

PHASE 2- FULL LIQUID 2 DIET

General Guidelines:

1. Divide the entire diet for the day into 6 meals. Eat every 2-3 hours.
2. Limit the amount taken at one meal to 2-3 ounces of full liquid foods (see 'full liquid foods allowed' below).
3. Use a baby spoon to eat meals.
4. Stop eating when you BEGIN to feel full or pressure.
5. Take 20-30 minutes or longer to eat each meal.
6. Sip slowly. Do not gulp. Do not use straws, sippy cups, or sports bottle tops (for 3 months post-op).
7. Keep a food and fluid intake diary using the forms provided by your dietitian.
8. Drink **64-80 oz.** of total fluid per day.
9. If you are unable to consume at least 64 oz. of fluid for more than 2 days, call the office to be evaluated for dehydration (864-676-1072, ext. 0).
10. Begin taking the multivitamin and mineral supplements as directed by your doctor and dietitian.
11. You should consume 80-90 grams of protein (from food and supplements) daily. Women should consume 80 grams of protein daily. Men should consume 90 grams of protein daily. **Protein supplements are NECESSARY to avoid medical and nutritional problems.**

Remember: 1/4cup=2oz.
1/8cup=1oz

FULL LIQUID FOODS ALLOWED - To be taken as meals		OTHER LIQUIDS ALLOWED - To be taken between meals
<p>Low-fat, cream soups- strained or well blended (Campbell's Healthy Request- low fat cream of chicken, celery, mushroom, or Campbell's Low Fat cream of broccoli)</p> <p>Fat-free, sugar-free pudding (do NOT use Snack Packs) (sugar-free pudding mix, make w/ fat free milk or Lactaid milk)</p> <p>Light/non-fat yogurt (80 calories or less per serving)</p> <p>Light Greek yogurt (100 calories or less per serving)</p> <p>Fat free PLAIN yogurt</p> <p>Low-fat or fat free cottage cheese (small curd and blended)</p> <p><i>Available at Nutrition Solutions:</i> Healthwise pudding (banana, strawberry, lemon chiffon)</p> <hr/> <p>Foods NOT allowed: Chicken noodle soup Chicken and rice soup Cream of Potato Cream of Tomato Ramen Noodles Egg drop soup Broccoli and cheese soup</p>	<p>Meals ONLY</p> <p>Fluids ONLY</p>	<p>Water, Sugar Free Flavored Water Decaffeinated/Unsweetened tea/coffee Crystal lite, Minute Maid Light, Sugar-free Tang, Sugar-free or No added sugar hot chocolate Sugar-free Kool-Aid Sugar-free Jell-O Sugar -free popsicles (<20 calories) Clear bouillon or broth Clear or full liquid protein supplements Skim/fat free, 1/2%, or 1% milk Lactaid, fat free milk Fat free, non-flavored/Light soy milk Unsweetened Almond milk (40 calories or less per serving)</p>

Protein

You will need to supplement with **70-80 grams** of protein between your meals.

- You may use any supplement listed in the **Protein Supplement** handout.
- Do NOT add protein powder to your food
- Protein supplements do NOT count as meals

Milk (fat free or 1%) can be used between your meals to help meet your protein requirement. You can use milk alone or to mix protein powders in.

1 cup of milk = 8 grams of protein, Limit milk between meals to no more than **2 cups** a day.

Note: *It is very important that you consume adequate amounts of protein. Protein is needed to heal properly, protect immune function, and prevent loss of lean muscle. Foods from the 'Full Liquid' food list are the only items that contain protein. In order to consume enough protein these are the only items you should include in your 2-3 oz. meals. The other liquids allowed should only be taken between meals.*

Multivitamin

A multivitamin/mineral supplement is necessary for you to start now. It is essential that you get adequate intakes of all vitamins and minerals. **You will need to take a multivitamin/mineral supplement for the rest of your life.**

4 Options:

1. Optisource: 1 four times a day, or 2 **twice** a day
2. Bariatric Fusion: 1 four times a day, or 2 **twice** a day
3. Opurity: 1 chewable **once** a day
+ 500-600mg calcium citrate **twice** a day
4. Flintstones children's or Centrum chewable multivitamin: 1 **twice** a day
+ 500-600mg calcium citrate **twice** a day
+ 500mcg Vitamin B12 supplement (sublingual)

Additional Helpful Supplements:

1000mcg Biotin daily (sublingual or lozenge)

Probitoics (at least 2 billion CFU twice a daily in a capsule, chewable, or powder)

Post-Nasal-Drip Protocol

Symptoms:

Nausea, especially first thing in the morning, late at night, or after consuming meals/protein drinks. Vomiting, typically after eating a meal or protein drink, commonly and "foamy" consistency.

Directions:

1. Take *Mucinex-D (tablet, not liquid)* and an OTC allergy medication (Claritin, Zyrtec, Allegra) daily, make sure to take at least 2 hours apart from Omeprazole, Zantac, or Nexium.
2. Drink hot liquids (hot decaf tea or coffee, or even just hot water), 30 minutes before meals and before drinking protein supplements.

Exercise Goals

You should slowly be regaining your strength. Exercising can increase your energy levels as you heal.

Minimum of 5-10 minutes aerobic activity (walking, biking, elliptical), 2-3 times a day, every day.

Work towards a goal of 30 minutes aerobic activity 7 days per week.

Protein Supplements: Full Liquid 2

(To be used after Bariatric Surgery)

Key:

15-35g Protein per serving	
Less than	220 Calories
Less than	5g Fat
Less than	5g Total Carbohydrate
Less than	3g Sugar
Ingredients to look for: Whey or Soy protein isolate	
Ingredients to avoid : fructose, sucrose, casein, oils, cream	

Product	Flavors	Portion	Amount of Protein
Isopure Zero Carb Powder*	Chocolate, Vanilla, Strawberry, Cookies and Cream, Unflavored	1 scoop	25 grams
Chocolite Protein Powder* (ChocoRite)	Vanilla, Strawberry, Banana, Chocolate, Peanut Butter, Chocolate Fudge Brownie, Cappuccino	2 scoops	24 grams
Bariatric Advantage Meal Replacement Powder	Chocolate, Iced Latte, Strawberry, Banana, Orange	2 scoops	27 grams
Unjury Protein Powder or Ready To Drink	Vanilla, Chocolate, Strawberry, Chicken Soup, Unflavored	1 scoop/ 1 bottle	20 grams
Matrix 2.0 Protein Powder	Orange Cream, Cookies & Cream, Mint Cookie, Peanut Butter Cookie	1 scoop	23 grams
Nectar Protein Powder*/Nectar Naturals*	Fuzzy Navel, Lemonade, Caribbean Cooler, Crystal Sky, Strawberry Kiwi, Chocolate Truffle, Cappuccino, Double Stuffed Cookie, Vanilla, Orange, Peach, Fruit Punch	1 scoop	23 grams
Nectar Medical Protein Powder*	Unflavored	1 scoop	10 grams
Optifast H.P.	Vanilla, Chocolate	1 packet	26 grams
Health Wise Decaf Tea	Peach, Raspberry	1 packet	15 grams
Healthwise High Protein Fruit Drink (bottle)	Wild Berry Splash, Pineapple-Orange, Grapefruit, Orange-sicle, Chocolate drink, Proticcino, Kiwi-Strawberry, Lemon Razzy	1 bottle	15 grams
Healthwise High Protein Fruit Drink (packets/bottles)	Lemonade, Grapefruit, Grape, Wildberry, Orange, Cran-Grape	1 packet	15 grams
Healthwise High Protein Hot Chocolate	Mocha, regular, raspberry, cinnamon, mint, vanilla, cappuccino, amaretto cappuccino, Irish cream	1 packet	15 grams
Healthwise Bouillon	Chicken, Beef (not Tomato)	1 packet	15 grams
PRO-Stat*	Vanilla, Citrus Splash, Fruit Punch, Grape	1 ounce	15 grams
Isopure Liquid*	Alpine Punch, Orange, Grape, Blue Raspberry, Passion Fruit, Pineapple Banana, Mango Peach, Apple Melon	20 oz bottle	40 grams

Iso100*	Fruit Punch, Blue Raspberry, and Grape	20 oz bottle	40 grams
Met Rx RTD 51	Chocolate, vanilla, cookies and cream, peanut butter cup, berry (avoid mocha blast flavor x3 months)	1 can	51 grams
Pure Protein (RTD)	Chocolate, vanilla, strawberry, banana cream, cookies and cream, peanut butter	1 can	35 grams
Products available at other locations:			
Pure Protein Powder	Vanilla, Chocolate, Cookies & Cream (Not Sold at Nutrition Solutions)	1 scoop	25 grams
Quest Protein Powder	Cinnamon Crunch, Cookies & Cream, Salted Caramel, Peanut Butter, Strawberries & Cream, Multi-Purpose Mix	1 scoop	20 grams
Oh Yeah Protein Powder	Vanilla, Chocolate Peanut Butter, Cookies & Cream, Strawberries & Cream	1 scoop	32 grams
Cytosport Whey Isolate 32*	Tangerine, Tropical, Watermelon	17 oz bottle	32 grams
Chike Protein Powder	Very Vanilla, Banana Magic, Strawberry, Orange Cream, Chocolate Bliss	2 scoops	28 grams
Met-Rx Meal Replacement (powder)	Vanilla, Cake Batter, Chocolate Peanut Butter	1 packet	38 grams
Milk (fat free, skim, 1%, plain soy)	Plain (Please note: Almond milk does NOT provide any protein)	1 cup	8 grams

** Items are acceptable for patients with Lactose Intolerance*

Recommendations:

- *Remember...* you need a total of 80-90g protein daily, please ask your dietitian for specific supplement recommendations.
- You can add sugar-free flavorings (Mio, Crystal Light, Dasani, etc.) to change the flavor of your supplements
- Mix protein powders with water or fat free or 1% milk (use Lactaid fat free milk or Soy milk if lactose intolerant)

Protein Supplement Recipes

* Please note "milk" can be 1%, 1/2%, fat free, skim, original/light soy milk, fat free Lactaid milk or unsweetened Almond milk.

Silky Latte

4 oz. milk
4 oz. water
1 scoop vanilla protein powder
1 serving instant decaf coffee
2-3 ice cubes
Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Silky Mocha

4 oz milk
4 oz. water
1 scoop chocolate protein powder
1 serving instant decaf coffee
2-3 ice cubes
Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended

Mint Chocolate Chip Protein Smoothie

4 oz. milk
4 oz. water
1 scoop chocolate protein powder
1 teaspoon peppermint extract
2-3 ice cubes
Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Pumpkin Spice Smoothie

8 oz. water or 4 oz. milk/4 oz. water
1 scoop of vanilla protein powder
Dash of pumpkin pie spice
Place water in the blender first, then powder, then additions. Blend on low then high till well blended

Mochachinno

8 oz. cold decaf coffee
1 scoop chocolate protein
2-3 ice cubes
Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended

Peanut Butter Cup

8 oz. water or 4 oz. milk/4 oz. water
1 scoop chocolate protein powder
1 Tablespoon PB2
2-3 ice cubes
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Cherry Vanilla Smoothie

8 oz. water or 4 oz. milk/4 oz. water
1 scoop vanilla protein
1 teaspoon cherry extract or sugar free cherry Jell-O
1 Tbs. [SF French Vanilla Torani Syrup](#)
Place water in the blender first, then powder, then additions. Blend on low then high till well blended

Chocolate Caramel Protein Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop chocolate protein powder
1 Tbs. [SF Caramel Torani Syrup](#)
3 Ice Cubes
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Lemon Meringue Smoothie

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Lemon Pudding Powder
2 Ice Cubes
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Green Giant

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Pistachio Pudding Powder
2 Ice Cubes
Place water in the blender first, then powder, then additions. Blend on low then high till well blended

Butterscotch Shake

8 oz. water or 4 oz. soy milk/4 oz. water
1 scoop of vanilla protein powder
1 T. SF Jello Butterscotch Pudding Powder
2 Ice Cubes
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Vanilla Spice Protein Shake

4 oz. Silk Spice soy milk
4 oz. water
1 scoop vanilla protein powder
Dash Cinnamon
Dash Nutmeg
2-3 ice cubes
Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

Cinnabon Shake

1 scoop vanilla protein powder
1 teaspoon cinnamon
8oz milk
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Cherry Almond Shake

1 scoop vanilla protein powder
1 teaspoon cherry extract or sugar free cherry Jell-O
1 teaspoon almond extract
8oz milk or 4oz milk/4oz water
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Egg Nog Shake

1 teaspoon rum extract (or to taste)
Allspice or Nutmeg to taste
1 teaspoon vanilla protein powder
8oz Milk or 4oz milk/4oz water
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Orange Dream

Orange Crystal light to taste
1 scoop vanilla protein powder
8oz milk or 4oz milk/4oz water
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Chocolate Cherry

1 scoop chocolate protein powder
1 teaspoon cherry extract
8oz Milk or 4oz milk/4oz water
Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

Hot Chocolate

Make a cup of sugar free hot cocoa and let it cool until it's warm, not hot. Add a scoop of chocolate, vanilla, or unflavored protein powder

Instant Mocha

After a cup of decaf coffee has cooled a bit, stir in vanilla protein for a "latte" or chocolate protein for a "mocha."

Hot Chai Protein Tea

1 scoop of vanilla protein powder
4oz sugar free, decaf chai tea mix
8 oz milk
Mix protein powder and tea mix together. Add warm milk and stir.

Caramel Apple Protein Cider

1/3 cup non-fat powdered milk
1 scoop vanilla protein powder
1 tablespoon Splenda (optional)
1 packet sugar free apple cider mix
½-1 teaspoon cinnamon
½-1 teaspoon nutmeg
1-1½ teaspoons sugar free butterscotch pudding
Combine dry ingredients and mix well. Add a splash of cold water and mix well until you have a smooth paste (no lumps). Slowly add hot water and continue mixing to eliminate any lumps.

SOLID FOOD 1 MEAL PLAN

Start Date*: _____

*RISKS OF STARTING ADVANCED DIET PHASES PRIOR TO THE START DATE LISTED INCLUDE ABDOMINAL PAIN, NAUSEA, VOMITING, DIARRHEA, AND OTHER FORMS OF GASTROINTESTINAL DISTRESS. FOR YOUR SAFETY PLEASE WAIT UNTIL THE DATE SET BY YOUR DIETITIAN TO START THIS DIET PHASE.

Phase 4- Solid 1 (Soft solid food) Diet

- You can add solid foods back into your diet. Foods should be small distinct pieces that are tender and easy to chew, and low in fat and sugar. Foods must be chopped or diced.
- It is very important now that you take small bites and chew foods well (to pureed consistency). Eating large bites and not chewing properly will cause pain, nausea, and/or vomiting. Avoid foods that are hard to chew.

General Guidelines

1. Divide the entire diet for the day into 5 meals.
2. Limit each meal to a total of four (4) ounces (1/2 cup).
3. Each meal must contain 2 ounces (1/4 cup) of protein food. The other 2 ounces (1/4 cup) can be other “allowable foods”. (See meal plan)
4. Stop eating when you BEGIN to feel full or pressure. If you do not recognize this feeling eat only the amount of food recommended.
5. Drink fluids 30 minutes before or after meals. Never with a meal.
6. Take 30 minutes to eat each meal.
7. Keep a food record using the forms provided by your dietitian.
8. Drink **64-80 oz.** of total fluid per day.
9. If you are unable to consume at least 64 oz. of fluid for more than 2 days, call the office to be evaluated for dehydration (864-676-1072, ext. 0).
10. Continue taking your nutrition supplements as directed by your doctor and dietitian.
11. You should consume 80-90 grams of protein (from food and supplements) daily. Women should consume about 80 grams of protein. Men should consume closer to 90 grams of protein. **Protein supplements are NECESSARY to avoid medical and nutritional problems.**

Protein Supplementation

Supplement with **50-60 grams** of protein until you next diet phase.

YOUR MEAL PLAN

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5		
2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein	+ <table border="1" style="display: inline-table; width: 100px; height: 60px; vertical-align: middle;"> <tr> <td style="text-align: center; padding: 5px;">Daily Liquid Protein Supplement</td> </tr> </table>	Daily Liquid Protein Supplement
Daily Liquid Protein Supplement						
2 ounces of fruit	2 ounces of vegetable	2 ounces of vegetable	2 ounces of starch	2 ounces of vegetable		

Protein **must** be included in **every** meal. Fruits, Vegetables, and Starches can be interchanged. Starches should be limited to 4 ounces daily.

PROTEIN

Lean beef, chicken, lamb, pork, ham, turkey, veal, venison, fat free or low fat cottage cheese, canned tuna (packed in water), canned chicken breast, fish, shrimp, seafood, tofu, scrambled egg, poached egg, hard-boiled egg, “over easy” egg, light/non-fat yogurt, fat free sugar free pudding, PB2, fat free cream cheese, 2% milk or low fat cheeses, part skim ricotta cheese, skim milk mozzarella cheese (1 egg= 2oz, 2 slices of low fat cheese/2 reduced fat cheese sticks =2oz)

VEGETABLES (COOKED ONLY)

Carrots, broccoli, summer squash, cabbage, zucchini, green beans, plain canned beets, cauliflower, spinach, brussel sprouts, tender asparagus tips, mushrooms, onions, peeled stewed and seedless tomatoes.

FRUIT

Use peeled fresh (ripened), frozen, or canned fruit packed in own juice or water (drain fluid). Unsweetened applesauce, bananas, peaches, pears, pineapple, kiwi, grapefruit, unsweetened stewed apples, plums, prunes, ripened soft cantaloupe, honeydew melon, strawberries, blueberries, raspberries.

Avoid: oranges, tangerines, watermelon and grapes.

STARCHES

Low fat plain crackers (ex. Saltines: 3 = 1 oz., Reduced fat wheat thins: 5 =1 oz.), oatmeal, cream of wheat, cream of rice, grits, peas, pinto, navy, kidney, and lima beans, black-eyed peas, hummus, mashed potatoes, sweet potatoes, baked potatoes (no skin)

FATS (Limit to 2 servings per day, 1 serving = 1 teaspoon)

Soft tub margarines, natural/unsalted butter, low fat mayonnaise, low fat sour cream, peanut butter, canola, olive, safflower, coconut oil, or vegetable oil.

PROTEIN SNACKS

Protein snacks (from Nutrition Solutions) can now be a part of your meals – either use 4oz (1/2 cup) as an entire meal or add 2oz (1/4 cup) to 2oz protein food for a meal:

Protein chips, protein sticks, protein cereal (dry - do NOT add milk), Ostrim Jerky, Proti Soy Snacks, Protein Krinkles.

FLUIDS/BEVERAGES

Decaffeinated coffee, decaffeinated tea, sugar free non- carbonated beverages, sugar free Popsicles and sugar free Jell-O, broth, vegetable juice, tomato juice, skim/fat free milk** Limit coffee and tea to 2 cups per day.

Note: Although milk is protein, it is counted as a fluid. It should be consumed between meals to help meet your protein and fluid requirements. Limit milk intake to 2 cups a day.

Remember: Avoid drinking liquids within 30 min of eating meals/snacks

COMMON FOOD INTOLERANCES

There will likely be some foods that you may not digest or tolerate well after surgery. Foods that frequently give people problems include:

- Meats- especially beef and white chicken meat
- Skins on vegetables
- Foods that are dry/tough

AVOID: ALL fruit juices, dried fruit, regular-fat cheese, regular-fat sour cream, regular jelly, granola, bacon, bread, cookies/ice cream (even sugar free), light mayo, soups.

CONSTIPATION TREATMENT

Increase fluid intake to 80 oz. daily

Eat more fiber rich foods including fruit, vegetables, and whole grains

Add 2-3 scoops Benefiber to protein supplements daily

EXERCISE GOALS

Minimum of 10-15 minutes aerobic activity (walking, biking, elliptical), every day.

Work towards a **goal of 45-60 minutes** aerobic activity 7 days per week.

Soft Solid Food Meal Ideas

- 2 Reduced fat cheese sticks, ¼ cup pineapple
- ¼ cup fat free cream cheese on 5-10 Reduced fat Wheat Thin Crackers
- ¼ cup Chicken breast w/ low fat creamy gravy (made from low fat cream of mushroom, fat free chicken broth, and herbs and spices of your choice), ¼ cup well-cooked broccoli
- ¼ cup Smoked Salmon Spread (recipe on next page) w/ 5-10 crackers Reduced fat Wheat Thins
- ½ cup Noodle-less Lasagna (Slow cooker recipe on next page)
- 1 slice low fat cheese, 2-3 thin slices lean deli turkey or ham (make into a roll, 1 roll = 2 oz.) w/ ¼ cup kiwi
- ¼ cup Teriyaki beef w/ ¼ cup well-cooked zucchini or asparagus (make a sugar free Teriyaki sauce w/ low sodium soy sauce and Splenda to taste)
- 1 boiled egg, ¼ cup banana
- ¼ cup Fruit dip (see recipe on next page), ¼ cup cantaloupe
- ¼ cup Tuna salad (see recipe on next page), ¼ cup cooked carrots
- BBQ Pork loin (use Walden Farms BBQ sauce), ¼ cup cooked cabbage

Recipes!

Smoked Salmon Cheese Spread

Ingredients:

- 1 cup dry whole wheat bread crumbs
- 3 Tbsp. soft tub margarine, melted
- 1 pkg. (8 oz.) Fat Free Cream Cheese, softened
- 2 pkg. (8 oz. each) Neufchatel Cream Cheese, softened
- 4 eggs (or use cholesterol-free liquid egg substitute)
- 6 oz. smoked salmon, chopped
- 1/2 cup green onion slices
- 2 to 3 Tbsp. chopped fresh chives

Directions:

PREHEAT oven to 325°F if using a silver 9-inch spring form pan (or to 300°F if using a dark nonstick 9-inch spring form pan.) Mix bread crumbs and butter; press firmly onto bottom of pan. Bake 10 minutes.

BEAT cream cheese in large bowl with electric mixer on medium speed until creamy. Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Stir in remaining ingredients. Pour over crust.

BAKE 1 hour or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Let stand 15 minutes at room temperature. Serve with your favorite low fat whole wheat crackers (reduced fat Wheat Thins) or sliced fresh vegetables.

Slow-Cooker Lasagna

Ingredients:

- 1 lb. lean ground beef or ground turkey breast
- 1 jar (26 oz.) spaghetti sauce, no sugar added or Walden Farms® brand or Italian style stewed diced tomatoes (sweeten to taste w/ Splenda)
- 1 cup water
- 1 container (15 oz.) Skim Milk Ricotta Cheese
- 1 pkg. (7 oz.) 2% Milk Shredded Mozzarella Cheese, divided
- 1/4 cup Parmesan Cheese, grated, divided
- 2 egg whites
- 2 Tbsp. chopped fresh parsley
- 1 Zucchini, sliced thin, into lasagna noodle-like slices (hint- use a cheese slicer)

Directions:

Preheat oven to 350°. Lay zucchini slices onto a cookie sheet sprayed w/ fat free cooking spray (Pam), season to taste w/ salt, pepper, garlic powder, etc. Bake zucchini in the oven until lightly browned and soft, about 10 min.

Brown meat in large skillet; drain. Stir in spaghetti sauce (or Italian style tomatoes) and water. Mix ricotta, 1-1/2 cups mozzarella, 2 Tbsp. Parmesan, egg and parsley.

Spoon 1 cup meat sauce into slow cooker; top with layers of half each of the zucchini, and cheese mixture. Cover with 2 cups meat sauce. Top with remaining zucchini, cheese mixture and meat sauce. Cover with lid.

Cook on LOW 4 to 6 hours or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until melted.

1 serving = ½ cup

Note: For best results, do not cook on the HIGH heat setting.

Other ideas: add in your favorite frozen vegetables like carrots, broccoli, cauliflower, and spinach! (Thaw in the microwave prior to placing in the layers of the lasagna)

Chicken or Egg or Tuna Salad

Ingredients:

4 oz. Plain Nonfat Yogurt

1-2 tbsp. Mustard (brown or yellow, your preference)

1 tbsp. chopped fresh chives

2 tsp. Garlic Powder

1/2-1 tsp. Ground Cumin

1 tsp Dried Basil

Salt and pepper to taste

2 cans Chicken Breast OR Tuna (packed in water) OR 4 Eggs, boiled

Directions:

Blend in the first 8 ingredients until evenly mixed. Stir in eggs and/or chicken.

If you like a mayo flavor – add 1 tsp low fat Mayo after measuring out ¼ cup of the salad mixture.

Other seasonings to try: Smoked Paprika, Curry Powder, Walden Farms Mayo or Salad Dressings

Fruit Dip

Ingredients:

8 oz. Fat Free Cream Cheese

4 oz. Light, Nonfat Vanilla Yogurt

2 tsp. Cinnamon

1 tsp (or to taste) Splenda or Truvia(Stevia) - any non-caloric sweetener

¼ tsp. Nutmeg

Directions:

With an electric mixer, blend cream cheese until soft, about 2 minutes. Blend in the next 4 ingredients until evenly mixed. Serve w/ fruit.