



 **BEE - The BE Easy Plan for Bariatric Eating**
BariatricEating.com

	Breakfast	Snack	Lunch	Optional: Snack	Dinner	OPTIONAL: Dessert/Snack
Monday	1 large egg scrambled with 1/2 cup raw baby spinach, diced tomato, topped with 1 slice cheese.	Inspire Blueberry Cheesecake protein drink	1/2 cup chopped rotisserie chicken mixed with 1 tablespoon lite mayo, sprinkle of curry powder, sliced grapes - on shredded romaine.	Apple Slices with Peanut Butter	Broiled Pork Chop and small roasted sweet potato	BE Recipe: Hot Chocolate Gummies
Tuesday	Inspire Banana Strawberry Smoothie: 1/2 scoop of Inspire SWC & 1/2 Inspire Banana Smoothie, 1 cup toasted almond/coconut milk	1/2 cup Blue Diamond Almonds	BE Recipe: Roasted Tomato Soup - 2 slices Boar's Head Teriyaki Chicken	BE Recipe: Hot Chocolate Gummies	BE Recipe: Sheet Pan Meal - Chicken Fajitas	BE Recipe: Magic Strawberry Ice Cream
Wednesday	1/2 cup cottage cheese & 1/2 cup sliced strawberries	Inspire Protein Bar	1/2 Avocado, 1 packet Starkist Mango Chipotle Tuna	BE Recipe: Greek Yogurt Ranch Dip with Veggie Dippers	BE Recipe: 5 Minute Shrimp Skewers	1/4 cup pecans tossed with a few drops olive oil, sprinkle of salt and paprika - heat in microwave 30 seconds
Thursday	Inspire Café Bella	Baby Sweet Bell Peppers and Laughing Cow Cheese	Inspire Protein Soup - Southwest Corn Chowder	Inspire Crunchers	BE Recipe: Perfect Turkey Burger - cucumber tomato salad	Inspire Peanut Butter Cup protein drink
Friday	Warm Inspire Protein Latte	Plain yogurt with mashed berries & Splenda	BE Recipe: Maryland Shrimp Salad with cucumber slices	Inspire Protein Bar	BE recipe: Sliced Steak, Cheesy 'Rice' and Asparagus	Sugar Free Chocolate Pudding with Sugar Free Whipped Cream
Saturday	Vanilla Egg Custard with 1/4 cup Blueberries or Raspberries on the side.	Microwave Pork Rinds	2 slices Boar's Head ham rolled with thinly sliced Swiss cheese, mustard - a bag of Inspire Protein Crunchers	Inspire Café Bella or Inspire Caramel Latte	BE Recipe: Sheet Pan Meal - Italian Sausage and Peppers - sliced tomatoes	BE Recipe: Vanilla Panna Cotta
Sunday	BE Recipe: Broccoli and Cheese Frittata	Inspire Protein Bar	5 large cooked shrimp with homemade cocktail sauce (reduced sugar Heinz, horseradish, lemon juice)	Hummus with veggie dippers	BE Recipe: Susan's 5 Minute Meat ragu (over pasta for the family)	BE Recipe: High Protein Brownies