



TIP: Use this time to experiment with different foods

Slowly progressing to 'real' foods

- For most people, the Lapband should have healed well into place now, so it's a good time to start experimenting.
- ➔ Try foods with different textures
- ➔ Experiment with the amount of food required to allow you to be comfortably satisfied

TRIAL & ERROR

There is no one meal plan that fits all.

Everyone is different in terms of the amounts and types of food they can manage.

"Trial and error" is very important to help you learn what is best for YOU.

Choose good quality foods

- As you now eat a smaller amount of food each day, you need to make sure that you choose good quality foods for optimum nutrition.
- ➔ Include a variety of low-fat foods (carbohydrate foods, vegetables, lean protein, low-fat dairy products and fruits).
- ➔ Save your 'treats' for special occasions.

Chew everything thoroughly

- Everything you eat needs to be chewed small enough to get through the small opening at the bottom of your new smaller stomach pouch.
- ➔ Foods need to be chewed to a paste (or to very fine pieces)
- ➔ Even soft foods like eggs need to be chewed well.
- ➔ Try one food at a time. Then you can learn how much each food needs to be chewed before swallowing.
- ➔ Start with easy-chew foods (e.g. soft moist foods) - see recipe ideas
- Some foods cannot be chewed finely, and are more likely to get 'stuck'.
- ➔ These include dry meats & stringy vegetables.
- ➔ Be patient. You may need some time to work out what foods you can manage and which foods are more difficult to manage (See tips to manage problem foods).

Your new Lapband eating habits:

✓Take small mouthfuls

- Using a small teaspoon may help
- Chop food finely before you eat



✓Chew everything thoroughly

- Get used to chewing everything thoroughly before swallowing
- Make sure you swallow your mouthful before taking another bite

✓Eat slowly

- Relax at meal times
- Make your meals last 20-30 minutes
- Put your cutlery down between mouthfuls
- Try not to eat in front of the TV

✓Include small frequent meals

- As you are only eating a small amount of foods, you may need to eat more frequently to keep you full (e.g. 3 main meals and snacks in-between). See sample meal plan for ideas!

✓Choose nutritious foods

- Make sure you include a balance of different food groups

✓Keep your fluid intake up

- Ensure you have plenty of low-calorie drinks like water, tea, coffee & diet drinks between meals to avoid dehydration



✓Daily multivitamin supplement

- You may be able to manage a multi-vitamin tablet at this stage

*Do not drink with meals

- Stop drinking 10 minutes before you eat
- Wait at least 20 minutes after a meal before drinking



*Limit high-calorie drinks

- High calorie drinks will give you plenty of calories without making you feel full (i.e. fruit juices, soft drinks, cordials, milk, smoothies and alcohol)

From Week 4 Post-Surgery

Food getting “stuck”?

- It is not unusual to get foods “stuck” sometimes, and is a good way to learn what foods you can manage and help you to re-learn your new eating patterns!
- However, you should not have problems with food getting stuck on a regular basis.
- If you do, review your new eating patterns. Make sure you take small mouthfuls, and chew slowly and thoroughly before swallowing
- Relax at meals times – don’t rush your meals!

Chew, Chew, Chew

When you were 4-6 months old, you ‘learnt’ how much you needed to chew foods before you swallowed. This was to ensure you chewed enough so you didn’t choke, or get foods stuck in your throat.

As an adult, you do that automatically, without thinking how much you need to chew.

But now the goalposts have changed! With your new Lapband you need to ‘re-learn’ how much you need to chew to make sure that the food you eat can pass through your new Lapband.

Getting hungry?

- Hopefully eating solid foods will keep you more satisfied than puree foods. Then you may not feel so hungry.
- Experiment with how much food it takes to allow you to feel satisfied now. Don’t worry if it is more than you think you should be eating, once you have had an adjustment in a few weeks, you will be satisfied again with a smaller amount of food. Use this time to experiment with different foods.
- If you are hungry, make sure you include a substantial snack between your meals.

Avoid getting overhungry. If you go for too long without eating, you may get very hungry by your next meal. When you get too hungry, you may be tempted to eat too fast and take big mouthfuls, or eat more than your small stomach pouch can manage.

Eating too fast when overhungry is the most common reason for getting foods ‘stuck!’

Multivitamin-mineral supplement

- We recommend that you continue taking a multivitamin supplement. You can continue with your liquid supplement for a while longer, or try a capsule or tablet. Ask your dietitian for an appropriate brand.

Fluids

- Keep fluids separate from food.
- As you cannot drink with your meals, you may need to make an extra effort to focus on having enough fluids between meals. This ensures that you are well-hydrated, and helps you to have regular bowel movements.
 - ➔ Make sure you have plenty of low-calorie drinks like water, tea, coffee and non-fizzy diet drinks.
 - ➔ Carry a bottle of water with you to remind you to drink regularly
- Limit high-calorie drinks like fruit juices, soft drinks, cordials, milk, smoothies and alcohol. These drinks can pass through the band very quickly. Therefore you can easily have too many calories, without feeling full.
- You may be able to manage some fizzy drink as a treat, but make sure you choose only sugar-free soft drinks.
- Remember alcohol is very high in calories, so regular drinking can slow your weight loss! Moderate drinking on some days is OK:-



Men - Limit 2 standard drinks a day

Women - Limit 1 standard drink a day

1 standard drink = 375ml “lite” beer

275ml regular beer

100ml wine

30ml spirit.



First Lapband Adjustment

Your first band adjustment will ‘tighten’ your Lapband. This will allow you to be more satisfied on a smaller amount of food.

You may have your first band adjustment at **6 weeks after surgery**. This allows you 2 weeks to experiment with eating different soft solid foods, and to learn new eating habits before your Lapband is tightened. If you are comfortably satisfied with a small amount of food, you can delay the timing of your first adjustment to suit your needs.

From Week 4 Post-Surgery

Foods More Likely to Get "Stuck"



Soft, White Doughy Bread & Bakery Products



TRY



Low-fat crackers



Flat bread



Toasted wholegrain breads



Choose heavy grainy breads

**Tip: Choose wholegrain varieties
Drier breads, or toasted bread may be easier to manage**

Foods More Likely to Get "Stuck"



Steak Dry meats



TRY



Minced Meat

Use a meat tenderiser



Marinating meat overnight before



Casseroles or stew (Soft meat served with sauces)



Fresh Fish / Canned Fish / Smoked Fish



Well-cooked beans / legumes



Eggs



Tofu

Foods More Likely to Get "Stuck"



Calamari Octopus



TRY



Fresh Fish



Canned Fish



Smoked Fish



Cooked prawns

Tips: Cook or serve with a sauce

From Week 4 Post-Surgery

Foods More Likely to Get "Stuck"



Fibrous / Raw Vegetables

TRY

Whole Peeled POTATOES

Peeled vegetables

Soft and over-cooked vegetables

Serve vegetable with sauces



Foods More Likely to Get "Stuck"



Skin on fruits

TRY

Canned fruit

Peeled fruit



Stewed fruit



Chop fruit into bite-sized pieces

Foods More Likely to Get "Stuck"



Rice & Pasta

TRY

Different varieties of rice



Risotto



Fried rice



Sushi



Add more or less water in cooking



Different shaped pasta



Overcooked pasta

Tip: Peel fruit, and chop into bite-sized pieces

Tip: Experiment with different types and cooking methods

From Week 4 Post-Surgery

Meal Time	Meal Ideas	Tips	Suitable choices include	Caution
Breakfast	Breakfast cereals	Soften cereal in low-fat milk before eating	Weetbix, Vitabrits, Weetbix Crunch, Guardian, Special K, Uncle Toby's Healthwise for Heart, Healthwise for Bowel, All Bran, Complete	Be careful with dried fruits & nuts - make sure you chew thoroughly
	Toast	Cook well until crunchy throughout Heavy or grainy breads may be easier to manage Try alternatives, eg English Muffin or Crumpet	Toasted multigrain bread Toasted Burgen SoyLin bread Toasted Baker's Delight Cape Seed bread Toasted sourdough or raisin bread	
	Egg	Try boiled, scrambled, poached or dry-fried		Even though eggs are soft, they still need to well-chewed.
	Baked beans	Try with toast, or on its own	125g size can	
	Fruit	Start with soft-textured fruits (eg. canned fruit, soft fresh fruits like banana or paw paw and stew fruits) Try peeling skin until you get used to chewing well Chopping fruit can remind you to take smaller mouthfuls (eg. fruit salad or thinly sliced apples)	Canned fruit eg Goulburn Valley Snack Pack Stewed fruit (eg stewed pears - see recipe ideas) Any fresh fruits	Don't forget to chew soft fruits!
	Yoghurt	Choose low-fat options (eg. 97% fat-free or ≤ 3g fat per 100g). Aim to have ≤ 100kcal per serve	Ski/Danone/ Nestlé/ Vaalia low-fat plain and vanilla yogurts, Fruche.	
	Fruit Smoothie	Try blending low-fat milk/soy milk with soft or pureed fruit and bran for a delicious high-fibre fruit smoothie Make sure the blend is thick. Add some Commercial Protein Drink or protein powder to make it more satisfying	See recipe ideas (puree handout)	You may find liquids do not keep you full for as long Be careful not to have too much! 300ml is adequate for your meal
	Commercial Protein Drink	You can continue with your Commercial Protein Drink if you prefer	Optifast Up and Go	You may find liquids do not keep you full for as long
	Fruit	Start with soft-textured fruits (eg. canned fruit, soft fresh fruits like banana or paw paw and stew fruits) Try peeling skin until you get used to chewing well Chopping fruit can remind you to take smaller mouthfuls (eg. fruit salad or thinly sliced apples)	Canned fruit eg Goulburn Valley Snack Pack Stewed fruit (stewed pears - see recipe ideas) Any fresh fruits	Don't forget to chew soft fruits!
	Low-fat dairy desserts	Commercial low-fat (97% fat-free) dairy desserts are delicious & handy. Aim to have ≤ 100kcal per serve. (Soy products may be substituted if desired) Plain yogurt, fruit-flavoured yogurt, fruche, fromage frais, mousse, crème caramel, baked or boiled custard, smooth ricotta cheese, soft dessert tofu	Ski/Danone/ Nestlé/ Vaalia low-fat plain and vanilla yogurts. Fruche, Nestlé Diet Chocolate Mousse, Nestlé Diet Refresh Mousse, Weight Watchers/ Nestlé Diet Crème Caramel & Diet Custard, Nestlé 98% Fat-Free Blissful Fromage Frais (pureed), Pauls 97% Fat-Free Ricotta Cheese, TLY Joyce's Tofu Dessert	Drinking yogurt , frozen yogurt & ice -cream will slip through the band more quickly (like fluid), so they won't keep you full Avoid thickened cream, whipped cream, sour cream & regular-fat dairy desserts which are very high in calories and saturated fats!
Low-fat crackers or toasted flat-bread fingers with topping	Wholegrain crackers provide you with more vitamins and minerals Serve with low fat ricotta cheese, hummus, low-fat cheese slice or homemade dips (see recipes)	Ryvita, Vitaweat, Multigrain Corn / Rice Cakes Black Swan Skinny Hommus Dip Kraft ExtraLight Slices; Bega super slim. So Extra light		
Morning Tea				

Meal Time	Meal ideas	Tips	Suitable choices include	Caution
	Include a balance of 1/3 – 1/2 of your meal as protein foods (eg meat/chicken/fish or legumes) with the remainder as vegetables and a little carbohydrate (starchy foods) if you choose.			
Lunch	Meat/chicken	Start with minced meat or soft meat cooked in stew or casseroles Reheat leftovers, eg Spaghetti Bolognese or chicken casserole	(See recipe ideas)	Dry meats may be difficult to manage
	Fish	Throw some canned fish into a salad (add a low fat dressing if too dry) or serve canned fish with a low-fat cracker	Greenseas / Safcol/ John West 95-100g can (in springwater/brine/flavoured) tuna or salmon.	Dry fish may be difficult to manage - add a sauce
	Beans/legumes	Beans/legumes are a quick and easy way to include some protein to your meal. Add a small can to salad Try Fetafel (chickpea patties) with salad in flatbread Pureed beans make a great spread or dip, eg hummus Cook up a soup with beans and vegetables and freeze in portions, reheat in microwave at work		
	Egg	Dice hard boiled eggs added to salad Make a frittata or low-fat quiche, served with salad	Baked spinach & mushroom frittata	
	Tofu	A great soft protein source Marinate to add flavour, or buy marinated tofu	Toss into salads Warm through and add to vegetables	
	Cook vegetables until soft	A quick & easy meal to throw together Don't forget to add some protein foods	Think outside the square - a salad can be so much more than lettuce and tomato! Try these: Cucumber (peeled) Mushroom Capsicum Green beans Roasted sweet potato Roasted carrot Baby beetroot (see recipe ideas) white bean salad with coriander, mint & lemongrass dressing	Some hard or crunchy vegetables may be difficult to chew well Be cautious with stringy vegetables, eg celery, snow-pea sprouts Skins of some vegetables may be a problem
	Vegetables or salad	You can include some of these with your meal if you wish		Don't fill up just on these starchy foods - make sure you include some protein and vegetables as well!
	Crackers	Have a couple with your salad		
	Flatbread	Make a small wrap with salad and tuna (or fetafel)		
	Pasta/rice/noodles/couscous	Best managed if well-cooked until soft Try leftovers Add to salad		Try cooking for longer if difficult to manage
Potato/sweet potato	Try adding roasted vegetables to your salad			

Meal Time	Meal ideas	Tips	Suitable choices include	Caution	
Afternoon Tea		As for morning tea If you do not feel hungry or if you had a late lunch, you can skip this meal.			
Dinner	Include a balance of 1/3 – 1/2 of your meal as protein foods (eg meat/chicken/fish or legumes) with the remainder as vegetables, and include a little carbohydrate (starch foods) if you choose.				
	Meat/chicken	Cook until soft Moist meats are best, or try adding some sauce or gravy Try chicken or pork mince for a change	Mince dishes eg Spaghetti Bolognese San Choy Bow; Sweet Potato Shepherds Pie Rissoles or meatballs Casserole or stew Chicken kofta (see recipe ideas)	Avoid dry or stringy meats Don't forget to include some vegetables or salad in your meal	
	Fish	Grill, bake or microwave fresh fish fillets For a quick & easy meal try frozen fish fillets with a sauce Throw some canned fish into a pasta dish or risotto	(see recipe ideas) - Salmon teriyaki; Fish with parsley & onion Sauce Lean Cuisine Purely Fish Salmon & Vegetable Gratin/ Purely Fish with Florentine Sauce Canned salmon or tuna, Smoked salmon Warm tuna salad; Salmon rissoles		
	Beans/legumes	Beans/legumes are a quick and easy way to include some protein to your meal Add canned lentils or beans to pasta sauce Great for a quick Mexican style dish Try Falafel (chickpea patties) with salad in flatbread Pureed beans make a great spread or dip, eg hummus Cook up a soup with beans and vegetables and freeze in portions, reheat in microwave at work	Baked beans, kidney beans, chickpeas, lentils Lentil lasagne Mexican beans with rice or flatbread Black Swan Skinny Hummus Dip (See puree recipe ideas - but you don't need to puree them!)		
	Egg	Make a frittata or low-fat quiche, served with salad Scrambled eggs with grilled mushrooms make a quick meal	Baked spinach & mushroom frittata (see recipe ideas)		
	Tofu	Tofu is a great soft protein choice Tofu is quite bland, but takes on any flavour you add—it is very versatile! Simply heat and serve with a basic Asian sauce Try marinating in asian sauce then adding to stirfry Marinate with pesto then add to salad or pasta	TLY Joyce's Silken Tofu Firm tofu Marinated tofu (See Puree recipe ideas)		
	Vegetables or salad	Cook vegetables until soft Stirfry soft vegetables Spray with oil to roast Serve vegetables with a sauce	Ratatouille (see recipe ideas)	Some hard or crunchy vegetables may be difficult to chew well Be cautious with stringy vegetables, eg celery, snow-pea sprouts Skins of some vegetables may be a problem	
					cont'd

Meal Time	Meal Ideas	Tips	Suitable choices include	Caution	
Dinner (cont'd)	Vegetables or salad	Salad makes a great quick & easy meal - don't forget to add some protein foods	Think outside the square - a salad can be so much more than lettuce and tomato! Try these: Cucumber (peeled) Mushroom Capsicum Green beans Roasted sweet potato Roasted carrot Baby beetroot Grilled eggplant (See recipe ideas)		
		You can include some of these with your meal if you wish		Don't fill up just on these starchy foods - make sure you include some protein and vegetables as well!	
		Pasta	Best managed if well-cooked until soft Try different pasta types Try gluten-free pastas	Spaghetti Bolognese Tuna Mornay Pasta with tuna in tomato sauce (See recipe ideas)	
		Rice	Try different types rice (eg basmati, Arborio) to find a texture you can manage Try different cooking styles (boil, steam) Try a risotto	(See recipe ideas)	
		Noodles	Serve with soft stir-fried vegetables and tofu Try a noodle salad		
		Couscous	Throw in some veggies and a can of chickpeas for a quick meal! Easy substitute for rice or pasta		
		Potato/ Sweet potato	Steamed/microwaved Mash with a little skim milk Spray with oil before roasting Bake a whole potato, top with baked beans		
			As for morning tea If you do not feel hungry or if you had a late dinner, you can skip this meal. Spoil yourself with a treat occasionally	Strawberries rommanade	
	Dessert/ Evening Snack				

From Week 4 Post-Surgery

RECIPE IDEAS

Enjoy these recipes with your family and friends. Each recipe is for 4 people (or more, if they are Lapbanders!)

Fresh Fish

Salmon Teriyaki

2 salmon fillet (350g)

2 teaspoons oil

1/3 cup Japanese soy sauce

1/3 cup mirin (or dry sherry)

1 tablespoons sake

1/2 tablespoon sugar

Combine soy sauce, mirin, sake and sugar in medium bowl until sugar dissolves.

Marinate salmon in teriyaki marinade for at least 1 hour, preferably overnight in a fridge.

Drain salmon over medium bowl, reserve marinade. Cook salmon on lightly oiled non-stick fry pan, brushing occasionally with marinade, until cooked through.

Bring reserved marinade to a boil in a small saucepan.

Reduce heat, simmer for 5 minutes or until sauce thickens slightly.

Drizzle sauce over salmon.

Serve with steamed vegetables or salad.

Fish with Parsley & Onion Sauce

4 x 125g boneless fish fillet

Cooking spray

2 tablespoons margarine

1/2 cup onion, finely diced

2 tablespoons plain flour

2 cups skim milk

1 teaspoon salt-reduced chicken stock powder

1/2 cup fresh parsley, finely chopped

Pepper to taste

Cook fish pieces in a hot large non-stick fry pan coated generously with cooking spray.

To make sauce, melt margarine medium-sized saucepan. Sauté onion for 1 minute or until soft.

Add flour and cook 30 seconds. Slowly add milk using a whisk to avoid lumps. Add stock powder, parsley and pepper.

Pour sauce over fish. Serve with steamed vegetables (eg. broccoli, carrot, beans).

Canned Fish

Salmon Rissoles

Make up a batch and freeze individually (separate with baking paper). You can quickly throw one into the pan when the rest of the family has steak for dinner.

500g or 5 medium potatoes, peeled, diced

1 1/2 cups carrots, sliced

1 x 415g canned pink salmon, drained, mashed

2 teaspoons lemon juice

1/2 cup shallots, sliced

1 egg white

2 tablespoons fresh parsley, chopped

2 teaspoons salt-reduced stock powder

Pepper to taste

Cooking spray

Steam or microwave potatoes and carrots until soft. Drain well & mash in a large mixing bowl. Add other ingredients and combine well.

If possible, refrigerate mixture for a few hours (eg. for a firmer mixture).

Shape mixture into 12 rissoles. Lightly coat a hot non-stick fry pan with cooking spray. Cook rissoles for about 5 minutes on each side or until golden brown, turning gently.

Serve with a salad or steamed vegetables.

Warm Tuna Salad

8 chat potatoes

150g baby spinach, lightly blanched

1 cup halved cherry tomatoes, lightly blanched, skin removed

400g can tuna in brine, drained, roughly flaked

4 pitted black olives, halved

1/3 cup fresh basil leaves

2 hard-boiled eggs, peeled and thinly sliced

1/4 cup low-fat mayonnaise

1 tablespoon Dijon mustard

2 teaspoons lemon juice

Pepper to taste

Boil potatoes in a saucepan for 8-10 minutes or until cooked.

Drain potatoes and combine with spinach, tomatoes, beans and potatoes in a large serving bowl.

Top with tuna, olives, basil and eggs.

Combine mayonnaise, mustard and lemon juice, and drizzle over salad.

Season with pepper.

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Chicken

Chicken Kofta

500g chicken mince

½ cup breadcrumbs

1 onion, finely chopped

2 tablespoons fresh mint, finely chopped

1 clove garlic, crushed

1 teaspoon crushed chilli

Salt and pepper to taste

8 bamboo skewers, soaked

¼ cup plain flour

Oil spray

½ cup Low fat yoghurt

½ cucumber, chopped finely

1 tablespoon mint, chopped finely

Preheat oven to 180°C.

Combine mince, breadcrumbs, onion, mint, garlic, chilli and seasonings in a bowl.

Form into sausage shapes around each skewer. Dust in flour, shaking off excess.

Heat in a large pan. Brown each kofta on all sides.

Place on a foil-lined baking tray.

Bake in oven for 15 minutes or until cooked.

To make dressing, mix the cucumber and mint into yoghurt. Serve with kofta.

Italian-style chicken with tomatoes and oregano

4 chicken thigh cutlets (640g), skin removed

1 large brown onion, chopped finely

2 cloves garlic, crushed

½ cup (125ml) chicken stock

2 x 400g can tomatoes

2 tablespoons tomato paste

1 teaspoon sugar

2 tablespoons red wine vinegar

500g button mushrooms

2 teaspoons finely chopped fresh oregano

8 small zucchini, halved lengthways

Oil spray

Cook chicken in large saucepan (use oil spray to prevent sticking), until browned both sides; remove chicken from pan.

Cook onion, garlic and stock in same pan, uncovered, about 5 minutes or until onion softens and liquid has evaporated. Return chicken to pan with undrained crushed tomatoes, paste, sugar, vinegar, mushrooms and oregano; simmer, covered for 1 hour.

Remove lid, simmer about 15 minutes or until chicken is tender and sauce has thickened slightly. Meanwhile, coat zucchini with oil spray, and cook on heated grill plate (or grill or BBQ) until browned both sides and tender.

Serve chicken mixture over char-grilled zucchini.

Mince

Sweet Potato Shepherd's Pie

2 teaspoons oil

1 medium onion, chopped

2 medium carrots, chopped

2 medium celery sticks, chopped

750g lean lamb mince

1 cup frozen corn

2 teaspoons chopped fresh thyme

1 tablespoons plain flour

1 tablespoon Worcestershire sauce

1 cup water

1kg sweet potato, chopped

2 tablespoons grated reduced-fat cheese

Preheat oven to 200°C

Heat oil in a non-stick pan. Add onion, cook over medium heat for 5 minutes, or until onion is golden. Add carrots and celery and cook for 3 minutes or until vegetables soften.

Add mince and cook for 5 minutes or until browned.

Add corn, thyme, tomato paste, flour and Worcestershire sauce and stir until smooth. Add water, stir until sauce boils and thickens slightly. Reduce heat and simmer for 15 minutes.

Cook sweet potato in a large saucepan for 15 minutes or until very soft. Drain well and mash. Spoon meat mixture in to a 30cm x 20cm ovenproof dish or 6 x 1 cup capacity individual pie dishes. Spread the sweet potato over the meat. Sprinkle with cheese. Bake for 20 minutes or until cheese is golden, and pie is heated through.

Steamed San Choy Bow

400g raw prawns, peeled and deveined

200g lean minced pork

½ teaspoon chopped coriander

1 clove garlic, crushed

2 tablespoons fish sauce

¾ cup evaporated skim milk

Few drops coconut essence

2 eggs

4 large lettuce leaves

1 small fresh Thai chilli, seeded, sliced thinly (optional)

1 kaffir lime leaf, finely shredded

2-3 extra lettuce leaves

Chilli Dipping Sauce:

2 cloves garlic, crushed

½ cup lime juice

1 tablespoon fish sauce

2 tablespoons soy sauce

1 teaspoon sesame oil

1 small red chilli, seeded and finely sliced

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To make sauce, combine all ingredients in a small bowl. Whisk to combine.

Put prawn, pork, coriander, garlic, ginger and fish sauce in small food processor. Blend for 40 seconds, or until mixture forms a paste. While the food processor is running, gradually add coconut milk. Then gradually add the eggs to combine.

Lay the lettuce leaves on a flat surface. Spoon ¼ quarter of the prawn and pork paste in a pile on the centre of each lettuce.

Then tightly fold the lettuce leaves over the filling to make an envelope.

Line a large bamboo steamer with extra lettuce leaves.

Put the parcels in a steamer and cover with lid.

Place over a wok of simmering water and steam for 10-12 minutes, or until cooked through.

Cut each parcel into half. Serve with chilli dipping sauce and salad.

Vegetables

Give yourself a tasty change from steamed vegetables. Serve with chicken tenderloins, or steamed fish.

Ratatouille

410g can tomato puree

1 medium eggplant (220g), remove skin and dice into small cubes

2 zucchinis, sliced

1 onion,

1 large red capsicum, diced

1 large green capsicum, diced

810g can whole peeled tomatoes (no added salt)

3 tablespoons tomato paste

1 clove garlic, crushed (or 1 teaspoon crushed garlic from jar)

1teaspoon basil

2 teaspoon salt-reduced vegetable stock powder

½ cup hot water

pepper to taste

Mix all ingredients in a large pot. Cover and cook 15 mins or until vegetables are soft.

Green beans with tomatoes and oregano

400g green beans, halved

3 large egg tomatoes, skinned, seeded and diced finely

½ small red onion, chopped finely

1 teaspoon olive oil

1 teaspoon finely chopped fresh oregano

Boil, steam or microwave beans until tender, drain.

Combine remaining ingredients in a small bowl.

Spoon tomato mixture over hot beans.

Salad

White Bean Salad with Coriander, Mint and Lemongrass Dressing

These salads contain protein as well as vegetables, so are suitable to have as your meal

2 x 400g can cannellini beans, rinsed, drained

150g baby spinach leaves

1 small red onion, sliced thinly

1 clove garlic, crushed

1 tablespoon coarsely chopped fresh coriander

1 tablespoon coarsely chopped fresh mint

1 tablespoon thinly sliced lemongrass

1 cm fresh ginger, grated finely

2 tablespoons sesame oil

2 tablespoons soy sauce

2 tablespoons sweet chilli sauce

2 tablespoons lime juice

1 teaspoon honey

2 small fresh Thai chillies, seeded, sliced thinly (optional)

Combine beans in a large bowl with spinach and onion

Combine garlic, herbs, lemongrass, ginger, oil, sauces, juice and honey in screw-top jar, shake well. Drizzle dressing over salad, toss gently to combine, then sprinkle with chilli.

Pear, walnut and fetta salad

3 medium pears

2 tablespoons coarsely chopped toasted walnuts

1 butter lettuce, trimmed, torn

12 snow peas

100g skim milk fetta cheese, crumbled

Dressing:

1 tablespoon walnut oil (or other nut oil)

2 teaspoons wholegrain mustard

2 tablespoons white wine vinegar

1 clove garlic, crushed

1 tablespoon finely chopped fresh chives

Place dressing ingredients in a screw-top jar, and shake well.

Core pears, slice pears into thin wedges. Place in a large bowl with remaining ingredients and dressing. Toss gently to combine.

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Legumes

Lentil Lasagne

1 teaspoon olive oil
1 medium onion, chopped
1 cup red lentils, rinsed (canned?)
400g tin tomatoes
300ml vegetable stock
150 ml skim milk
1 tablespoon tomato puree
1 teaspoon mixed herbs
Black pepper to taste
2 cups vegetables, sliced eg zucchini, grilled egg-plant, grilled capsicum, mushrooms, carrot (cooked to soften)

Lasagne sheets

200g low fat ricotta cheese
1 tablespoon parmesan cheese

In a large pan soften onions in oil, add a little water or stock if necessary. Add lentils, tin tomatoes, stock, milk, tomato puree, herbs and pepper. Bring to boil, simmer, covered for 15-20minutes.

Meanwhile, soften lasagna sheets in a tray of boiling water for 10 minutes.

In a lasagna dish, layer half the lentil mixture, then top with slices of vegetables. Lay lasagne sheets on top, then spread with a thin layer of ricotta. Repeat layers, then sprinkle with parmesan cheese. Bake at 220°C for 35-40mins or until golden brown.

Spicy bean burritos

Oil spray
1 onion, finely chopped
1 teaspoon ground cumin
1 teaspoon ground coriander
440g can red kidney beans, rinsed & drained)
400g can crushed tomatoes
2 tablespoons tomato paste
2 tablespoons chilli sauce
tortilla (or other flat read)
4 large lettuce leaves, shredded
3 tomatoes, chopped
½ cup grated reduced-fat tasty cheese

4 tablespoons low fat natural yoghurt

Spray non-stick frying pan with oil, and and heat. Add onion and cook over medium heat for 3 minutes or until soft. Add spices and cook, stirring for 1 minute.

Add the beans, tomatoes, tomato paste and chilli sauce. Bring to the boil, reduce the heat and simmer for 4 minutes or until thickened slightly.

Serve the mixture in a tortilla, and some salad, drizzle with yoghurt, then roll up.

Lunch

Baked Spinach & Mushroom Frittata

1 teaspoon oil
3 cloves garlic, crushed
1 small leek, sliced thinly
400g button mushroom, thickly sliced
200g baby spinach leaves
2 eggs
6 egg whites
½ cup skim milk
1/3 cup coarsely grated low-fat cheddar cheese

Preheat oven to 200°C

Oil deep 23cm round cake pan. Line base with baking paper.

Heat oil in medium frying pan. Cook garlic and leek, stirring, until leek softens. Add mushrooms cook stirring until soft. Add spinach, cook, stirring until spinach just wilts.

Whisk eggs, egg whites, milk and cheese in a large bowl, stir in vegetable mixture.

Pour egg mixture into a prepared pan. Bake in oven for about 30 minutes or until just set. Place frittata under hot grill until browned.

Smoked Salmon Dip with Turkish Toast

½ Turkish pide
Olive oil spray
2 small potatoes, roughly chopped in to cubes
2 teaspoons olive oil
½ small red onions
2 cloves garlic, crushed
1 tablespoon caper, rinsed and squeezed dry
125g smoked salmon, roughly chopped
2 tablespoons dill, finely chopped
2 tablespoons fat-reduced pouring cream
1 teaspoon grated lemon zest
1 tablespoon lemon juice

Salt and pepper to taste

Preheat oven to 180°C. Cut Turkish bread in to finger-sized pieces. Lightly spray each side with oil, and arrange on a large baking tray. Toast for 10 minutes, or until crisp and golden.

Cook potato cubes in a saucepan of boiling water for 8-10 minutes, or until soft. Drain and chop roughly.

Heat oil in a small saucepan over low heat. Add onion garlic and capers and cook for 2-3 minutes.

Combine potato, salmon and onion mixture in a food processor, and blend for 15-20 seconds, or until roughly combined. Add dill, cream, lemon zest and lemon juice. Season with salt and pepper.

Blend for another 10 seconds, or until mixture is combined but still has some texture.

Spread the salmon dip on the Turkish toast.

From Week 4 Post-Surgery

Something sweet

Steamed Pears

4 pears, peeled,

4 tablespoons honey

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

200g reduced-fat vanilla yogurt

Cut tops off pears and core. Reserve top of pear as lid.

Stand pears upright in a steamer.

Fill inside of each pear with 1 tablespoon honey.

Sprinkle with cinnamon and nutmeg.

Put top of pear back on each pear. Steam pear in a steamer over a saucepan of simmering water for about 15-20 minutes, or until soft.

Serve with yogurt.

Strawberries Romannette

Bored with fruit & yoghurt? Treat yourself with this decadent variation for an evening snack.

200g tub vanilla low fat yoghurt

2 x 125g tubs low fat vanilla Fruche

1 tablespoon orange juice

2 tablespoons (30ml) Cointreau liqueur

250g fresh strawberries

Mix yoghurt and Fruche together in a large mixing bowl. Fold in juice, Cointreau and strawberries.

Refrigerate until required.

Recipes adapted from:-

Symply too good to be true series

Women's Weekly **Lean Food**

Women's Weekly **Light & Lean**

Women's Weekly **Skinny Food**

Family Circle **Food for Fitness**

ALS **Survival for the fittest**

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