
EASY BARIATRIC BREAKFASTS

BARIATRICWOMEN.COM

BY: ASHLEY JUSTICE



Italian Eggs & Zucchini



Ingredients

1 zucchini
1 tsp. garlic powder
8 eggs
1 pint cherry tomatoes
2 tbsp. grated parmesan cheese
1/2 tsp. Italian seasoning
salt and pepper

Directions

Toss your sliced zucchini with the Italian seasoning, garlic, salt and pepper. Sear in a pan, that has been sprayed with non-stick cooking spray, until soft. Next, cook your eggs to your liking, seasoning well with salt and pepper. Sear your cherry tomatoes to go on top of eggs. Garnish with grated parmesan cheese.

Macros

Calories: 172
Fat: 10 g
Protein: 14 g
Carbs: 5 g
Servings: 4



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BLT Cottage Cheese Bowl



Ingredients

1/2 cup cottage cheese
2 slices of thick cut cooked
bacon
1/4 cup chopped fresh spinach
1/4 cup sliced baby tomatoes
1/2 tsp. EBTB Seasoning

Directions

**Just layer your
ingredients in a bowl
and enjoy!**

Macros

Calories: 197
Fat: 4 g
Protein: 19 g
Carbs: 7 g
Servings: 1



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Chocolate Hazelnut Whip



Ingredients

16 oz. low fat cottage cheese
2 scoops chocolate protein powder
2 tbsp. sugar free chocolate pudding mix
1 tbsp. sugar free hazelnut coffee syrup
4 packets of Splenda
1 tsp. vanilla
4 tbsp. sugar free cool whip
1 oz. chopped hazelnuts
1 oz. mini dark chocolate chips

Macros

Calories: 293
Fat: 10 g
Protein: 32 g
Carbs: 16 g
Servings: 4

Directions

Blend all ingredients in a blender or small food processor, except chocolate chips, hazelnuts and cool whip. Blend until very smooth. Portion into 4 cups. Top with cool whip, chocolate chips and hazelnuts.



Carrot Cake in a Mug



Ingredients

1/4 cup shredded carrots
1 scoop vanilla protein powder
1 egg
1 tbsp almond milk
1 tsp. sugar free vanilla pudding
instant mix
1 tbsp. oat flour
1 tsp. vanilla extract
1/2 tsp. cinnamon
pinch of salt

Directions

In a small bowl, or even inside the mug, add all the ingredients. Stir or whisk until the batter is smooth.

Fold in the shredded carrots.
Microwave the mug cake for 1 to 1½ minutes. Begin checking at 1 minute though. The cake should look set but be careful not to over-microwave. Garnish with some sugar free cool whip and a chopped walnut if you would like.

Macros

Calories: 227
Fat: 8 g
Protein: 25 g
Carbs: 14 g
Servings: 1



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Spicy Breakfast Quesadilla



Ingredients

2 eggs
1 oz. diced chicken
1 oz. shredded cheese
2 tsp. hot sauce or
taco sauce
1 low carb tortilla
1 tbsp. sliced green
onion

Directions

Beat your eggs and pour them into a hot pan that has been lightly coated with nonstick cooking spray. Add chicken, peppers, sauce and cheese to the top. Add a tortilla on top of the egg. Cook until the eggs are set. Fold in half. Crisp each side of the quesadilla over medium heat until each side is golden brown.

Macros

Calories: 340
Fat: 15 g
Protein: 29 g
Carbs: 6 g
Servings: 1



Cauliflower Breakfast Hash



Ingredients

8 pieces of turkey bacon, cut into thin strips
8 oz. turkey sausage
4 eggs
1 cup cauliflower rice
1/2 cup diced sweet potatoes
1 diced green pepper
1 diced red onion
salt and pepper to taste

Directions

Brown your sausage and turkey bacon. Add veggies. Season with salt and pepper. Cook just until veggies are done. Top with an egg that is cooked your favorite way. Mine is poached!

Macros

Calories: 269
Fat: 15 g
Protein: 25 g
Carbs: 9 g
Servings: 4



Oatmeal Raisin Cookie Balls



Ingredients

2 cups of old fashioned rolled oats
½ cup of ground flax seed
1 tbsp. of black chia seeds
1 1/2 tsp. of cinnamon
1/2 tsp. of nutmeg
1/2 cup of maple syrup
1/2 cup of almond butter
1 tsp. of vanilla extract
1 scoop vanilla protein powder
1/2 cup of raisins

Directions

Add rolled oats, ground flax seed, chia seeds, cinnamon, nutmeg, maple syrup, almond butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended. (about 10-12 times) Add mixture to a large bowl, add in raisins. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

Macros

Calories: 141
Fat: 7 g
Protein: 5 g
Carbs: 17 g
Servings: 15



Almond Joy Chia Pudding



Ingredients

2 $\frac{1}{2}$ cups coconut milk
3 tbsp. Splenda or Stevia
 $\frac{1}{2}$ cup chia seeds
1 tsp. vanilla
2 scoops chocolate protein powder
1 tbsp. cocoa powder
1 tbsp. unsweetened coconut flakes
1 oz. sugar free chocolate chips
1 oz. sliced almonds
Pinch of salt

Macros

Calories: 305
Fat: 16 g
Protein: 26 g
Carbs: 22 g
Servings: 4

Directions

In a jar or container, combine all ingredients and mix very well. Refrigerate until very thick and pudding-like, at least 4 hours or overnight, shaking or stirring occasionally. Garnish with additional chocolate chips, coconut, and almonds if you would like.



Microwave Mug Omelet



Ingredients

2 eggs
1 oz. diced ham
1 oz. cheddar cheese
1/8 cup diced red onion
1/8 cup diced red pepper
pinch of salt and pepper

Directions

Add your ham, cheese and veggies to a coffee mug that you have sprayed with non-stick cooking spray. Beat your eggs well and pour them over the veggie mixture. Stir it all together. Microwave on high for 90 seconds. If the mixture is not set microwave in 20 second intervals until it is.

Macros

Calories: 239
Fat: 15 g
Protein: 20 g
Carbs: 4 g
Servings: 1



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Strawberry Cheesecake Pancakes



Ingredients

3 egg whites
2 scoops vanilla protein powder
1 tsp. vanilla extract
2 tbs. unsweet applesauce
3 tbs. coconut flour
¼ tsp. baking powder
Filling:
4 oz. cream cheese
1 tbs. almond milk
2 packets of Splenda
1.5 cups Strawberries
splash of vanilla

Macros

Calories: 355
Fat: 12 g
Protein: 12 g
Carbs: 15 g
Servings: 4

Directions

Add your egg whites to a personal blender and mix until they are soft peaks. Add the remaining ingredients and mix well. Cook in a medium heat pan (that has been sprayed with cooking spray). Flip cakes over once you see a lot of bubbles. (makes 8 small pancakes). Cook for the same time on this side.

Whip the filling ingredients well and put it between 2 of the pancakes. Chop the strawberries small and add a dash of vanilla. Top the pancake stack with the strawberries.



Bariatric Everything Bagels



Ingredients

2.5 cups almond flour
2 tsp. baking powder
1/2 tsp. salt
1 cup non-fat plain Greek yogurt
1 egg, beaten
1 tbsp. Everything but the Bagel Seasoning

Directions

Line a baking sheet with parchment paper. Mix almond flour, baking powder and salt. Add Greek yogurt and stir until a dough forms. Form a log with the dough that has been cut into 6 even pieces. Roll each piece into a short rope and then form a bagel shape, pinching the ends together. Whisk the egg and brush each bagel. Sprinkle with everything bagel seasoning, sesame seeds, poppy seeds or onion flakes. Bake for 23-25 minutes at 375F.

Macros

Calories: 303
Fat: 21 g
Protein: 19 g
Carbs: 12 g
Servings: 6



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Snickers's Yogurt Cups



Ingredients

**16 oz low sugar vanilla
Greek Yogurt
1 scoop vanilla protein
powder
2 tbsp. PB2 powder
4 tsp. sugar free caramel
2 oz. peanuts
2 tbsp. sugar free dark
chocolate**

Directions

**Mix your yogurt, protein
powder and PB2 and portion
it into 4 small containers.
Top each with 1/4 of your
peanuts and sugar free
caramel. Melt your
chocolate and top each
yogurt cup.**

Macros

**Calories: 258
Fat: 10 g
Protein: 24 g
Carbs: 18 g
Servings: 4**



Strawberries & Cream Crepes



Ingredients

3 eggs
1 scoop vanilla protein powder
4 oz. cream cheese (separated in half)
4 oz. vanilla Greek yogurt
4 packets of Splenda
1/2 tsp. vanilla extract
1/2 cup diced strawberries
1 tbsp. sugar free cool whip

Directions

Blend your eggs, protein powder and half of your cream cheese in blender. Spray a nonstick pan with cooking spray. Make 8 small crepes with your batter. Whip your remaining cream cheese, yogurt, Splenda and vanilla to make your filling. Fill the crepes and fold them over. Top with berries and cool whip.

Macros

Calories: 231
Fat: 5 g
Protein: 18 g
Carbs: 8 g
Servings: 4



Ricotta Breakfast Muffins



Ingredients

1 cup ricotta cheese
1/4 cup turkey bacon pieces
1 diced red bell pepper
1/2 diced red onion
2 eggs
salt and pepper

Directions

Mix all ingredients and pour into a muffin tin that has been coated with non-stick cooking spray. Bake on 375F for 18 to 20 minutes.

Macros

Calories: 202
Fat: 11 g
Protein: 12 g
Carbs: 5 g
Servings: 3



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Sweet Potato Crusted Quiche



Ingredients

2 small sweet potatoes
10 eggs
1 red bell pepper, diced
1/4 cup sliced chives
1/4 cup turkey bacon pieces
1 clove crushed garlic
1/4 cup shredded gruyere cheese
salt and pepper to taste

Directions

Shred your sweet potatoes and season them with salt and pepper. Spray a pie plate with non-stick cooking spray and add the potatoes. Press them up the sides and bake at 350F for about 10 minutes, the potatoes should have started to soften. Beat your eggs and add the remaining ingredients. Add to the crust. Bake another 20 minutes or until your eggs are cooked through.

Macros

Calories: 204
Fat: 11 g
Protein: 14 g
Carbs: 10 g
Servings: 6



Strawberry Shortcake Mug Cake



Ingredients

1/4 cup sliced strawberries
1 packet of stevia or Splenda
1/4 cup unsweetened almond milk
5 tbsp. Almond flour
1 egg yolk
1/2 tsp. of baking powder
1/4 tsp. vanilla extract
1 scoop vanilla protein powder

Macros

Calories: 290
Fat: 18 g
Protein: 17 g
Carbs: 14 g
Servings: 1

Directions

Mix your almond milk, egg yolk, almond flour, baking powder, vanilla and protein powder. Spray a mug with non-stick cooking spray and pour the batter in. Microwave for 90 seconds. If the center is not set microwave for an additional 30 seconds. Sweeten your berries with the sweetener and top the cake with them. You can garnish with cool whip if desired.



Loaded Egg Pinwheel



Ingredients

12 eggs
8 oz sliced lean ham
**8 oz sliced cheddar
cheese**
1/2 tsp. salt
1/4 tsp. pepper
1 cup spinach
1 diced red bell pepper

Directions

Spray on non-stick cookie sheet with pam. Beat the eggs with the salt and pepper until very well mixed. Pour into the shallow cookie sheet. Bake at 350F for 12 to 16 minutes or until the egg is cooked through. Remove it from the oven and allow to cool about 10 minutes. Add ham, cheese and veggies. Roll gently. Slice and serve.

Macros

Calories: 244
Fat: 4 g
Protein: 20 g
Carbs: 12 g
Servings: 6



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Chocolate Strawberry Chia Pudding



Ingredients

8 tbsp chia seeds
2 cups almond milk
1/2 cup nonfat plain Greek yogurt
3 tbsp. unsweetened cocoa powder
1 tsp. vanilla extract
1 cup strawberries, sliced
4 packets of Splenda

Directions

Mix all ingredients and allow to sit in the fridge overnight to thicken. Garnish with whip cream, a few sliced of berries and some chocolate chips.

Macros

Calories: 212
Fat: 12 g
Protein: 7 g
Carbs: 14 g
Servings: 4



Turkey Taco Omelet



Ingredients

- 1 egg**
- 2 oz. ground turkey**
- 1/4 cup Pico de Gallo**
- 1 tsp. taco seasoning**
- 1 oz. shredded cheese**
- 2 green onions, sliced**

Directions

Brown your ground turkey with the taco seasoning. Add most of your pico de gallo. Cook your egg into a round omelette shape. Add the turkey mixture to the egg. Add the cheese while it is still hot. Garnish with green onions and remaining pico.

Macros

Calories: 214
Fat: 13 g
Protein: 20 g
Carbs: 5 g
Servings: 1



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Dill Pickle Egg Salad



Ingredients

8 eggs
1/4 cup fresh chopped dill
2 chopped pickle spears
1/4 cup plain Greek yogurt
2 tbsp. lemon juice
1/2 tsp. black pepper
1 packet of Splenda

Directions

Hard boil your eggs and peel them. Allow them to cool completely. Chop them up. Stir in all other ingredients.

Macros

Calories: 158
Fat: 11g
Protein: 14 g
Carbs: 1 g
Servings: 4



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Spaghetti Squash Breakfast Cakes



Ingredients

3 cups cooked spaghetti squash
3 eggs
3 tbsp. coconut flour
4 oz. diced ham
1 red bell pepper, diced
4 oz. shredded cheddar
1/4 cup sliced green onions
1/2 tsp. salt
1/2 tsp. black pepper

Directions

Squeeze all of the water from your spaghetti squash. Mix all other ingredients in. Form into 12 small cakes. Saute each cake in a pan that has been sprayed with non-stick cooking spray. Cook until they are well set and golden brown on each side.

Macros

Calories: 192
Fat: 10 g
Protein: 15 g
Carbs: 9 g
Servings: 6



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Brownie Batter Protein Balls



Ingredients

**3/4 cup chocolate
protein powder
1/2 cup almond butter
1/4 cup cocoa powder
1/4 cup Splenda
1 tsp. of vanilla
1/3 cup dark chocolate
chips
almond milk**

Directions

**Combine protein, almond butter,
cocoa, splenda and vanilla well
(knead with your hands)
Add the almond milk 1 teaspoon
at a time until you reach a cookie
dough texture.
Mix in chocolate chips.
Roll them into 15 balls
Let them sit in the fridge for one
hour**

Macros

**Calories: 74
Fat: 6 g
Protein: 12 g
Carbs: 8 g
Servings: 15**



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Pizza Omelet



Ingredients

2 eggs
1 oz. turkey pepperoni
1 oz. sliced bell peppers
1 oz. sliced mushrooms
1 oz. mozzarella (fresh balls or shredded)
2 tbsp. pizza sauce (look for no sugar added)

Macros

Calories: 312
Fat: 18 g
Protein: 25 g
Carbs: 6 g
Servings: 1

Directions

Cook your veggies in a skillet and set them to the side. Cook your 2 eggs after beating well in a round circle. Add filling and cook on each side briefly.



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Pumpkin Pancakes



Ingredients

1 cup pumpkin puree
3/4 cup oat flour
2/3 cup unsweetened almond milk
3 eggs
2 scoops vanilla protein powder
1 tsp. pumpkin pie spice
1 tsp. vanilla extract
1/2 tsp. baking powder
1/2 tsp. salt

Macros

Calories: 229
Fat: 6 g
Protein: 18 g
Carbs: 14 g
Servings: 4

Directions

Separate your egg whites from your yolks. Mix your pumpkin, oat flour (you can make oat flour by putting oats in your food processor), milk, protein, vanilla, baking powder and salt. Stir mixture well. Beat your egg whites until they form stiff peaks. Gently fold them into your batter, trying not to lose the air you have incorporated. Cook pancakes on each side until they are done in the middle. This will make 12 small pancakes.



Bunless Breakfast Sandwich



Ingredients

2 eggs
2 slices of turkey
bacon
1/4 avocado, sliced
thinly

Directions

Cook your eggs in a pan inside ring molds, or mason jar lids. Remove them from the pan and add your turkey bacon. Once the bacon is cooked well slice each piece in half. Add the bacon and avocado using the eggs as buns. You could also add sliced tomato.

Macros

Calories: 239
Fat: 16 g
Protein: 19 g
Carbs: 4 g
Servings: 1



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Microwave Blueberry Muffin



Ingredients

1 scoop vanilla protein powder
2 tbsp. coconut flour
1 packet of splenda
1/4 cup almond milk
1/2 tsp. baking powder
1 large egg
2 tbsp. Greek yogurt
1 tsp. avocado oil
1/4 tsp. vanilla
1 tbsp. sugar free pudding mix
1 oz. blueberries

Macros

Calories: 264
Fat: 7 g
Protein: 24 g
Carbs: 18 g
Servings: 1

Directions

Mix all ingredients in a small cup or bowl. Spray a coffee mug with non-stick cooking spray. Microwave in 30 second intervals until it is cooked all the way through. Mine took 90 seconds total.



Cottage Cheese Pancakes



Ingredients

3 Egg whites
2 scoops vanilla protein powder
1 tsp. vanilla extract
1/4 cup blended cottage cheese
3 tbsp. coconut flour
1/4 tsp. baking powder

Directions

Add your egg whites to a personal blender and mix until they are soft peaks. Add the remaining ingredients and mix well. Cook in a medium heat pan (that has been sprayed with cooking spray). Flip cakes over once you see a lot of bubbles. Cook for the same time on this side.

Macros

Calories: 260
Fat: 6 g
Protein: 31 g
Carbs: 14 g
Servings: 2



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Banana Nut Mug Muffin



Ingredients

1/2 banana
1/4 cup almond flour
1/2 tbsp. almond butter
1 tbsp. sugar free maple
syrup
2 tbsp. almond milk
1/2 tsp. cinnamon
1 scoop vanilla protein
powder
1 tsp. sugar free pudding
mix

Directions

Blend your ingredients in a small
blender or mini food processor.
Spray your mug with non-stick
cooking spray. Pour your batter
into the mug. Microwave your
cake for 60 seconds. Check to see
if the center is set. If not,
continue microwaving in 30
second intervals until it is done.
Serve with whip cream and
chopped nuts if desired.

Macros

Calories: 259
Fat: 8 g
Protein: 28 g
Carbs: 18 g
Servings: 1



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Chicken Green Chili Omelet



Ingredients

2 eggs
2 oz. cooked chicken, diced
**2 tbsp. chopped green
chilis (canned)**
1 oz. pepper jack cheese
1 tsp. chopped cilantro
salt

Directions

Beat your eggs with a small amount of salt. Pour them into a warm pan. Allow to cook until the eggs are almost set. Flip the eggs over, being careful to keep it in one piece. Add your chicken, green chilis, cheese and some cilantro. Save a little to garnish with. Fold the omelet over. Garnish with remaining cilantro and chilis.

Macros

Calories: 290
Fat: 19 g
Protein: 26 g
Carbs: 2 g
Servings:



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BLT Egg Cups



Ingredients

12 eggs
¼ cup turkey bacon pieces
12 grape tomatoes (cut in half)
½ cup spinach (chopped small)
2 oz. sour cream
Salt and pepper

Directions

Whisk your eggs well, add salt and pepper and set them to the side. Spray a muffin pan very well with nonstick cooking spray. Add some bacon, spinach and 2 tomato halves to each well. Pour in your eggs. Bake at 300F for 20 to 25 minutes.

Macros

Calories: 103
Fat: 7 g
Protein: 9 g
Carbs: 3 g
Servings: 12



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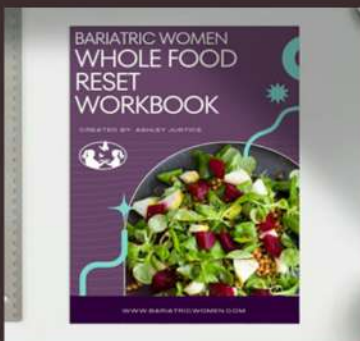
Hi!

I'm Ashley!

I am a bariatric patient who has lost 290 lbs. I also went back to school for nutrition so I could better understand how food affects us. I also came to the tough realization that I needed more than bariatric surgery. I needed to truly change my relationship with food to be successful long-term. Part of those changes included finding ways to make the foods that I love and still crave. This book is just a sample of the recipes we have over on the website. My passion is helping other women going through the same things that I have. I would love to hear more about your story and chat about what your needs are!

About Bariatric Women

Bariatric Women is a community of over 80,000 women who have had, or are anticipating bariatric surgery. We are a diverse group from all over the world with one common goal! We offer a supportive, uplifting environment, where you can ask questions and be surrounded by those who understand how hard this process is.



What else do we offer?

- A Challenge Group where you receive monthly meal plans, recipes, workouts, weigh ins, group coaching calls, step challenges and tons more. This all takes place in an exclusive community.
- 1 on 1 Nutrition Coaching Calls
- Custom Meal Plans that are tailored to members who have specific tastes or dietary needs. You can get just 1 week or have me plan an entire month for you, with your grocery list!

May 2024 Balanced Macro Meal Plans- Week 1

Breakfast	Lunch	Dinner	Snack
Zucchini Hash	Chicken Parm Chaffle	Chinese Chicken Salad	Blueberry Crumb
Protein Smoothie Bowl	Turkey Taco Wonton Cups	Chicken Parm Chaffle	Sliced Bell Peppers
Zucchini Hash	Chinese Chicken Salad	Turkey Taco Wonton Cups	Blueberry Crumb
Protein Smoothie Bowl	Chicken Parm Chaffle	Chinese Chicken Salad	Sliced Bell Peppers
Zucchini Hash	Turkey Taco Wonton Cups	Chicken Parm Chaffle	Blueberry Crumb
Protein Smoothie Bowl	Chinese Chicken Salad	Turkey Taco Wonton Cups	Sliced Bell Peppers
Zucchini Hash	Chicken Parm Chaffle	Chinese Chicken Salad	Blueberry Crumb

