

Knife, Fork and Band

Your Healthy Living Plan with a Gastric Band

Over 100 tasty recipes to help you on your journey



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It should be noted that this e book is a sample only and the following pages have been prepared in the context of the full Knife, Fork and Band publication and are not intended to be relied upon in isolation. It does not constitute advice of a health care professional on any specific health issue/condition. For specific dietary advice tailored to your individual needs consult an Accredited Practising Dietitian. The author accepts no responsibility for any failure to seek or follow the advice of a healthcare professional and will not be liable for such failure.

Optifast® Menu: Days 1 - 7

| | Breakfast | Lunch | Dinner |
|-------|------------------------------|--|--|
| Day 1 | 1 Optifast® milkshake or bar | Mixed Vegetable Soup (p.26) PLUS 1 Optifast® soup or milkshake or bar or dessert | Baby Spinach with Lemon (p. 27) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 2 | 1 Optifast® milkshake or bar | Oven Roasted Vegetable Salad (p. 30) PLUS 1 Optifast® soup or milkshake or bar or dessert | Mixed Vegetable Stir-fry (p. 28) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 3 | 1 Optifast® milkshake or bar | Vietnamese Coleslaw (p. 32) PLUS 1 Optifast® soup or milkshake or bar or dessert | Broccoli with Fennel (p. 33) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 4 | 1 Optifast® milkshake or bar | Spanish Salad (p. 34) PLUS 1 Optifast® soup or milkshake or bar or dessert | Vegetable Kebabs (p. 37) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 5 | 1 Optifast® milkshake or bar | Tossed Vegetable Salad (p. 35) PLUS 1 Optifast® soup or milkshake or bar or dessert | Ratatouille (p. 38) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 6 | 1 Optifast® milkshake or bar | Asian Carrot Salad (p. 39) PLUS 1 Optifast® soup or milkshake or bar or dessert | Balsamic Roasted Asparagus & Mushrooms (p. 40) PLUS 1 Optifast® soup or milkshake or bar or dessert |
| Day 7 | 1 Optifast® milkshake or bar | Mushroom Salad (p. 41) PLUS 1 Optifast® soup or milkshake or bar or dessert | Cauliflower & Cabbage Curry (p. 42) PLUS 1 Optifast® soup or milkshake or bar or dessert |

Ratatouille

Serves 4

Oil spray

1 onion, chopped

1 clove garlic, minced

1 red capsicum, thinly sliced

1 stick celery, diced

2 cups mushrooms, sliced

2 zucchini, thinly sliced

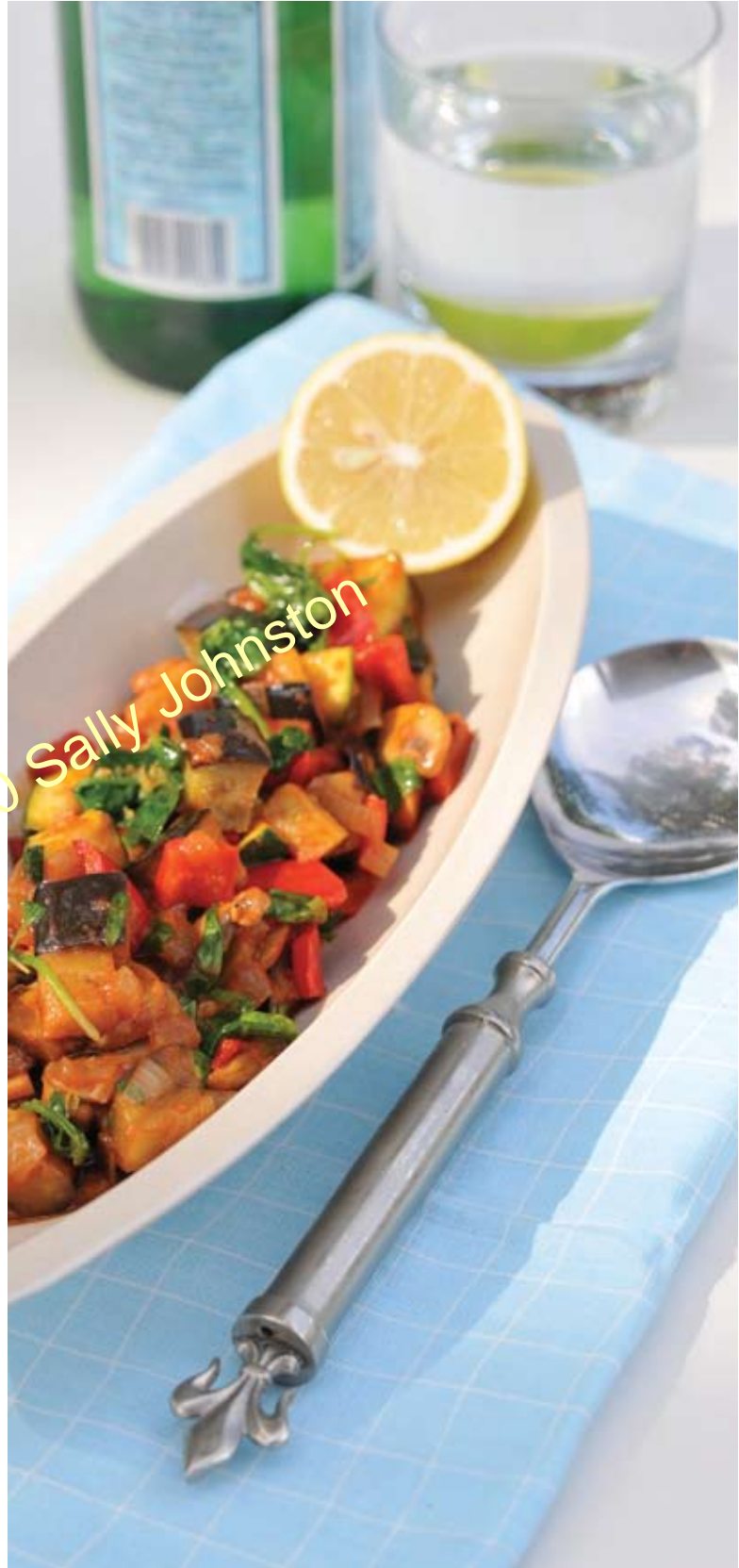
1 eggplant, cubed

3 tablespoons fresh basil, minced

1 cup no added salt chopped tinned tomatoes

Heat a frying pan that has been sprayed with oil. Add onion, garlic, capsicum and mushrooms. Sauté until vegetables are tender. Remove and set aside. Sauté zucchini and eggplant, spraying with additional oil as needed. Return capsicum mixture to frying pan. Add basil and tomatoes and simmer 5 minutes over low heat, stirring occasionally.

D This recipe can be used as a sauce for other vegetables, or served as a sauce with meat, chicken or fish if eating with family or friends.



Fluid Diet Menu: Days 1 - 7

| | Breakfast | Morning Tea | Lunch | Afternoon Tea | Dinner | Supper |
|-------|-----------------------------------|---|--|--|---------------------------------------|------------------------------------|
| Day 1 | Apple & Orange Smoothie (p. 56) | Skinny Cappuccino, Latte or Iced Coffee | Beetroot, Walnut & Feta Smoothie (p. 64) | Optifast® Milkshake | Chicken & Artichoke Soup (p. 68) | Lemon Smoothie (p. 56) |
| Day 2 | Carrot & Apricot Smoothie (p. 61) | Tropical Smoothie (p. 59) | Optifast® Milkshake | Spicy Vegetable Smoothie (p. 55) | Chilli Prawn Soup (p. 70) | Banana & Cinnamon Smoothie (p. 60) |
| Day 3 | Optifast® Milkshake | Carrot & Apricot Smoothie (p. 61) | Sweet Potato Soup (p. 66) | Skinny Cappuccino, Latte or Iced Coffee | Cauliflower & Ham Soup (p. 72) | Apple & Orange Smoothie (p. 56) |
| Day 4 | Blueberry Smoothie (p. 62) | Skinny Cappuccino, Latte or Iced Coffee | Optifast® Milkshake | Strawberry Whip (p. 57) | Curried Pumpkin & Lentil Soup (p. 75) | Carrot & Apricot Smoothie (p. 61) |
| Day 5 | Tropical Smoothie (p. 59) | Skinny Cappuccino, Latte or Iced Coffee | Curried Pumpkin & Lentil Soup (p. 75) | Lemon Smoothie (p. 56) | Sweet Potato Soup (p. 66) | Optifast® Milkshake |
| Day 6 | Optifast® Milkshake | Banana & Cinnamon Smoothie (p. 60) | Chilli Prawn Soup (p. 70) | Blueberry Smoothie (p. 62) | Potato & Leek Soup (p. 74) | Strawberry Whip (p. 57) |
| Day 7 | Carrot & Apricot Smoothie (p. 61) | Optifast® Milkshake | Spicy Vegetable Smoothie (p. 58) | Beetroot, Walnut & Feta Smoothie (p. 64) | Curried Pumpkin & Lentil Soup (p. 75) | Tropical Smoothie (p. 59) |

Sweet Vegetable Smoothie

Serves 4

3 carrots, peeled and chopped

1 cucumber, chopped

2 Golden Delicious apples, cored and chopped

1 cup unsweetened apple juice

½ cup low fat natural yoghurt

2 tablespoons skim milk powder

Place apples and carrots in a microwave safe dish. Cover and cook for a few minutes, until just soft. Place all ingredients in a blender or food processor and puree until thin enough to drink through a thick straw.



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Smooth Pureed Diet Menu: Days 1 - 7

| | Breakfast | Morning Tea | Lunch | Afternoon Tea | Dinner | Supper |
|-------|---|---|-------------------------------|--|------------------------------------|-------------------------------------|
| Day 1 | 1 Weetbix® with 1 cup warm low fat milk | Skinny Cappuccino, Latte or Iced Coffee | Mixed Vegetables (p. 91) | Apple & Orange Smoothie (p. 56) | Beef, Carrot & Pumpkin (p. 95) | Small tub low fat Fruche® |
| Day 2 | Banana & Prunes (p. 84) | Lemon Smoothie (p. 56) | Cheese & Pineapple (p. 87) | Strawberry Whip Smoothie (p. 57) | Scrambled Egg (p. 85) | ½ cup low fat yoghurt |
| Day 3 | Apple & Apricot (p. 86) | Small tub low fat Fruche® | Chicken & Vegetables (p. 88) | ½ cup low fat yoghurt with ½ cup apple puree | Carrot, Parsnip & Chickpea (p. 88) | Mango Whip (see Lemon Whip) (p. 93) |
| Day 4 | 1 Weetbix® with 1 cup warm low fat milk | Skinny Cappuccino, Latte or Iced Coffee | Fish & Sweet Potato (p. 93) | Tropical Smoothie (p. 59) | Lentils & Vegetables (p. 91) | Banana & Prunes (p. 84) |
| Day 5 | Scrambled Egg (p. 85) | Blueberry Smoothie (p. 62) | Italian Style Chicken (p. 92) | Beetroot, Walnut & Feta Smoothie (p. 64) | Beef, Carrot & Pumpkin (p. 95) | Small tub low fat Fruche® |
| Day 6 | Mango Whip (see Lemon Whip) (p. 93) | Skinny Cappuccino, Latte or Iced Coffee | Mixed Vegetables (p. 91) | Carrot & Apricot Smoothie (p. 61) | Chicken & Vegetables (p. 88) | Milo® made with low fat milk |
| Day 7 | Berries & Yoghurt (p. 94) | Banana & Cinnamon Smoothie (p. 60) | Cheese & Pineapple (p. 87) | Sweet Vegetable Smoothie (p. 63) | Italian Style Chicken (p. 92) | ½ cup low fat custard |

Apple & Apricot

Serves 2

2 apples, peeled, cored and chopped

6 dried apricots, chopped

100g soft tofu

2 tablespoons almond meal

Pinch of cinnamon (optional)

Place apples and apricots in a pan and cover with water. Bring to the boil, reduce heat, cover and simmer for about 5-10 minutes or until apples and apricots are soft. Drain apricot and apple and reserve liquid. Combine apricot, apple, tofu and almond meal in a blender and puree until smooth. Add enough reserved cooking liquid whilst pureeing to make the texture of the mixture like smooth, mashed potato. Add cinnamon to taste.



The Healthy Living Menu: Days 1-10

| | Breakfast | Lunch | Dinner | Extras |
|--------|---|---|---|---|
| Day 1 | Almond Porridge with Apricots (p. 122) | Pumpkin & Spinach Frittata (p. 141) | Oriental Beef with Rice (p. 160) | 1 cup low fat milk 1 serve of fruit ½ cup low fat yoghurt |
| Day 2 | Egg with the Lot (p. 123) | Jacket Potato with Bean Stuffing (p. 142) | Fish, Vegetables & Noodles (p. 162) | 1 cup low fat milk 10 dried apricot halves |
| Day 3 | Baked Bean Crumpet (p. 124) | Tandoori Chicken Salad (p. 158) | Fajitas (p. 164) | 1 cup low fat milk 1 serve of fruit |
| Day 4 | Banana Cinnamon Wrap (p. 125) | Beetroot, Bean & Feta Salad (p. 144) | Chilli, Ginger & Lime Chicken (p. 166) | 1 cup low fat milk ½ cup low fat yoghurt Small handful of almonds |
| Day 5 | Bircher Muesli (p. 126) | Egg & Salad Wrap (p. 147) | Stuffed Capsicums (p. 168) | 2 cups low fat milk Small handful of cashews |
| Day 6 | Mushroom, Rocket & Tomato Omelette (p. 130) | Roasted Vegetable & Hummus Pita (p. 145) | Spicy Veal (p. 169) | 1 cup low fat milk ½ cup low fat yoghurt 1 serve fruit |
| Day 7 | Mexican Toast (p. 127) | Salmon on Crackers (p. 146) | Lamb & Rosemary Kebabs (p. 170) | 1 cup low fat milk 1 serve of fruit |
| Day 8 | Fruit, Yoghurt & Nuts (p. 128) | Mexican Crackers (p. 144) | Zesty Tomato Fish (p. 172) | 2 cups low fat milk |
| Day 9 | Natural Muesli (p. 127) | Tuna & Asparagus Crackers (p. 148) | Chicken Kebabs (p.176) | 1 cup low fat milk 1 serve of fruit Small handful of almonds |
| Day 10 | Poached Egg Muffins (p. 129) | Pasta Salad (p. 151) | Meatballs with Vegetable Sauce (p. 175) | 1 cup low fat milk 1 serve of fruit Small handful of cashews |

Banana Cinnamon Wrap

Serves 4

4 small bananas

8 tablespoons low fat ricotta

4 slices wholemeal mountain bread

Pinch of cinnamon

Mash ricotta with cinnamon. Lay mountain bread slices flat, and fold in half. Top each slice with 2 tablespoons of the ricotta mixture and a banana. Roll firmly to serve.

D For a change of flavour, omit cinnamon, and before rolling up, drizzle each wrap with a teaspoon of maple syrup.

S Include on the soft diet, but be sure to chew the mountain bread well.

“Very nice and also very filling.”

– Ann, banded December 2008 –





Tandoori Chicken Salad

Serves 4

Oil spray

200g skinless chicken, trimmed of fat, cut into strips eg. breast, tenderloin or thigh

1 tablespoon Tandoori paste

1 Lebanese cucumber, cut into thin slices

1 cup snow peas, strings removed

2 cups baby spinach leaves

1 cup low fat tzatziki (page 207)

Lemon wedges, to serve

Combine chicken with Tandoori paste and mix well until chicken is well coated with paste. Heat a frying pan that has been sprayed with oil. Add chicken and cook until it is cooked through. Combine cucumber, snow peas and baby spinach in a bowl. Divide salad between serving plates, top with chicken pieces and tzatziki and serve with lemon wedges.

D The tzatziki recipe (page 207) makes a great dip for when you have guests, or use as a spread for sandwiches, crackers or wraps.

Oriental Beef with Rice

Serves 4

500g beef, trimmed of fat, sliced thinly
1 tablespoon lime juice
1 tablespoon fresh ginger, grated
2 cloves garlic, crushed
1 tablespoon fresh basil leaves, finely shredded
1 teaspoon sugar
1 tablespoon sesame oil
1 onion, sliced finely
¼ Chinese cabbage, finely shredded
1 bunch Bok Choy, or Choy Sum, finely shredded
2 tablespoons balsamic vinegar
1 cup snow peas, strings removed
1½ cups cooked basmati rice

Combine beef, lime juice, ginger, garlic, basil and sugar. Cover and refrigerate for 3 hours or overnight. Drain beef and discard the marinade. Heat half of the sesame oil in a wok and stir-fry onion until soft. Add beef and stir-fry in batches until cooked as desired, then remove beef and set aside. Add cabbage, Bok Choy or Choy Sum, half of the vinegar and the remaining oil to wok. Stir-fry until the vegetables are just cooked and

set aside with the beef. Add the snow peas and the remaining vinegar to wok and stir-fry until just cooked but still crisp. Return the beef and vegetables to wok. Toss until well combined and heated through. Serve with ½ cup cooked basmati rice per person.

D If you do not tolerate rice, try a similar amount of cooked rice noodles or ½ cup cooked hokkien noodles. Family and friends may like a larger serve of these.

D To help slice meat thinly, slice whilst partly frozen.



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Nutrition Information: Healthy Living Menu Days 1-3

| Nutrition Information | | Energy | | Protein (g) | Fat | | Carbohydrate (g) | Fibre (g) |
|-----------------------|--|-------------|-------------|-------------|-----------|---------------|------------------|-------------|
| | | Kilojoules | Calories | | Total (g) | Saturated (g) | | |
| Day 1 | Breakfast: Almond Porridge with Apricots | 990 | 237 | 11 | 9 | 2 | 26.5 | 3 |
| | Lunch: Pumpkin & Spinach Frittata | 1010 | 242 | 16 | 14.5 | 4.5 | 10.5 | 2 |
| | Dinner: Oriental Beef with Rice | 1260 | 301 | 29.5 | 10.5 | 3 | 20 | 2.5 |
| | Additional Foods: 1 cup low fat milk, 1 serve fruit, ½ cup low fat yoghurt | 990 | 237 | 20 | 1 | 0.5 | 35.5 | 2 |
| | TOTAL | 4250 | 1017 | 77 | 35 | 10 | 93 | 9.5 |
| Day 2 | Breakfast: Egg with the Lot | 720 | 172 | 12 | 7.5 | 2 | 12.5 | 1.5 |
| | Lunch: Jacket Potato with Bean Stuffing | 965 | 231 | 15.5 | 5.5 | 3 | 26 | 7 |
| | Dinner: Fish, Vegetables & Noodles | 1650 | 395 | 32 | 18 | 4.5 | 23.5 | 5.5 |
| | Additional Foods: 1 cup low fat milk, 10 dried apricot halves | 805 | 193 | 13.5 | 0.5 | 0.5 | 32.5 | 3 |
| | TOTAL | 4145 | 992 | 73.5 | 32 | 9.5 | 94.5 | 17.5 |
| Day 3 | Breakfast: Baked Bean Crumpet | 925 | 221 | 11 | 3 | 1.5 | 33 | 8.5 |
| | Lunch: Tandoori Chicken Salad | 695 | 166 | 16 | 7.5 | 1.5 | 7 | 2 |
| | Dinner: Fajitas | 1815 | 434 | 31 | 23 | 6.5 | 23.5 | 3.5 |
| | Additional Foods: 1 cup low fat milk, 1 serve fruit | 815 | 195 | 13 | 0.5 | 0.5 | 33.5 | 2.5 |
| | TOTAL | 4250 | 1017 | 71.5 | 34 | 10 | 97.5 | 16.5 |

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