3
Green pepper	100	20	0.9	0.2	4.6	2.4	0.3	10	1.7
Onion	50	20	0.6	0.05	4.6	2.1	0.1	11.5	0.9
White cheese	100	231	15.4	19.2	3.9	0	0	231	0
Sunflower oil	7	61.9	0	7	0	0	0.05	0	0
Red wine vinegar	15	2.9	0.01	0	0.04	0	0.07	0.9	0
Parsley	10	3.6	0.3	0.08	0.6	0.09	0.6	13.8	0.3
Total	889	446.9	21.7	27.9	36.9	18.0	2.6	342.2	8.4

Smoky Chicken Traybake

Nwakaego Okafor
Bariatric Dietitian
NHS
United Kingdom

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 4

Preparation time: 40 minutes

Ingredients

- 400 g diced raw chicken breast
- 1 tin of chickpeas (240 g drained weight)
- 175 g baby corn
- 200 g bell pepper
- 100 g chorizo sausage
- 1 teaspoon of olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic granules
- Salt and pepper to taste

Nutritional Facts

per serving

- Calories: 336 kcal
- Total Protein: 37.1 g
- Carbohydrate: 15 g
  Of which sugars: 4.5 g
- Fat: 12.6 g
- Iron: 2.4 mg
- Calcium: 48 mg
- Fiber: 6.6 g

Cooking instructions

- Preheat oven to 180 degrees celsius (350 fahrenheit)
- Dice the bell pepper, baby corn, and chorizo into evenly sized pieces and place in a bowl
- Add the diced chicken, olive oil, garlic powder, and smoked paprika to the bowl and mix well
- Put the mixture on an oven tray and bake in the oven for 25 minutes
- Season with salt and pepper to taste after cooking

Nutritional Analysis

Nutricalc nutritional analysis software

Ingredient	Total weight (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken breast	400	424	96	4.4	0	0	2	20	0
Baby corn	175	65	3.8	1	12	6.6	0.44	19.3	4.2
Chickp eas	240	341	20.4	7.2	56.8	0	4.5	115.2	17
Bell pepper	200	54	1.6	0.4	13	8.4	0.7	14	4.4
Chorizo	100g	397	24	32.2	3.2	1	0	0	1
Olive oil	4.6	41.3	0	4.6	0	0	0	0	0
Paprika	5	15.9	0.7	0.6	2.7	0.5	1	11.45	1.7
Garlic granules	5	13.1	0.9	0	2.5	0.2	0.2	3.3	0.5
Total	1125.1	1351.3	147.4	50.4	90.2	16.7	8.8	183.3	28.8

Tarator
(Bulgarian Cold Cucumber Soup)

Vilea Nikolova, MSc
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Bulgarian association for the study of obesity and related diseases
Bulgaria

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 4

Preparation time: 10 minutes

Ingredients

- 400 g Bulgarian yogurt 3.6% (or another unsweetened yogurt)
- 1-2 Cucumbers (250 g)
- 2-3 Garlic cloves (7 g)
- 400 ml Water
- 1 Tablespoon Sunflower (olive or rapeseed) oil
- 20 g Walnuts
- Handful of fresh dill (15 g)
- Salt to taste

Nutritional Facts

per serving

- Calories: 139.3 kcal
- Total Protein: 4.9 g
- Carbohydrate: 8.2 g
  Of which sugars: 3.9 g
- Fat: 10.4 g
- Iron: 0.6 mg
- Calcium: 138.9 mg
- Fiber: 0.8 g

Cooking instructions

1. Wash the cucumber, dill and garlic.
2. Chop the cucumber (unpeeled) into small pieces. Finely chop the garlic, dill and walnuts.
3. Add the yogurt, water and olive oil to a bowl. Then add the chopped cucumber, garlic, dill and walnuts.
4. Mix everything and add salt to taste.
5. Serve and enjoy.

Nutritional Analysis

Source: USDA FoodData Central

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Yogurt	400	248	14.1	14.1	17.6	10.6	0	440	0
Cucumber	250	37.5	1.6	0.3	9.1	4.2	0.7	40	1.3
Garlic	7	10.4	0.4	0.1	2.3	0.1	0.1	12.7	0.2
Water	400	0	0	0	0	0	0	12	0
Sunflower oil	14	123.8	0	14	0	0	0.1	0	0
Walnuts	20	130.8	3	13	2.7	0.5	0.6	19.6	1.3
Dill	15	6.5	0.5	0.2	1.1	-	1	31.2	0.3
Total	1106	557	19.6	41.7	32.8	15.4	2.4	555.5	3.1

Traditional Greek Gemista
(Stuffed Peppers with Golden Potatoes)

Michail Chatzikonstantinou
Consultant Surgeon
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Co-Author: **Kaiti Papapavlou**
UK

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.
For those in the "soft food" phase, ensure peppers are peeled and potatoes are cooked until very soft.



Preparation

Number of servings: 6-7

Preparation time: 50 minutes

Nutritional Facts

per Serving

- Calories: 350 kcal
- Total Protein: 6 grams
- Carbohydrate: 48 grams
- Of which sugars: 7 grams
- Fat: 14 grams
- Fiber: 6 grams
- ron per serving: 2.9 mg 2.9 mg per serving provides approximately 21% of the NRV (Nutrient Reference Value) for an average adult male and about 16% for a female.
- Calcium per serving: 53.2 mg. 7% of the NRV.

Ingredients

- 6-7 medium bell peppers
- 8 tablespoons (120 ml) olive oil
- 1 medium onion
- 1 clove of garlic
- 300 grams basmati rice
- 200 grams canned tomatoes
- ½ bunch fresh parsley
- ½ bunch fresh mint
- 500 grams baby potatoes
- Salt and pepper to taste
- 400 ml of water

Cooking Instructions

- Preheat the oven to 180°C (350°F) on the fan setting.
- Slice the tops off the peppers and set aside; remove and discard the seeds.
- Brush the interior of the peppers with 4 tablespoons of olive oil and season with salt and pepper (Skip this step to reduce fat content further)
- Heat the remaining 4 tablespoons of olive oil in a medium saucepan and sauté finely chopped onion and garlic for 2–3 minutes.
- Stir in the rice, canned tomatoes, parsley, mint, and a small amount of water.
- Simmer the mixture for 7–9 minutes, then remove from the heat.
- Stuff the peppers with the mixture and replace the pepper lids.
- Place potato wedges into the gaps between the peppers in the baking pan.
- Cover the pan tightly with aluminum foil and bake for 15–20 minutes.
- Remove the foil and bake for a final 10 minutes until the vegetables are golden.

Nutritional Analysis

Source: McCance and Widdowson's The Composition of Foods Integrated Dataset (CoFID)
Public Health England (PHE)
Australian Food Composition Database (AFCD)
Retailer Nutritional Information

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Bell peppers (7 medium)	1050	210	10.5	3.1	48.3	25.2	4.5	73.5	22.0
Olive oil (8 tablespoo ns)	120	1060	0	120	0	0	0.1	0	0
Onion (1 medium)	110	44	1.2	0.1	10.3	4.7	0.2	25.3	1.9
Garlic (1 clove)	3	4	0.2	0	1	0	0.1	5.4	0.1
Basmati rice (boiled)	300	360	8.1	0.8	78.6	0.3	3.6	30	1.2
Canned tomatoes	200	64	3.2	0.4	14.8	8.8	2.0	56	3.8
Baby potatoes	500	385	10	0.5	87.5	4	3.9	60	11.0
Parsley & Mint (1 bunch total)	50	20	1.5	0.4	3.5	0.4	3.1	69	1.6
Total	2333	2147	34.7	125.3	244	43.4	17.5	319.2	41.6

Yuvalama Soup

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Turkey



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 4

Preparation time: 25 minutes

Ingredients

- Lean Ground Beef (Raw): 120 g
- Onion (Raw): 50 g
- Boiled Chickpeas: 200 g
- Green Lentils (dried): 200 g
- Strained Yogurt: 500 g
- Egg: 1 medium (60 g)
- Olive Oil: 5 g
- Black pepper: 5 g
- Dried mint: 5 g
- Salt: 2 g
- Water: 800 ml

Nutritional Facts

per serving

- Calories: 420.8 kcal
- Total Protein: 30.1 g
- Carbohydrate: 39.1 g
  Of which sugars: 7.3 g
- Fat: 14.5 g
- Iron: 6.3 mg
- Calcium: 281.0 mg
- Fiber: 10.4 g

Cooking instructions

1. Finely dice the onion (fine brunoise) and combine it with 120 g lean ground beef, 5 g black pepper, and 2 g salt. Knead thoroughly until a homogeneous texture is obtained, then shape into small chickpea-sized meatballs.
2. Boil 200 g green lentils in 800 mL water for approximately 20 minutes (or until tender), skimming off any foam formed on the surface.
3. Add 200 g of canned chickpeas (thoroughly drained and rinsed) to the pot with the green lentils.
4. Lightly sear the prepared meatballs in a preheated pan (150–170°C) and then add them to the pot.
5. In a separate bowl, whisk 500 g strained yogurt and 1 egg (60 g) until smooth. Lower the heat of the soup to approximately 85°C, then gradually temper the yogurt mixture by slowly adding one ladle of hot liquid while continuously whisking to equalize the temperature.
6. Slowly incorporate the tempered mixture into the pot while stirring continuously to prevent protein denaturation and curdling.
7. Optionally, heat 5 g olive oil with 5 g dried mint at approximately 120°C for a short time to release aromatic compounds, then drizzle over the soup before serving. The soup is ready to serve.

Nutritional Analysis

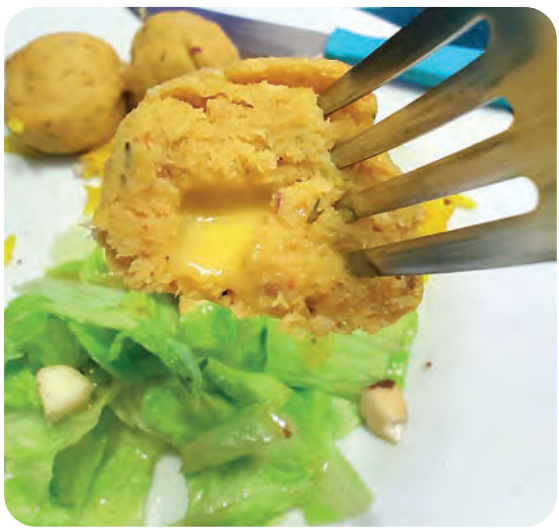
Source: System (BeBiS 9) database software programme

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Lean ground beef (raw)	120	248.9	24.6	16.8	0.1	-	2.7	7.2	-
Onion (raw)	50	13.9	0.6	0.1	2.5	2.5	0.1	11	0.7
Strained yogurt	500	417.1	21.8	26.7	18.5	18.5	0.2	800	-
Boiled chickpeas	200	238.5	17.9	3.1	33.6	2.4	5.5	98	19.7
Green lentils (dried)	200	618.1	47	2.8	98.6	4.9	15	142	21.2
Egg	60	85.9	7.6	5.7	0.4	0.4	1.1	33.6	-
Salt	2	-	-	-	-	-	-	5	-
Black pepper	5	14.2	0.5	0.1	2.6	-	0.5	21.5	-
Dried mint	5	2.2	0.2	0.5	0.2	0.5	0.4	10.5	0.1
Olive oil	5	44.2	-	5	-	-	-	-	-
Total	1197	1683	120.2	58	156.5	29.2	25.5	1123.8	41.7

Air Fryer Sweet Potato and Chicken Fritters

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Brazil

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 4
(3 fritters per serving)

Preparation time: 50 minutes

Ingredients

- 300 g sweet potato
- 1 chicken breast (approx. 200 g)
- 1 pinch of salt (0.5 g)
- 1 teaspoon dried oregano (3 g)
- 1 teaspoon sweet paprika (3 g)
- 30 g oat flour
- 1 egg
- 30 g mozzarella cheese

Nutritional Facts

per serving (3 units)

- Calories 198.2 kcal
- Protein 17.2 g
- Carbohydrates 20.8 g
- Added Sugars 0 g
- Natural Sugars 3.5 g
- Total Fat 4.7 g
- Fiber 3.5 g
- Calcium 99.7 mg
- Iron 1.75 mg

Cooking instructions

1. Prepare the base: Steam the sweet potatoes until tender. Season the chicken with salt and cook it thoroughly.
2. Blend: In a food processor or mixer, combine the cooked sweet potato, chicken, oregano, paprika, oat flour, and egg. Blend until you reach a smooth, homogeneous mixture.
3. Shape: Take about one tablespoon of the mixture and roll it into a ball with your hands.
4. Stuff: To add a special touch, place a small cube of mozzarella cheese in the center of each ball.
5. Cook: Place the fritters in the Air Fryer at 180°C (350°F) for 12 minutes, and they are ready!

Nutritional Analysis

Details of the programme used for the analysis: Brazilian Food Composition Table -TACO.

Ingredient	Calories	Protein	Carbs	Nat. Sugars	Added Sugars	Total Fat	Fiber	Calcium	Iron
Sweet Potato (300g)	260 kcal	4.8 g	60.3 g	12.6 g	0.0 g	0.3 g	9.0 g	90 mg	1.8 mg
Chicken Breast (200g)	240 kcal	46.0 g	0.0 g	0.0 g	0.0 g	5.0 g	0.0 g	10 mg	2.0 mg
Oat Flour (30g)	118 kcal	4.3 g	18.0 g	0.2 g	0.0 g	2.2 g	2.7 g	16 mg	1.4 mg
Mozzarella Cheese (30g)	84 kcal	6.8 g	0.9 g	0.3 g	0.0 g	6.0 g	0.0 g	210 mg	0.1 mg
Egg (1 unit)	74 kcal	6.3 g	0.4 g	0.4 g	0.0 g	5.0 g	0.0 g	28 mg	0.9 mg
Seasoning (Paprika/Oregano)	17 kcal	0.7 g	3.6 g	0.5 g	0.0 g	0.5 g	2.4 g	45 mg	0.8 mg
Salt (0.5g)	0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0 mg	0.0 mg
RECIPE TOTAL	793 kcal	68.9 g	83.2 g	14.0 g	0.0 g	19.0 g	14.1 g	399 mg	7.0 mg

Zesty Garlic & Herb Egg Dip
(To be served with the Fritters)

Elisângela Weirich
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Nutrição com Gentileza / @nutrielisweirich
Brazil



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 1

Preparation time: 50 minutes

Ingredients

- 3 Hard-boiled Eggs (150 g)
- 2 tablespoon Ricotta Cream (30 g)
- 2 Garlic Cloves (6 g)
- 1/2 Lemon Juice (15 ml)
- 20 g Parsley & Chives
- 1 pinch of salt (0.5 g)

Nutritional Facts

per serving

- Calories 285 kcal
- Protein 22.7 g
- Carbohydrates 5.9 g
- Added Sugars 0 g
- Natural Sugars 2.6 g (from lactose)
- Total Fat 18 g
- Fiber 0.6 g
- Calcium 227.0 mg
- Iron 3.10 mg

Cooking instructions

The Perfect Hard-Boiled Egg

1. Take the eggs out of the refrigerator a few minutes before cooking: this prevents the shell from cracking due to thermal shock.
2. Bring a small pot of water to a boil over medium heat. Using a spoon, carefully lower the eggs into the water and reduce the heat, placing them gently prevents them from hitting the bottom and cracking.
3. Pro Tip: If you prefer, use a needle to prick a tiny hole at the base of the egg and add a squeeze of lemon juice to the water; this helps keep the shell intact.
4. Boil for 12 minutes to ensure the eggs are fully cooked with a firm, solid yolk.
5. Keep the eggs in the refrigerator for 40 minutes to chill thoroughly, then it´s time to prepare the Dip.

The Delicious Zesty Garlic & Herb Egg Dip

1. To achieve the perfect consistency, start with chilled hard-boiled eggs. In a food processor or high-speed blender, combine the eggs, ricotta cream, garlic cloves, and fresh lemon juice.
2. Blend until the mixture is silky and completely smooth. Fold in the fresh herbs and salt last, pulsing briefly to keep the vibrant green flecks intact.
3. This Zesty Egg Dip is best served chilled, allowing the flavors of the garlic and herbs to meld beautifully.
4. This Dip lasts up to 3 days in the refrigerator.

Nutritional Analysis

Details of the programme used for the analysis: Brazilian Food Composition Table -TACO.

Ingredient	Calories	Protein (g)	Total Fat (g)	Carbs (g)	Fiber (g)	Calcium (mg)	Iron (mg)	Sugars (g) (Nat./Add.)
3 Hard-boiled Eggs (150g)	225	19.0	15.5	1.0	0	75	2.5	0.8 / 0
2 tbsp Ricotta Cream (30g)	45	3.0	2.5	1.2	0	125	0.1	1.2 / 0
2 Garlic Cloves (6g)	9	0.4	0	2.0	0.1	11	0.1	0.1 / 0
1/2 Lemon Juice (15ml)	4	0.1	0	1.3	0.1	4	0.1	0.4 / 0
20 g Parsley & Chives	2	0.2	0	0.4	0.3	12	0.3	0.1 / 0
RECIPE TOTAL	285	22.7	18.0	5.9	0.6	227	3.1	2.6 / 0

Bariatric "Carne en su Jugo"

Paulina García de Alba Núñez
Clinical Nutrition Specialist MX23
Mexico

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.
Diet progression stage: This recipe is suitable for the soft diet phase or the pureed phase, if blended until smooth.



Preparation

Number of servings: 1

Preparation time: 25 minutes

Ingredients

- 60g lean beef steak (such as top sirloin), cut into very small cubes
- 1/2 slice turkey bacon (approx. 8g), all visible fat removed and chopped
- 2 medium green tomatillos (approx. 75g), roasted or boiled
- 15g white onion
- 1/2 garlic clove (approx. 2.5g)
- 60 ml de-fatted beef broth (approx. 1/4 cup)
- 1/4 cup cooked pot beans or pinto beans (approx. 45g) cooked only with water, salt, and onion.
- **Toppings:** Finely chopped raw onion, fresh cilantro (coriander), and sliced radishes to taste.
- **Substitutes:** Green tomatoes can be used if tomatillos are unavailable.

Nutritional Facts

per serving

- Calories: 157 kcal
- Total Protein: 17.1 g
- Carbohydrate: 9.2 g
  Of which sugars: 2.1 g
- Fat: 5.9 g
- Iron: 2.9 mg
- Calcium: 28 mg
- Fiber: 3.2 g

Cooking instructions

- Brown the chopped bacon in a hot non-stick skillet until crispy without adding extra oil
- Remove any excess fat from the skillet using a paper towel
- Add the beef cubes to the same skillet and sear until the meat releases its own juices
- Blend the tomatillos, onion, and garlic with the broth until smooth
- Pour the green sauce over the meat, cover, and simmer over low heat for 10 to 15 minutes until tender
- Stir in the cooked beans with a small amount of their liquid and boil for 2 minutes
- Serve hot and garnish with cilantro, onion, and radishes.

Bariatric Modification: For the pureed phase, blend the final stew (meat and beans) until completely smooth, adding extra broth if necessary.







Nutritional Analysis

Analysis performed using the Mexican System of Equivalent Foodstuffs (SMAE).

Ingredient	Weight (g)	Kcal	Protein (g)	Fat (g)	Carb (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Lean Beef	60g	95	13.2	4.1	0	0	1.7	6	0
Turkey Bacon	8g	18	1.2	1.4	0.1	0	0.1	1	0
Tomatillos	75g	24	0.7	0.7	4.4	1.8	0.4	5	1.4
Pot Beans	45g	20	2.0	0.1	4.7	0.3	0.7	16	1.8
Total	188g	157	17.1	6.3	9.2	2.1	2.9	28	3.2

Cloud Eggs

Tamara Arellano Rivera
Nubamet Chile (SCCBM517)
Chile

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery.



Preparation

Number of servings: 2

Preparation time: 15 minutes

Ingredients

- 4 eggs - 80g each
- 1 teaspoon of salt - 5g
- 1 tablespoon of olive oil - 10ml

Nutritional Facts

per serving

- Calories: 203 kcal
- Total Protein: 10 g
- Carbohydrate: 0.5 g
  Of which sugars: 0.3 g
- Fat: 17.6 g
- Iron: 1.4 mg
- Calcium: 44.9 mg
- Fiber: 0 g

Cooking instructions

1. Separate the egg yolks from the whites.
2. Beat the egg whites until stiff peaks form.
3. Place the beaten egg whites on parchment paper, making small wells in the center to later add the yolks.
4. Bake at about 200 degrees Celsius (390 degrees Fahrenheit) for 4 or 5 minutes, then add the yolks and bake for another 2 minutes. Ready to enjoy!

Nutritional Analysis

I used a XLS with facts and serving from "Manual de porciones de intercambio"; 2019; Rinat Ratner Goldenberg, Valeria Aicardi Spalloni, Jimena Allende Torrijos, Jessica Madrid Pizarro, María Virginia Riesco Sáez. Clinica Alemana / Universidad del Desarrollo / INTA

Ingredients	(G)	Energia (Kal)	Prot (g)	Sug. Total (g)	Fiber (g)	Fats (g)	AGS (g)	AGM (g)	AGP (g)	Chole-sterol (mg)	Calcium (mg)	Iron (mg)
Fresh raw whole egg	160	228.8	20.16	0.64	0	15.2	4.96	5.92	3.04	595.2	89.6	2.8
Olive oil	20	176.8	0	0	0	20	2.76	14.6	2.1	0	0.2	0.12
Total (serving 2)		405.6	20.16	0.64	0	35.2	7.72	20.52	5.14	595.2	89.8	2.92
By Serving (1)		203	10	0.3	0	17.6	3.8	10.2	2.57	297.6	44.9	1.49

Cochayuyo and Chicken Rice Paper Envelopes with Calafate Sweet-and-Sour Sauce

Dina Márquez Briceño, Pamela Romero
Registered Dietitian / Nutritionist
Nubamet, IFSO-CHILE
Chile



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.

Preparation

Number of servings: 1

Preparation time: 30 minutes

Ingredients

- 90 g boneless raw chicken breast
- 15 g hydrated cochayuyo (Chilean seaweed)
- 14 g rice paper sheets (3 sheets)
- 10 g carrot
- 10 g onion
- 10 cc light soy sauce
- 10 cc calafate syrup
- 5 cc olive oil

Nutritional Facts

per serving

- Calories: 286 kcal
- Total Protein: 29.6 g
- Carbohydrate: 21.32 g
  Of which sugars: 5.8 g
- Fat: 8.3 g
- Iron: 1.05 mg
- Calcium: 18.6 mg
- Fiber: 1.6 g

Cooking instructions

- Soak the cochayuyo in water with a splash of vinegar for 30 minutes. Drain, rinse, and set aside.
- Wash, peel, and finely dice the carrot and onion. Finely chop the hydrated cochayuyo.
- In a skillet over medium heat, sauté the onion in olive oil until translucent. Add the carrot and cochayuyo, stir well, and add a small amount of water if needed. Season with salt to taste. Cook briefly until vegetables are tender. Remove from heat and set aside.
- Process the boneless chicken breast in a food processor until finely ground to a paste-like texture. Incorporate into the sautéed vegetable and cochayuyo mixture and steam until the chicken is thoroughly cooked.
- Moisten each rice paper sheet individually in warm water until soft and pliable. Place on a flat surface and fill with one tablespoon of the chicken and cochayuyo mixture. Fold into an envelope shape: top to bottom, left to right, bottom upward, and right to left to seal securely.
- Place the filled rice paper envelopes on an oven dish lightly sprayed with olive oil, seam side up. Bake at 180°C (356°F) for 2-3 minutes, carefully turn, and bake for another 2-3 minutes until lightly golden. Remove promptly to prevent tearing. Plate and serve with sweet-and-sour sauce to taste.
- Sauce preparation:

  In a small bowl, mix the light soy sauce with the sweetened calafate syrup. Stir well and serve alongside the envelopes.

Nutritional analysis

Gattás Zaror, V. (n.d.). Guide to the Nutritional Composition of Natural Foods, Industrial Foods, and Common Chilean Preparations (First Edition). Universidad de Chile, Instituto de Nutrición y Tecnología de los Alimentos (INTA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
boneless raw chicken breast	90	148.5	27.9	3.222	0	0	0.945	13.5	0
cochayuyo	15	8.4	0.255	0.03	1.77	0	0	0	1.035
rice paper sheets	14	46.2	0.40	0	11.06	0	0	0	0
carrot	10	4.5	0.109	0.0179	1.05	0	0.062	3.1	0.4
onion	10	3.8	0.116	0.016	0.863	0	0.022	2	0.16
light soy sauce	10	5	0.58	0	0.58	0	0	0	0
calafate syrup	10	25	0.21	0.025	6	5.8	0	0	0
olive oil	5	44.85	0	4.99	0	0	0.019	0.009	0
Total		286.25	29.57	8.3	21.323	5.8	1.048	18.609	1.595

Cocoa Protein Cookie with Black Bean Base

Tatiana Souza Alvarez
Bariatric Nutritionist And University Teacher
University Center Fmabc
Brazil

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 5

Preparation time: 30 minutes

Ingredients

- 2 cups cooked black beans (drained)
- 1/2 tablespoon of white sesame seeds (unhulled)
- 1 tablespoon powdered sweetener for baking and cooking
- 1 tablespoon shredded coconut
- 1 teaspoon vanilla extract
- 1/3 cup cocoa powder
- 1 pinch of salt
- 1/2 tablespoon tahini
- 1 scoop of unflavored whey protein

Nutritional Facts

per serving

- Calories: 102 kcal
- Total Protein: 8.7 g
- Carbohydrate 11.3 g
  Of which sugars: 0 g
- Fat: 3.2 g
- Iron: 4.6 mg
- Calcium: 42 mg
- Fiber: 6.3 g

Cooking instructions

- In a food processor, blend the black beans with the tahini until a consistent paste forms.
- Transfer to a bowl and incorporate the remaining ingredients: sesame seeds, sweetener, coconut, vanilla, cocoa, and a pinch of salt.
- Add the whey protein and mix well until a uniform dough forms.
- Distribute the dough in small portions on a lined baking sheet.
- Bake in a preheated oven at 200°C for approximately 20 minutes or until firm.

Nutritional Analysis

The source of the food composition table is: Webdiet Software, Brazilian Food Composition Table (TBCA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
cooked black beans	290	177	13	1,6	40,6	0	4,3	84,1	17,4
white sesame seeds	7,5	45	1,7	3,8	1,6	0	9,4	61,9	0,9
powdered sweetener	5	21	0	0	0	0	0	0	0
shredded coconut	5	33	0,3	3,2	1,2	0	0,2	1,3	0,9
vanilla extract	5	15	0	0	0,6	0	6	0,6	6
cocoa powder	15	54	2,9	2,1	8,7	0	2,1	19,2	5,5
tahini	7	62	1,7	5,4	2,1	0	0,9	42,6	0,9
salt	0	0	0	0	0	0	0	0	0
Whey protein isolate	25	104	24	0	1,9	0	0	0	0
Total	364,5	511	43,6	16,1	56,7	0	22,9	209,7	31,6

Cuachala (Light Bariatric)

Paulina García de Alba Núñez
Clinical Nutrition Specialist
MX23
Mexico

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.
Diet progression stage: Suitable for the soft diet phase due to the smooth texture and finely shredded protein.



Preparation

Number of servings: 1

Preparation time: 20 minutes

Ingredients

- 80 g cooked chicken breast, finely shredded
- 1 guajillo chili (cleaned and without seeds)
- 1 tablespoon corn masa (15 g) or corn flour dissolved in a little water
- 180 ml chicken broth (homemade and degreased)
- 1/2 garlic clove
- 1 pinch dried oregano
- Salt to taste

Substitutes: You may use lean turkey breast instead of chicken if preferred

Nutritional Facts

per serving

- Calories: 158 kcal
- Total Protein: 18.5 g
- Carbohydrate: 14.2 g
  Of which sugars: 0.8 g
- Fat: 3.1 g
- Iron: 1.4 mg
- Calcium: 42 mg
- Fiber: 2.1 g

Cooking instructions

- Soak the guajillo chili in hot water for 5 minutes until soft.
- Blend the chili with garlic, oregano, and a splash of broth until smooth.
- Strain the sauce into a small pot to ensure a smooth texture for easy digestion.
- Add the remaining chicken broth and heat over medium flame.
- Dissolve the corn masa in a little cold water to avoid lumps.
- Pour the masa mixture into the pot while stirring constantly.
- Cook on low heat until the liquid reaches a velvety, "atole-like" consistency.
- Add the shredded chicken and simmer for 3 minutes to integrate flavors.
- Season with a pinch of salt and serve warm.





Nutritional Analysis

Analysis performed using the Mexican System of Equivalent Foodstuffs (SMAE)

Ingredient	Weight (g)	Kcal	Protein (g)	Fat (g)	Carb (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Chicken Breast	80g	132	24.8	2.9	0	0	0.8	12	0
Corn Masa	15g	15	0.4	0.2	3.2	0.1	0.4	24	0.5
Guajillo Chili	5g	11	0.4	0	2.1	0.7	0.2	6	1.6
Total	100g*	158	18.5*	3.1	14.2*	0.8	1.4	42	2.1

Fake Cheesecake (high in protein)

Daisy Barrios Cornejo
Nutricionista
SCCBM Chile
Chile



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (soft phase).

Preparation

Number of servings: 4

Preparation time: 40 minutes

Ingredients

- 4 eggs
- 300 g quesillo (or ricotta)
- 150 ml skimmed milk
- 14 g tagatose powder
- 60 gr unflavored whey protein
- Vanilla to taste
- 100 g raspberries

Nutritional Facts

per serving

- Calories: 255.7 kcal
- Total Protein: 32.5 g
- Carbohydrate: 10.7 g
  Of which sugars: 1.9 g
- Fat: 9.1 g
- Iron: 1.76 mg
- Calcium: 548 mg
- Fiber: 3.3 g

Cooking instructions

1. Blend all ingredients (eggs, milk, tagatose powder, unflavored whey protein and vanilla) until you obtain a smooth texture.
2. Transfer the mixture to a baking dish
3. Bake in oven or air fryer for 35 minutes at 170°C. Remove from the oven and let cool.
4. In a pan, cook the raspberries with sweetener to taste until a sauce forms, then let it cool.
5. Portion onto a plate and garnish with raspberry sauce.

Nutritional Analysis

Guia de la Composicion Nutricional de Alimentos Naturales, de la industria y preparaciones Chilenas habituales, Primera Edicion, Universidad de Chile INTA, Vivien Gattas Zaror

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Eggs	200 g	320	27	20	8	0	4	90	0
Quesillo	300 g	324	49.2	9.9	9.3	0	2.4	1461	0
Skimmed milk	150 ml	75	4.9	2.8	7.2	0	0.07	181.5	0
Tagatose powder	14 g	19	0	0	3.3	0.6	0	0	7.1
Unflavored whey protein	60 g	236	48.2	3.2	3.6	3	0	438	0
Raspberries	100 g	49	0.9	0.6	11.5	4	0.57	22	6.2
Total		1023	130.2	36.5	42	7.6	7.04	2192.5	13.3

Glowing Salmon Bowl

Johanna Osegueda
Internist Physician, Clinical Nutritionist, Chef
Bariatric1
El Salvador



Suitable for people living with overweight or obesity.

Preparation

Number of servings: 1

Preparation time: 20 minutes

Ingredients

- 100 g of cooked salmon fillet
- 30 g cooked edamame (unsalted)
- 200 g dried weight shirataki fettuccine noodles (konjac-based)
- ½ cup mushrooms, cooked (approximately 70 g)
- ¼ cup carrot, cooked (approximately 30 g)
- 10 ml low-sodium soy sauce
- 2 tablespoons peanut butter powder (16 g)
- ¼–⅓ cup water (60–80 ml)
- 1 teaspoon of olive oil (5 g)
- Salt and black pepper to taste
- ½ teaspoon chili flakes (2.5 g)
- 1 teaspoon toasted sesame seeds (5 g)
- ½ teaspoon masala spice mix (2.5 g)
- 1 tablespoon apple cider vinegar (15 ml)
- Juice of ½ fresh mandarin (approximately 30 ml)
- 2 teaspoon fresh ginger root, grated (10 g)

Nutritional Facts

per serving

- Calories: 437 kcal
- Total Protein: 31 g
- Carbohydrate: 25 g
  Of which sugars: ~6 g
- Fat: 25 g
- Iron: 2 mg
- Calcium: ~105 mg
- Fiber: 10 g

Cooking instructions

1. **Season the salmon.** Season salmon with black pepper, pinch of salt and mandarin juice and place in a cast iron pan or grill pan over moderate heat for a few minutes and then place to one side.
2. **Prepare the noodles.** Shirataki noodles don't require cooking, but for a better consistency, place them in a colander or strainer and rinse with water, just like you would with rice. Then drain well and place them in the same cast iron pan or grill pan as the salmon, over moderate heat until completely dry for 3-4 minutes or until firm. Remove the noodles from the cast iron pan or grill pan and set to one side.
3. **Make the sauce.** In the same cast iron pan or grill pan, add chili flakes, peanut butter powder mixed with water, sesame seeds, masala, black pepper, soy sauce, apple cider vinegar, and grated ginger. Stir and cook for 2-3 minutes until smooth.
4. **Combine ingredients.** Add noodles, mushrooms, and carrots to the sauce. Mix well to absorb flavors.
5. **Assemble the bowl.** Place noodles and vegetables in a bowl. Flake the salmon on top. Sprinkle edamame over the dish.

Nutritional Analysis

Nutrimind. Tablas nutricionales generadas con el software Nutrimind, versión 5.2, basadas en el Sistema Mexicano de Equivalentes y USDA. México: Nutrimind; 2026.

Ingredient	Weight	Calories	Protein (g)	Fat (g)	Carbohydrate (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Salmon	100 g	176	20	11	0	0	0.0	~12
Edamame	30 g	39	3	2	3	2	1	19
Shirataki noodles	200 g	10	0	0	6	4	0	40
Mushrooms	70 g	23	1	0	2	1	0.2	5
Carrot	30 g	13	0	0	3	1	0.0	10
Peanut butter powder	16 g	60	8	2	4	2	0.3	20
Olive oil	5 g	45	0	5	0	0	0	0
Soy sauce	10 ml	10	1	0	1	0	0	2
Sesame seeds	5 g	34	1	3	1	1	0.0	3
Mandarin juice	30 ml	19	0	0	4	1	0.1	12
Ginger	10 g	8	0.2	0	2	0.5	0.1	5

Lettuce Salad with Light Fresh Cheese, Wild Grapes, and Red Currants

Dina Márquez Briceño, Pamela Romero
Registered Dietitian / Nutritionist
Nubamet, IFSO-CHILE
Chile



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery - dietary stage: minced (3 to 12 months) - or using obesity management medications.

Preparation

Number of servings: 1

Preparation time: 10 minutes

Nutritional Facts

per serving:

- Calories: 184.23 kcal
- Total Protein: 11.83 g
- Carbohydrate: 9.45 g
  Of which sugars: 2.48 g
- Fat: 10.93 g
- Iron: 0.509 mg
- Calcium: 353.609 mg
- Fiber: 2.98 g

Ingredients

- 80 g light fresh cheese (can be replaced by light ricotta)
- 40 g red currants
- 30 g regional or hydroponic lettuce
- 20 g wild grapes
- 5 cc olive oil
- 5 cc lemon juice
- Salt to taste

Cooking instructions

- Wash the lettuce and the mix of wild grapes and red currants in cold water, drain well, and set aside.
- On a cutting board, cut the fresh cheese into small cubes and reserve.
- In a bowl, combine the lettuce, fresh cheese, and the mix of grapes and red currants. Dress with olive oil and salt to taste. Toss gently and serve.

Nutritional Analysis

Gattás Zaror, V. (n.d.). Guide to the Nutritional Composition of Natural Foods, Industrial Foods, and Common Chilean Preparations (First Edition). Universidad de Chile, Instituto de Nutrición y Tecnología de los Alimentos (INTA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Fresh cheese	80	105.6	10.64	5.76	4	2.48	0	330.4	0
Regional or hydroponic lettuce	30	3.9	0.39	0.06	0.69	0	0.09	9.6	0.54
Red currant	20	6.48	0.24	0.04	0.96	0	0	0	0.72
Wild grapes	40	22.4	0.56	0.08	3.8	0	0.4	13.2	1.72
Olive oil	5	44.85	0	4.99	0	0	0.019	0.009	0
Lemon juice	5	1	0	0	0.3		0	0.6	0
Salt	1	0	0	0	0	0	0	0	0
Total		184.23	11.83	10.93	9.45	2.48	0.509	353.609	2.98

Pejerrey (Basilichthys Australis) with Fine Herbs and Roasted Pumpkin

Dina Márquez Briceño, Pamela Romero
Registered Dietitian/Nutritionist
NUBAMET, IFSO-CHILE
Chile

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery - Dietary stage: minced - or using obesity management medications.



Preparation

Number of servings: 1

Preparation time: 30 minutes

Ingredients

- 85 g raw pejerrey fillet
- 26 g (½ unit) beaten egg
- 70 g pumpkin
- 5 cc olive oil
- 0.5 g fine herbs (sage-thyme-chives)
- 1 pinch garlic powder (optional)
- Salt to taste

Nutritional Facts

per serving

- Calories: 196.72 kcal
- Total Protein: 18.21 g
- Carbohydrate: 8.9 g
  Of which sugars: 0 g
- Fat: 10.22 g
- Iron: 0.851 mg
- Calcium: 25.289 mg
- Fiber: 1.832 g

Cooking instructions

- **For the pejerrey:**

  Wash and finely chop the herbs.

  In a bowl, beat the egg together with the herbs, garlic powder, and salt.

  Grease a baking dish with olive oil spray and place the pejerrey fillets skin-side down.

  Pour the beaten egg and herb mixture over the fish until completely covered.

  Bake at 200°C (392°F) for approximately 15–20 minutes. Remove, portion, and serve.

- **For the roasted pumpkin:**

  Wash and peel the pumpkin. Cut into julienne slices approximately 1 cm thick.

  Place the slices in a baking dish greased with olive oil, season with salt to taste, and bake at 200°C (392°F) for 20 minutes or until tender.

  Remove, portion, and serve.

Nutritional Analysis

Gattás Zaror, V. (n.d.). Guide to the Nutritional Composition of Natural Foods, Industrial Foods, and Common Chilean Preparations (First Edition). Universidad de Chile, Instituto de Nutrición y Tecnología de los Alimentos (INTA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Pejerrey	85	87.80	13.94	2.47	2.47	0	0	0	0
Zapallo	70	22.33	0.75	0.16	5.37	0	0.297	12.81	1.82
Huevo	26	41.6	3.51	2.6	1.04	0	0.52	11.7	0
Aceite de oliva	5	44.85	0	4.99	0	0	0.019	0.009	0
Finas hierbas	0.5	0.14	0.01	0.0	0.02	0	0.015	0.77	0.012
Ajo en polvo	0.05	0	0	0	0	0	0	0	0
Sal	0.5	0	0	0	0	0	0	0	0
Total		196.72	18.21	10.22	8.9	0	0.851	25.289	1.832

Scallop Chupe

Dina Márquez Briceño, Pamela Romero
Registered Dietitian / Nutritionist
Nubamet, IFSO-CHILE
Chile

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (Dietary stage: minced) or using obesity management medications.



Preparation

Number of servings: 1

Preparation time: 20 minutes

Ingredients

- 100 g raw scallops
- 30 cc skim milk
- 10 g instant whole oats
- 10 g onion
- 5 g grated Parmesan cheese
- 5 cc olive oil

Nutritional Facts

per serving

- Calories: 198.75 kcal
- Total Protein: 20.85 g
- Carbohydrate: 10.1 g
  Of which sugars: 1.53 g
- Fat: 8.55 g
- Iron: 0.477 mg
- Calcium: 85.659 mg
- Fiber: 1.131 g

Cooking instructions

- Rinse the scallops under cold running water, drain, and pat dry with paper towels. If large, chop into bite-sized pieces. Finely dice the onion and set aside.
- In a small saucepan, heat the olive oil over medium heat and sauté the onion until soft and translucent.
- Add the scallops and cook for 2-3 minutes until just opaque, avoiding overcooking to preserve their tenderness.
- Stir in the skim milk and instant whole oats, mixing well to achieve a creamy consistency, cook for a few minutes until slightly thickened.
- Transfer the mixture to an oven-safe dish, sprinkle grated Parmesan cheese on top, and bake at 180°C (356°F) for 5-7 minutes, or until lightly golden.
- Remove from the oven and serve warm.

Nutritional Analysis

Gattás Zaror, V. (n.d.). Guide to the Nutritional Composition of Natural Foods, Industrial Foods, and Common Chilean Preparations (First Edition). Universidad de Chile, Instituto de Nutrición y Tecnología de los Alimentos (INTA).

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Scallops	100	77	16	1.2	1.2	0	0	0	0
Skim milk	30	9.6	0.99	0.01	1.41	1.41	0.015	36.3	0
Parmesan cheese	5	23.3	2.44	1.50	0	0	0	47.35	0
Instant whole oats	10	40.2	1.31	0.83	6.63	0.12	0.421	0	0.971
Onion	10	3.8	0.11	0.02	0.86	0	0.022	2	0.16
Olive oil	5	44.85	0	4.99	0	0	0.019	0.009	0
Total		198.75	20.85	8.55	10.1	1.53	0.477	85.659	1.131

Skillet Tuna Pizza

Tamara Arellano Rivera
Nubamet Chile (SCCBM517)
Chile



Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery.

Preparation

Number of servings: 8

Preparation time: 30 minutes

Ingredients

- For the dough:

- 2 cans of tuna in water (208 g)
- 4 tablespoons of oats (40 g)
- 1 egg (80 g)
- 1 teaspoon of salt (5 g)
- 1 tablespoon of oregano (10 g)
- 1 tablespoon of olive oil (10 ml)

- Aggregates:

- 6 tablespoons tomato sauce (60 g)
- 6 slices light cheese (120 g)
- 1 tomato (150 g)
- 1/2 cup mushrooms (100 g)
- Baby spinach (100 g)

Nutritional Facts

per serving

- Calories (Kcal) 127
- Prot (g) 15.4
- CHO (g) 5.8
- Sug. Total (g) 1.2
- Fiber (g) 1.4
- Fats (g) 4.8
- Cholesterol (mg) 44.5
- Calcium (mg) 109.6
- Iron (mg) 1.3

Cooking instructions

1. Drain the water from the cans, place both types of tuna in a bowl, and flake with a fork.
2. Mix with the egg, oats, oregano, and salt.
3. Heat a skillet with a little olive oil and add the mixture. Cook for 5 to 10 minutes, then flip.
4. Add the tomato sauce and any other toppings, cover, and cook until the cheese melts. Serve and enjoy!

Nutritional Analysis

XLS with facts and serving from "Manual de porciones de intercambio"; 2019; Rinat Ratner Goldenberg, Valeria Aicardi Spalloni, Jimena Allende Torrijos, Jessica Madrid Pizarro, María Virginia Riesco Sáez. Clinica Alemana / Universidad del Desarrollo / INTA

Ingredient	(G)	Calories (Kcal)	Prot (g)	CHO (g)	Sug. Total (g)	Fiber (g)	Fats (g)	Chole-sterol (mg)	Calcium (mg)	Iron (mg)
Canned tuna in oil, drained	208,0	178,8	40,3	0,0	0,0	0,0	208,0	74,9	35,4	3,4
Oats	40,0	155,6	6,8	26,5	0,0	4,2	2,8	0,0	21,6	1,9
Fresh raw whole egg	80,0	114,4	10,1	0,6	0,3	0,0	7,6	297,6	44,8	1,4
Olive oil	10,0	88,4	0,0	0,0	0,0	0,0	10,0	0,0	0,1	0,0
tomato puree	60,0	10,8	0,6	2,4	1,5	0,4	0,1	0,0	6,6	0,2
Low-fat mozzarella cheese	120,0	169,2	38,04	4,2	1,8	2,16	0	21,6	1153,2	0,3
Raw tomatoes	150,0	27,0	1,4	5,9	3,9	1,8	0,3	0,0	15,0	0,5
Raw mushrooms	100,0	22,0	3,1	3,3	2,0	1,0	0,3	0,0	3,0	0,5
Raw spinach	100,0	23,0	2,9	3,6	0,4	2,2	0,4	0,0	99,0	2,7
Total (Serving 8)		789,2	103,1	46,4	9,9	11,8	229,4	394,1	1378,7	10,8
By Serving (1)		98,7	12,9	5,8	1,2	1,5	28,7	49,3	172,3	1,4

Smart Snack Chicken

Karina Hociko. MSc.
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NutriK Integrated care for obesity and bariatric surgery
São Paulo, Brazil

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 4

Preparation time: 25 minutes

Ingredients

- Chicken breast, skinless, raw, 400 g
- Carrot, raw, 80 g
- Mozzarella cheese, 60 g
- Corn, canned, drained, 30 g
- Ricotta cheese, cream, 80 g
- Onion, raw, 30 g
- Oat bran, 20 g
- Tomato, seedless, raw, 20
- Extra Virgin olive oil, 3 g
- Paprika 2 g
- Salt 3 g
- Parsley, 2 g
- Oregano, dried, 1 g

Nutritional Facts

per serving

Makes 4 serving of 180g each
1 SERVE: 180g

- Calories: 242.34 kcal
- Total Protein: 28.88 g
- Carbohydrate: 8.52 g
- Fat: 9.89 g
- Iron: 0.95 mg
- Calcium: 198.69 mg
- Fiber: 1.69 g

Cooking instructions

- Place the raw chicken breast, grated carrot, onion, olive oil, paprika, salt and parsley in a food processor. Blend until a smooth, homogeneous paste forms.
- Remove and mix the oat bran into the dough.
- Divide this mixture into 4 equal portions. Shape into balls.
- Place on a baking sheet lined with parchment paper. Press each ball with the bottom of a glass to form discs.
- Cook in a preheated air fryer at 190 °C (374 °F) for 10 minutes, until firm.
- Meanwhile, in a bowl, mix the ricotta, corn and light cheese until a homogeneous cream forms.
- After the 10 minutes in the air fryer, remove and spread the topping evenly over each disc (one heaping tablespoon per unit).
- Distribute the chopped tomato on top and return to the air fryer at 190 °C (374 °F) for 5 minutes, until the cheese melts and lightly browns.
- Remove, sprinkle oregano on top and serve.

Nutrional Analysis

TBCA (Tabela Brasileira de Composição de Alimentos / Usp) em:
h&ps://www.tbca.net.br/base- dados/avaliacao_energe:ca.php
TACO (Tabela Brasileira de Composição de Alimentos / NEpa Unicamp) em:
h&ps://www.tabelatacoonline.com.br/

Ingredients	Quantity (g)	Calories (kcal)	Carbohy-drate (g)	Protein (g)	Fat (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Chicken breast, skinless, raw	400	476.00	0.00	86.00	12.00	0.00	1.60	28.00
Carrot, raw	80	27.20	6.16	1.04	0.16	2.56	0.16	18.40
Mozzarella cheese	60	198.00	1.80	13.56	15.12	0.00	0.18	525.00
Corn, canned, drained	30	29.40	5.13	0.96	0.72	1.38	0.18	0.60
Ricotta cheese, cream	80	112.00	3.04	10.08	6.48	0.00	0.08	202.40
Onion, raw	30	11.70	2.67	0.51	0.03	0.66	0.06	4.20
Oat bran	20	78.80	13.32	2.78	1.70	1.82	0.88	9.60
Tomato, seedless, raw	20	3.00	0.62	0.22	0.04	0.24	0.04	1.40
Extra virgin olive oil	3	26.52	0.00	0.00	3.00	0.00	0.00	0.00
Paprika	2	6.00	1.20	0.30	0.30	0.00	0.50	5.3
Salt	3	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Parsley	2	0.66	0.11	0.07	0.01	0.04	0.06	3.58
Oregano, dried	1	0.07	0.01	0.01	0.00	0.04	0.04	1.59
Total	731	969.35	34.06	115.53	39.57	6.74	3.78	794.77
	1 serve	242.34	8.52	28.88	9.89	1.69	0.95	198.69
Total 731 g	Per serve (180 g):			4				

Tarwi Croqueta

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Lic. Esp.en nutrición clínica y bariátrica - Bariatric surgeon
ASMBS - IFSO - APCBEM - Clínica Anglo Americana
Perú

Suitable for both people living with overweight and obesity and following metabolic bariatric surgery in soft phase.



Preparation

Number of servings: 2

Preparation time: 30 minutes

Ingredients

- 150 g cooked tarwi or Chickpea or Quinoa
- 1 egg
- 30 g Striped carrot
- 30 g of chopped white onion
- 50 g fresh cheese
- 1 garlic clove
- 2 tablespoons of chopped pepper
- 2 tablespoons of chopped spinach
- 5 ml olive oil
- salt

Nutritional Facts

per serving

- Calories: 243 kcal
- Total Protein: 17 g
- Carbohydrate: 11.2 g
  Of which sugars: 0 g
- Fat: 16.7 g
- Iron: 3 mg
- Calcium: 337.5 mg
- Fiber: 3.2 g)

Cooking instructions

- Boil the tarwi that has been previously soaked.
- Once ready, mash the tarwi until a dough-like consistency is obtained.
- In a pan, prepare a dressing with onion, garlic, and bell pepper.
- Mix the tarwi with the dressing, carrot, and spinach.
- Add the egg until a moldable mixture is achieved.
- Cut the cheese into 4 pieces.
- Form small croquettes, placing one piece of cheese as filling in each one.
- Fry in a pan with a minimal amount of oil over low heat, or alternatively bake at 180 °C (350 °F) for 20-25 minutes.

Nutritional Analysis

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbo-hydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Cooked Tarwi	150	210	17.4	12.9	14.3	0	2.1	45	4.2
Egg	50	74	6.4	5	0	0	1.52	22	0
Carrot	30	6	0.3	0.1	2.3	0	0.09	15	1.2
White onion	30	7	0.3	0	2.2	0	0.06	30	0.4
Garlic	5	6	0.3	0	1.5	0	0.09	5	0.1
Spinach	10	3	0.5	0.1	0.5	0	2.13	3	0.3
Pepper	15	4	0.2	0.2	0.7	0	0.05	2	0.1
Fresh Cheese	50	133	8.6	10.1	1	0	0.07	553	0
Olive Oil	5	44	0	5	0	0	0	0	0
TOTAL		487	34	33.4	22.5	0	6.11	675	6.3

Tumbo Mousse (DESSERT)

Natalia Aceituno A.
Professional title: NUBAMET Nutritionist
Affiliation: IFSO-CHILE
Country: Chile

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery.



Preparation

Number of servings: 1

Preparation time: 10 minutes

Ingredients

- 4 units of Tumbo
- 1 Sweetened natural high-protein yogurt
- 1 packet of unflavored gelatin
- 1 protein module measurement
- Sweetener to taste

Nutritional Facts

per serving

- Calories: 323 kcal
- Total protein: 30.9 (g)
- Carbohydrates: 48 (g)
  total sugars: 5.55 (g)
- Fat: 1.57 (g)
- Iron: 0.01 (mg)

Cooking instructions

- Wash the tumbo and cut them in half, then use a spoon to scoop out the pulp and place it in a bowl
- In a blender, add the tumbo pulp and blend for 15 seconds (the tumbo seeds should not be ground). Once ready, strain and store in a measuring cup or jar. Then, wash and dry your blender to remove any fruit seeds.
- Next, add the sweetened high-protein natural yogurt, one scoop of protein powder, 100 ml of tumbo, and sweetener to taste to the blender. Meanwhile, in a bowl or cup, hydrate the gelatin with 4 tablespoons of cold water and microwave it for 10 seconds. Once ready, add it to the ingredients in the blender and blend everything together for 2 minutes. Pour the mixture into 10.5 cm diameter glass compote dishes or 200 ml cups, refrigerate for 30 minutes, and enjoy!

Nutritional Analysis

Vivalite Whey Protein (https://vivalitealimentos.com/productos/modulos-nutricionales/vivalite-whey- protein-sin-sabor-300g/), 5aldia website for Tumbo (https://5aldia.cl/frutas-y- vegetales/tumbo/), Loncoleche for protein yogurt.

Ingredient	Total weight used in the recipe (g)	Kcal	Proteins (g)	Fats (g)	Carbohy-drates (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Natural protein Yogurt Loncoleche	140 gr	88.2	12.3	0.7	8.3	5.50	N/A	N/A	N/A
Tumbo	4 units (100 ml)	188	7.2	0.8	39.2		N/A	N/A	24.8
Protein module Vivalite Whey Protein	5.8 g	22	5	0.07	0.05	0.05	8.12	0.03	0.01
Unflavored gelatin	7.5 g	25.7	6.4	0	0	0	0	0	0
TOTAL		323.9	30.9	1.57	47.55	5.55	8.12	0.03	24.81

Bessara - Egyptian Creamy Fava Bean and Herb Purée

Eman Salah Zaky & Mostafa Refaie Elkeleny
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Egypt

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery (soft phase) or using obesity management medications.



Preparation

Number of servings: 4

Soaking time (fava beans): 8–10 hours

Cooking time: 45–60 minutes

Preparation time: 15 minutes

Total time (excluding soaking): ~75 minutes

Ingredients

(for 4 servings)

- Dried fava beans, peeled and split – 250 g
- Fresh parsley – 50 g
- Fresh coriander leaves – 30 g
- Fresh dill – 20 g
- Garlic – 4 cloves (12 g)
- Onion – 1 medium (120 g)
- Ground cumin – 2 teaspoons (4 g)
- Ground coriander – 1 teaspoon (2 g)
- Salt – 1 teaspoon (5 g) or to taste
- Water – 750 ml
- Olive oil (for serving, optional) – 1 tablespoon per serving (13.5 g)
- (Traditional Besara is cooked without oil; oil is usually added optionally when serving.)

Nutritional Facts

per serving (Based on 1 of 4 servings, with added olive oil included as serving garnish)

- Calories: 360 kcal
- Total Protein: 17.8 g
- Carbohydrate: 42.4 g
  Of which sugars: 3.0 g
- Fat: 15.3 g
- Iron: 4.9 mg
- Calcium: 123 mg
- Fiber: 17.2 g

(1 serving = no added olive oil on serving)

- Calories: 240 kcal
- Total Protein: 17.8 g
- Carbohydrate: 42.4 g
  Of which sugars: 3.0 g
- Fat: 1.8 g
- Iron: 4.8 mg
- Calcium: 123 mg
- Fibre: 17.2 g

Cooking instructions

Preparation

- Soak the fava beans
  Wash the dried peeled fava beans thoroughly under running water.
  Place them in a bowl and soak in fresh water for 8–10 hours or overnight. Drain and rinse before cooking.
- Prepare the vegetables and herbs
  Peel and chop the onion into large pieces. Peel the garlic cloves.
  Wash the parsley, coriander, and dill thoroughly, then roughly chop.

Cooking Method

- Cook the beans
  Place the soaked fava beans in a deep saucepan.
  Add 750 ml water and bring to a boil over medium heat.
  Reduce heat, cover, and simmer for 30–40 minutes, or until the beans are soft.
- Add aromatics and herbs
  Add the chopped onion, garlic, parsley, coriander, dill, cumin, coriander powder, and salt to
  the pot.
  Continue cooking for 10–15 minutes until all ingredients are fully softened.
- Blend the mixture
  Remove the saucepan from heat.
  Using a hand blender or food processor, blend the mixture until a smooth, thick purée is
  obtained.
- Final heating
  Return the purée to low heat and cook for an additional 5 minutes, stirring continuously to
  prevent sticking.
- Serve hot
  Divide into 4 equal servings.
  Drizzle 1 tablespoon olive oil (13.5 g) per serving on top.

Nutritional Analysis

UK McCance & Widdowson / CoFID - USDA FoodData Central

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohy-drate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Dried peeled fava beans	250	820	65.0	5.0	145.0	6.0	13.5	260	62.5
Onion	120	48	1.3	0.1	11.2	5.2	0.3	28	2.0
Garlic	12	18	0.8	0.0	4.0	0.1	0.2	22	0.6
Fresh parsley	50	18	1.5	0.4	3.0	0.4	1.6	69	1.7
Fresh coriander leaves	30	7	0.7	0.2	1.2	0.1	0.5	20	0.8
Fresh dill	20	9	0.7	0.2	1.4	0.1	0.3	42	0.6
Ground cumin	4	15	0.7	0.9	1.8	0.1	2.6	37	0.4
Ground coriander	2	6	0.3	0.3	1.1	0.0	0.3	13	0.2
Olive oil (added at serving)	54	477	0.0	54.0	0.0	0.0	0.1	1	0.0
Total (whole recipe)	542 g	1,438	71.0	61.1	169.7	12.0	19.4	492	68.8

Pumpkin Turkey Chili in Slow Cooker

Kim Knopp
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USA

Suitable for both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications.



Preparation

Number of servings: 14

Preparation time: 45 minutes (preparation) + 6-9 hours (slow cooking)

Ingredients

- 450 g raw pumpkin cubes (1440 ml cut pumpkin cube volume) (15 oz or about 6 cup volume)
- 720 g raw ground turkey breast (1.5 pound)
- 1 medium onion, raw (180 g) (6 oz)
- 1-450 g can dark red kidney beans (15 oz)
- 1-450 g can light red kidney beans (15 oz)
- ½ tablespoon brown sugar substitute (or 1/2 teaspoon)
- 1 tablespoon pumpkin pie spice
- 1 tablespoon chili powder
- 1-840 g can diced tomatoes (28-oz)
- Water
- Freshly ground pepper to taste

Nutritional Facts

per serving

- Calories: 188 kcal
- Total Protein: 15 (g)
- Carbohydrate 19 (g)
  Of which sugars: 4 (g)
- Fat: 6 (g)
- Iron: 2 (mg)
- Calcium: 75 (mg)
- Fiber: 6 (g)

Cooking instructions

- Select and rinse a small homegrown or purchased cooking pumpkin (1.4-1.8 kg). To safely cut the raw pumpkin into cubes, first slightly soften it by placing it on a paper towel in the microwave. Microwave it on high for about 2 minutes and 15 seconds. *Do not over-soften the pumpkin or the cut chunks will disappear during the cooking process.
- Using a large sharp knife and a cutting board, remove the pumpkin's stem and discard it. Cut the pumpkin in half from top to bottom. Use a sturdy spoon to scoop out the seeds and stringy plant membranes, then discard them. Cut the pumpkin into slices (2.5-3.8 cm width). Use a smaller knife to cut the pumpkin flesh away from each slice's rind, then discard the rind. The texture of the cubes should be hard. Cut enough cubes to reach total weight of 450 g. Set these cut cubes aside in a bowl.
- Brown the raw ground turkey in a non-stick skillet over low-medium heat, stirring often. Line a plate with a paper towel. Drain any liquid accumulated in cooking. Transfer the drained, cooked turkey onto the lined plate and cover it with a second paper towel. Press on it lightly to remove residual moisture. Set the cooked turkey aside.
- Cut off the ends of the onion and discard them. Peel the onion and discard the skin. Cut the onion along its width into slices (1.3 cm) (1/2 inch). Cut these slices in half. Separate the onion pieces into a bowl and set aside.
- Open both cans of the beans. Drain and rinse each can. Combine the rinsed beans in a bowl and set aside.
- Mix brown sugar substitute, pumpkin pie spice, and chili powder together in a small bowl. Set the mixed spices aside.
- Open the can of diced tomatoes and set it aside. DO NOT DRAIN or RINSE the contents--the liquid is required for the cooking process.
- Select a small slow cooker (4 litre) (4 quart). Layer the prepared ingredients into the slow cooker, starting with the pumpkin cubes on the bottom. Next layer the turkey on top of the pumpkin cubes, followed by the onions, and then the chili beans. Spread seasonings on top of the chili beans. Next spread diced tomatoes (liquid included) on top of the seasonings, taking care not to displace the seasonings. Add extra water to bring liquid level to cover about ¾ of product (it will be too much liquid if filled to the top, and so more like soup). Top with freshly ground pepper to taste and cover the slow cooker with a tightly fitting glass lid.
- Turn on the slow cooker to low heat. Allow the chili to cook 6-9 hours. *Do not cook longer or the pumpkin will overly soften and disappear into the chili. Stir the chili well before serving to evenly distribute ingredients throughout the cooked chili.

Possible ingredient substitutions:

- A different dense winter squash such as Butternut Squash may be substituted for the pumpkin.
- Soy crumbles or any ground poultry or lean meat may be substituted for the ground turkey.
- Softened dried kidney beans of any color may be substituted for the canned beans.
- Skinned and diced fresh tomatoes with added tomato juice may be substituted for the canned diced tomatoes.
- Equal parts dried cinnamon, ginger, nutmeg, and ground allspice may be substituted for the pumpkin pie spice.
- A finely diced, mild fresh chili with ribs and seeds removed may be substituted for dried chili powder.

Other Possible Alternatives:

- The raw pumpkin can be softened by baking it in the oven rather than microwaving it.
- A larger slow cooker can be used for preparation. Increase all ingredients proportionally.
- A regular skillet lightly greased with oil or non-stick spray may be substituted for the non-stick skillet.
- The chili can be cooked on the stove top on low heat for several hours in place of using a slow cooker, cooking it until the pumpkin chunks have been softened.

Do Ahead Tips:

- If the slow cooker has a removable crock, the chili can be prepared entirely the evening before, covered, and refrigerated. Uncover it and let it stand to acclimate to room temperature for 30 minutes before replacing the lid and turning on the slow cooker.
- If the crock is not removable, prepare the spices the night before, then cover the bowl and let it sit on the counter. Prepare the turkey and pumpkin, then cover and refrigerate them overnight. Prepare remaining ingredients and assemble the chili at the time of cooking.

Resource Conservation:

- Incorporate any leftover raw pumpkin into another meal by roasting it as a side dish or using it in a stir-fry.

Nutritional Analysis

Source: FoodData Central (usda.gov)

Ingredient	Total weight used in recipe (g)	Kcal	Protein (g)	Fat (g)	Carbohydrate (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Raw pumpkin	450	136	4	0.4	29	19	0.3	72	10
Raw ground turkey breast	720	1102	125	69	0	0	7.8	173	0
1 med onion, raw	180	68	2	0	16	10	0.5	27	3
1 can dark red kidney beans	450	572	35	6	94	4	6.5	256	32
1 can light red kidney beans	450	572	33	6	96	2	5.8	270	33
1 can diced tomatoes	840	176	7	4	28	25	4.8	252	8
Total		2626	206	85	263	60	25.7	1050	86

Conversion Table

Weights



Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

Dimensions



Imperial	Metric
1 inch	2.5 cm
1¼ inch	3 cm
1½ inch	4 cm
1¾ inch	4.5 cm
2 inch	5 cm
2½ inch	6 cm
3 inch	7.5 cm
3½ inch	9 cm
4 inch	10 cm
5 inch	13 cm
5¼ inch	13.5 cm
6 inch	15 cm
6½ inch	16 cm
7 inch	18 cm
7½ inch	19 cm
8 inch	20 cm
9 inch	23 cm
9½ inch	24 cm
10 inch	25.5 cm
11 inch	28 cm
12 inch	30 cm

Liquid



American	Imperial	Metric
1 tbsp	½ fl oz	15 ml
1/8 cup	1 fl oz	30 ml
¼ cup	2 fl oz	60 ml
½ cup	4 fl oz	120 ml
1 cup	8 fl oz	240 ml
1 pint	16 fl oz	480 ml

Oven Temperatures



Gas Mark	oC	oF
1	140°C	275°F
2	150°C	300°F
3	170°C	325°F
4	180°C	350°F
5	190°C	375°F
6	200°C	400°F
7	220°C	425°F
8	230°C	450°F
9	240°C	475°F

If using a fan oven you will need to reduce the oven temperature in a recipe by 20 degrees.

Volume



Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ¾ pint	1 litre
2 pint	1.2 litre
2½ pint	1.5 litre
4 pint	2.25 litres

American Conversions



American	Imperial	Metric
1 cup flour	5oz	150g
1 cup caster sugar	8oz	225g
1 cup brown sugar	6oz	175g
1 cup butter	8oz	225g
1 cup sultanas/raisins	7oz	200g
1 cup currants	5oz	150g
1 stick butter	4oz	110g

N.B. Please note that it has not been possible to thoroughly validate all the recipes and their nutritional analyses.

A special Thank to

Our dietitians for their nutritional guidance:



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....and to the authors and their wonderful Recipes.

We hope you enjoy them!

Buen Provecho

Dobrou chuť

Guten Appetit

Smaklig måltid

Buon Appetito

अपने भोजन का आनंद लें

Bon Appétit

Afiyet olsun

نوش جان

Verdi ykkur ad gódu

As bolsın

Enjoy your meal

Poftă bună

صحة و هنا

nuş olsun

Dober Apetit

Nyt måltidet

жақсы тәбет

Smakelijk Eten



בתיאבון

Skanaus

добар апетит

Hyvää ruokahalua

Bom Apetite

Καλή όρεξη

Смачного

많이 드세요

Selamat menjamu selera

Geniet jou maaltyd

召し上がれ

Приятного аппетита

جان نوش

Smacznego

صحة و عافية

用餐愉快

Selamat makan