



Bariatric Paths

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It Is Well Nutrition, LLC

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Hello,

Welcome to your personal recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs. Get started by adding a couple of new recipes from this collection into your regular meal rotation.

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Cottage Cheese & Yogurt Bowl with Berries

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1/2 cup Cottage Cheese
1 tsp Maple Syrup
1/2 cup Strawberries (chopped)
1/4 cup Blueberries
1 tbsp Hemp Seeds
1 tsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	329	Calcium	390mg
Fat	13g	Iron	2mg
Carbs	27g	Vitamin D	53IU
Fiber	4g	Vitamin E	1mg
Sugar	17g	Thiamine	0.2mg
Protein	27g	Riboflavin	0.3mg
Cholesterol	35mg	Niacin	1mg
Sodium	404mg	Vitamin B6	0.2mg
Potassium	399mg	Folate	43µg
Vitamin A	802IU	Vitamin B12	0.5µg
Vitamin C	53mg	Magnesium	91mg

DIRECTIONS

- 01 In a bowl, combine the yogurt, cottage cheese, and maple syrup.
- 02 Top with strawberries, blueberries, hemp seeds, and chia seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate the yogurt mixture separately from the toppings in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 3/4 cups.

ADDITIONAL TOPPINGS

Chopped nuts and shredded coconut.

Meal Prep Beef & Egg Breakfast Burritos

2 SERVINGS 20 MINUTES



INGREDIENTS

6 ozs Extra Lean Ground Beef
1 tsp Taco Seasoning
2 Egg (large, whisked)
2 tbsps Salsa
2 Whole Wheat Tortilla (large)

NUTRITION

AMOUNT PER SERVING

Calories	358	Calcium	148mg
Fat	17g	Iron	4mg
Carbs	21g	Vitamin D	44IU
Fiber	5g	Vitamin E	1mg
Sugar	2g	Thiamine	0.4mg
Protein	28g	Riboflavin	0.5mg
Cholesterol	241mg	Niacin	7mg
Sodium	623mg	Vitamin B6	0.6mg
Potassium	494mg	Folate	86µg
Vitamin A	359IU	Vitamin B12	2.3µg
Vitamin C	0mg	Magnesium	60mg

DIRECTIONS

- 01 Heat a pan over medium heat. Add the beef and taco seasoning and cook for five to seven minutes, until browned and cooked through.
- 02 Push the beef to one side of the pan and scramble the eggs on the other side until just set. Mix gently with the beef.
- 03 Top each tortilla with the beef and egg mixture, then add the salsa.
- 04 Tightly roll each tortilla into a burrito. If eating immediately, toast in a pan or sandwich press for two to three minutes per side, until lightly crisped. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat. Enjoy!

NOTES

REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10 to 15 minutes for a crispy wrap (optional).

REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

SERVING SIZE

One serving is one burrito.

MORE FLAVOR

Add cheddar cheese, cilantro, and/or chopped green onion.

GLUTEN-FREE

Use gluten-free tortillas instead.

Simple Blueberry Protein Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cow's Milk, Reduced Fat
1 cup Frozen Blueberries
1/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	286	Calcium	419mg
Fat	6g	Iron	1mg
Carbs	32g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	25g	Thiamine	0.3mg
Protein	28g	Riboflavin	1.0mg
Cholesterol	23mg	Niacin	1mg
Sodium	154mg	Vitamin B6	0.3mg
Potassium	547mg	Folate	31µg
Vitamin A	71IU	Vitamin B12	1.9µg
Vitamin C	4mg	Magnesium	82mg

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FIBER

Add spinach, chia seeds, hemp seeds, and/or ground flax.

DAIRY-FREE

Use any milk of choice.

Strawberry Chocolate Protein Yogurt Parfait

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1/4 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 cup Strawberries (sliced)
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	307	Calcium	462mg
Fat	9g	Iron	2mg
Carbs	28g	Vitamin D	75IU
Fiber	5g	Vitamin E	2mg
Sugar	12g	Thiamine	0.2mg
Protein	30g	Riboflavin	0.3mg
Cholesterol	27mg	Niacin	1mg
Sodium	131mg	Vitamin B6	0.2mg
Potassium	321mg	Folate	39µg
Vitamin A	950IU	Vitamin B12	0.3µg
Vitamin C	54mg	Magnesium	81mg

DIRECTIONS

- 01 Add the yogurt, protein powder, and cocoa powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 02 Layer the yogurt and strawberries evenly in jars. Top with granola and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

PROTEIN POWDER

This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

NO HAND MIXER

Stir well using a spoon. The texture will vary.

Maple Sage Pork Patties & Eggs

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
1 tbsp Maple Syrup
1 1/2 tsps Ground Sage
Sea Salt & Black Pepper (to taste)
2 tsps Avocado Oil (divided)
8 Egg (whisked)

NUTRITION

AMOUNT PER SERVING

Calories	425	Calcium	82mg
Fat	30g	Iron	3mg
Carbs	5g	Vitamin D	101IU
Fiber	0g	Vitamin E	2mg
Sugar	3g	Thiamine	0.4mg
Protein	33g	Riboflavin	0.9mg
Cholesterol	449mg	Niacin	7mg
Sodium	220mg	Vitamin B6	0.8mg
Potassium	428mg	Folate	50µg
Vitamin A	555IU	Vitamin B12	1.7µg
Vitamin C	0mg	Magnesium	32mg

DIRECTIONS

- 01 Add the pork, maple syrup, sage, salt, and pepper to a bowl, and gently mix to combine. Form the meat mixture into patties approximately three inches (8 cm) in diameter, pressing down slightly to flatten them.
- 02 Heat half of the oil in a large pan over medium-high heat. Cook the patties for three to four minutes per side or until golden brown and cooked through.
- 03 Wipe out the pan, then add the remaining oil. Add the eggs and stir until fluffy and set, about two to three minutes, or until cooked to your desired doneness. Season with salt and pepper.
- 04 Divide the cooked eggs and patties evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate the patties in an airtight container for up to three days. Freeze for up to three months. Prepare the eggs when ready to serve.

SERVING SIZE

One serving is two sausage patties and two scrambled eggs.

Chicken, Sweet Potato & Egg Bowl

1 SERVING 25 MINUTES



INGREDIENTS

4 ozs Chicken Breast
1 Sweet Potato (small, sliced)
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil (divided)
2 cups Baby Spinach
2 Egg (large, whisked)

NUTRITION

AMOUNT PER SERVING

Calories	484	Calcium	160mg
Fat	22g	Iron	5mg
Carbs	29g	Vitamin D	83IU
Fiber	5g	Vitamin E	5mg
Sugar	6g	Thiamine	0.3mg
Protein	42g	Riboflavin	0.9mg
Choleste...	454mg	Niacin	12mg
Sodium	312mg	Vitamin B6	1.5mg
Potassium	1288mg	Folate	188µg
Vitamin A	24643IU	Vitamin B12	1.1µg
Vitamin C	20mg	Magnesium	124mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the chicken and sweet potato on the baking sheet. Season with salt and pepper and cook for 15 to 20 minutes, or until the chicken is cooked through. Slice the chicken.
- 03 Meanwhile, heat half of the oil in a pan over medium heat. Sauté the spinach for one to two minutes until wilted. Season with salt and pepper and remove from the pan.
- 04 Add the remaining oil to the pan, then add the eggs. Stir the eggs continuously until fluffy and cooked to your desired consistency. To serve, add the cooked chicken, sweet potato, spinach, and eggs to a plate or bowl. Enjoy!

NOTES

LEFTOVERS

Eggs are best enjoyed fresh. The remaining ingredients can be refrigerated in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of chicken, one cup of sweet potato, half a cup of spinach, and two eggs.

MORE FLAVOR

Add salsa or top with shredded cheese.

Chocolate Cottage Cheese Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Cottage Cheese
2 tbsps Cocoa Powder
1/2 cup Vanilla Protein Powder
2 tbsps Almond Butter
1/3 cup Cow's Milk, Whole
2 tbsps Almonds (roasted, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	373	Calcium	332mg
Fat	20g	Iron	2mg
Carbs	15g	Vitamin D	24IU
Fiber	5g	Vitamin E	6mg
Sugar	6g	Thiamine	0.2mg
Protein	38g	Riboflavin	1.0mg
Cholesterol	26mg	Niacin	1mg
Sodium	388mg	Vitamin B6	0.2mg
Potassium	548mg	Folate	37µg
Vitamin A	213IU	Vitamin B12	1.2µg
Vitamin C	0mg	Magnesium	154mg

DIRECTIONS

- 01 In a blender or food processor, combine the cottage cheese, cocoa powder, protein powder, almond butter, and milk. Blend on high speed until smooth, scraping down the sides as needed.
- 02 Transfer to small serving dishes or containers. Top with almonds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 3/4 cup.

LIKES IT SWEET

Drizzle honey on top.

ADDITIONAL TOPPINGS

Shredded coconut, berries, chopped dark chocolate, and/or your favorite nuts and seeds.

PROTEIN POWDER:

Whey protein powder was used in this recipe. Please note, if another type of protein powder is used, results may vary.

Scrambled Eggs with Toast & Sliced Pear

1 SERVING 10 MINUTES



INGREDIENTS

2 tps Butter (divided)
3 Egg (whisked)
Sea Salt & Black Pepper (to taste)
1 slice Whole Grain Bread
1 Pear (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	493	Calcium	144mg
Fat	24g	Iron	4mg
Carbs	46g	Vitamin D	123IU
Fiber	9g	Vitamin E	2mg
Sugar	21g	Thiamine	0.2mg
Protein	25g	Riboflavin	0.8mg
Cholesterol	578mg	Niacin	2mg
Sodium	373mg	Vitamin B6	0.4mg
Potassium	511mg	Folate	110µg
Vitamin A	1091IU	Vitamin B12	1.4µg
Vitamin C	8mg	Magnesium	63mg

DIRECTIONS

- 01 Heat half of the butter in a pan over medium heat. Pour the whisked eggs into the pan and season with salt and pepper. Scramble until cooked to your desired doneness.
- 02 While the eggs are cooking, toast the bread and spread the remaining butter on top.
- 03 Add the scrambled eggs, toast, and sliced pear to a plate. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

ADDITIONAL TOPPINGS

Top the eggs with chives or chopped green onion.

GLUTEN-FREE

Use gluten-free bread instead.

Turkey Breakfast Patties & Omelette

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Oregano
1/4 tsp Black Pepper
1 tsp Chili Flakes
8 Egg (whisked)
1 2/3 tbsps Extra Virgin Olive Oil (divided)
2 tsps Chives (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	364	Calcium	83mg
Fat	25g	Iron	3mg
Carbs	1g	Vitamin D	98IU
Fiber	0g	Vitamin E	2mg
Sugar	0g	Thiamine	0.1mg
Protein	34g	Riboflavin	0.7mg
Cholesterol	456mg	Niacin	6mg
Sodium	515mg	Vitamin B6	0.6mg
Potassium	385mg	Folate	56µg
Vitamin A	648IU	Vitamin B12	2.3µg
Vitamin C	0mg	Magnesium	37mg

DIRECTIONS

- 01 Heat a cast-iron pan over medium heat.
- 02 Add the turkey, salt, oregano, black pepper, and chili flakes to a large bowl and mix until just combined.
- 03 Portion the turkey out into patties using a 1/4 cup measuring cup. Add a touch of oil to the pan, just enough to cover the bottom, and place the patties in the pan. Cook the patties for about three to four minutes on each side or until cooked through. Cook in batches if needed to avoid crowding the pan.
- 04 Meanwhile, heat another pan over medium heat. Use this pan to make one omelette per serving. Add just enough oil to coat the bottom of the pan. Add one serving of the whisked eggs to the pan and allow them to set before gently rolling them into an omelette with a spatula. Continue making one omelette per serving with the remaining eggs, adding oil to the pan before each omelette.
- 05 Divide the omelettes and patties evenly between plates. Garnish with the chives and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one omelette and two patties.

SAVE ON TIME

Meal prep the turkey patties in advance and scramble the eggs just before serving. Or, choose to hard boil the eggs instead for easy meal prep.

NO TURKEY

Use ground meat of choice or remove the casing from sausages and form it into patties instead.

Strawberry Yogurt Chia Pudding

2 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1/3 cup Chia Seeds
1/2 cup Unsweetened Almond Milk
1 cup Frozen Strawberries
3 tbsps All Natural Peanut Butter
1 1/3 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	469	Calcium	601mg
Fat	29g	Iron	5mg
Carbs	36g	Vitamin D	75IU
Fiber	15g	Vitamin E	3mg
Sugar	11g	Thiamine	0.1mg
Protein	25g	Riboflavin	0.1mg
Cholesterol	17mg	Niacin	4mg
Sodium	121mg	Vitamin B6	0.2mg
Potassium	521mg	Folate	47µg
Vitamin A	800IU	Vitamin B12	0µg
Vitamin C	53mg	Magnesium	104mg

DIRECTIONS

- 01 Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes or until thickened.
- 03 When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals about one cup.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

DAIRY-FREE

Use plant-based yogurt instead of Greek yogurt.

Ham & Onion Mini Quiche

4 SERVINGS 30 MINUTES



INGREDIENTS

6 Egg (large)
2 tsps Dijon Mustard
Sea Salt & Black Pepper (to taste)
8 ozs Sliced Ham (thick, one slice per egg cup)
1 Tomato (large, chopped)
6 stalks Green Onion (sliced)
1/2 cup Parmigiano Reggiano (grated)
1 tbsp Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	250	Calcium	207mg
Fat	15g	Iron	2mg
Carbs	3g	Vitamin D	63IU
Fiber	1g	Vitamin E	1mg
Sugar	1g	Thiamine	0.1mg
Protein	26g	Riboflavin	0.5mg
Cholesterol	329mg	Niacin	2mg
Sodium	827mg	Vitamin B6	0.3mg
Potassium	362mg	Folate	53µg
Vitamin A	1675IU	Vitamin B12	0.8µg
Vitamin C	7mg	Magnesium	26mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Grease or line a muffin tray or use a silicone muffin tray.
- 02 Whisk together the eggs and mustard until combined. Season with salt and pepper.
- 03 Line each cup with a slice of ham. Divide the tomatoes, green onions, parmesan, and basil evenly among the muffin cups. Pour the egg mixture over the top.
- 04 Bake for 20 to 25 minutes or until puffed and cooked through. Let cool for five minutes before removing from the cups.
- 05 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is three egg cups.

ADDITIONAL TOPPINGS

Hot sauce.

Strawberry Vanilla Protein Yogurt Parfait

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Coconut Yogurt
1 cup Strawberries (chopped, divided)
1 tbsp Almond Butter (divided)

NUTRITION

AMOUNT PER SERVING

Calories	393	Calcium	940mg
Fat	20g	Iron	2mg
Carbs	34g	Vitamin D	0IU
Fiber	10g	Vitamin E	4mg
Sugar	9g	Thiamine	0.2mg
Protein	25g	Riboflavin	0.7mg
Cholesterol	4mg	Niacin	1mg
Sodium	115mg	Vitamin B6	0.2mg
Potassium	458mg	Folate	51µg
Vitamin A	17IU	Vitamin B12	4.6µg
Vitamin C	85mg	Magnesium	110mg

DIRECTIONS

- 01 Mix the protein powder into the coconut yogurt.
- 02 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add berries of your choice.

ADDITIONAL TOPPINGS

Add chia seeds, cinnamon, or chopped fresh mint.

NUT-FREE

Use pumpkin or sunflower seed butter instead of almond butter.

Creamy Vanilla Blueberry Protein Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Oats (rolled)
2 tbsps Vanilla Protein Powder
1 cup Plain Greek Yogurt
1/2 cup Blueberries
1 tbsp Pumpkin Seeds
1 tsp Honey

NUTRITION

AMOUNT PER SERVING

Calories	484	Calcium	586mg
Fat	12g	Iron	3mg
Carbs	57g	Vitamin D	99IU
Fiber	7g	Vitamin E	1mg
Sugar	19g	Thiamine	0.3mg
Protein	40g	Riboflavin	0.4mg
Cholesterol	36mg	Niacin	1mg
Sodium	163mg	Vitamin B6	0.2mg
Potassium	329mg	Folate	26µg
Vitamin A	1291IU	Vitamin B12	0.3µg
Vitamin C	22mg	Magnesium	132mg

DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Stir the protein powder into the yogurt.
- 03 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

SERVING SIZE

One serving is equal to approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, shredded coconut.