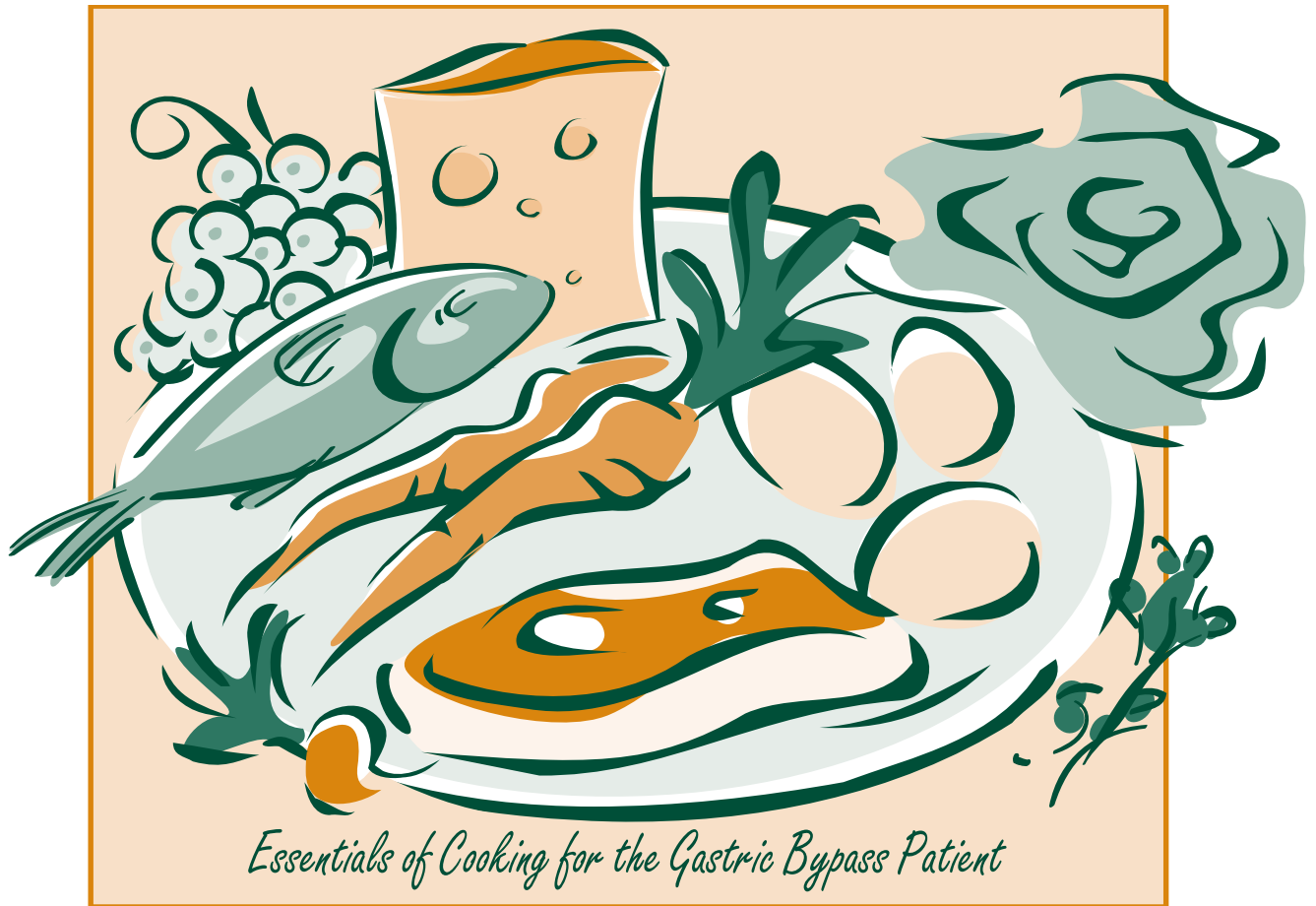


# CULINARY CLASSICS



*Essentials of Cooking for the Gastric Bypass Patient*

**BY CHEF DAVID FOUTS**

*A cookbook created for U.S. Bariatric*

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## ~Forward~

*A*s a gastric bypass patient, I understand how the decision to pursue a surgical approach to weight loss affected my life and the lives of those close to me. As my relationship with food began to change, I noticed that my relationship with others was also challenged, particularly at meal times. Food selection and preparation affected everyone in my home and became a source of frustration due to the limited choices I thought were available.

At U.S. Bariatric, we educate our patients on how to live, exercise, and eat as Bariatric patients, in order to be compliant with the restrictions placed upon them by surgical procedures. Where eating may have once brought pleasure into the life of an obese person, after surgery, it can be a chore that is dreaded due to difficulty tolerating food. The addition of Chef David to our multidisciplinary staff offers patients variety in food preparation techniques. The recipes offered provide solutions for patients in the early stages of weight loss, and for those patients seeking to eat healthy with the addition of carbohydrates into their meal plan. Families also benefit with meals and choices that include everyone.

It is truly a pleasure to offer this resource. My only regret is that I did not have the benefit of a Bariatric chef accompanying my family and me on this journey during the early stages of my weight loss and recovery. Enjoy!



Robert T. Marema, M.D., F.A.C.S.  
U.S. Bariatric

## ~Preface~

This cookbook is specifically designed for people who have undergone Roux-en-Y Gastric Bypass Surgery. Carving Out the Carbs contains recipes that are protein-only and are intended for those who are losing weight rapidly (although they can be used for a lifetime). Protein Plus consists of recipes that include carbohydrates and are intended for those who have reached 75% excess weight loss and for life long weight maintenance. Since moisture is a key component in aiding digestion of foods following surgery, great care was taken to make sure recipes are moist and tender. All recipes have been reviewed by this dietitian and have met the high standards for good nutrition.

Protein is the only macronutrient that your body cannot make on its own. It is an essential part of cells and tissues in the body, and is necessary for healing. When protein is deficient, muscle or other lean tissue (even the heart) is broken down to supply the body's protein needs. Adequate intake of protein is necessary, therefore, to prevent the breakdown of muscle and other lean body tissue.

Maintaining muscle mass by eating protein helps your body to lose fat. Muscle has a high metabolic rate (burns a high number of calories) and oxidizes (uses) fat for fuel. And a protein-only diet forces the body to utilize fat stores, making more fat available for muscle and other lean tissue to burn for fuel and further enhancing weight loss.

Finally, a protein-only diet is recommended during the weight loss period because protein has high nutritional value and is more filling than carbohydrates. So, you need to eat high protein to prevent or reduce the loss of muscle and other lean tissue that may occur with weight loss to prevent reduction in metabolic rate, to increase fat breakdown and usage, and to feel full, all of which will help you achieve optimal health and weight loss success.



Abbe M. Breiter, MS, RD, LD/N  
U.S. Bariatric



# Herb Crusted Beef Tenderloin

*Whole beef tenderloin roasted with fresh herbs.*

Servings: 12 \* Prep. Time: 15 min. \* Start to Finish: 1 hr. 30 min.

*1 whole beef tenderloin, trimmed  
3 tablespoons dried thyme  
3 tablespoons dried basil  
3 tablespoons dried oregano  
3 tablespoons granulated garlic  
1/4 cup olive oil  
2 tablespoons salt  
2 tablespoons cracked black pepper*

- Preheat oven to 375° F.
- Next, place all ingredients, except beef, into a large mixing bowl and blend well.
- Spread herb mix over beef tenderloin.
- Roast on 375° F until internal temperature is 345° F (medium).
- Yield: 6 oz.

*SERVING IDEAS:  
Great with Bleu  
cheese as a garnish.*





# Chicken Scampi

*Chicken in a butter garlic sauce.*

Servings: 4 ✿ Prep. Time: 10 min. ✿ Start to Finish: 20 min.

*1 pound boneless skinless chicken breasts, pounded thin*

*4 cloves fresh garlic, minced*

*3 tablespoons butter*

*Salt and pepper, to taste*

- First, pound chicken breasts very thin.
- Next, sprinkle both sides of chicken with salt and pepper.
- Next, melt butter in sauté pan, add garlic and chicken.
- Sauté chicken on both sides, approximately 2 minutes each side depending on thickness.
- Serve.
- Yield: 4 oz.

*NOTES: Be careful not to get pan too hot because your butter will burn.*

## *SERVING IDEAS:*

*Garnish with grated  
Parmesan cheese.*





# Pork Chops Dijon

*Boneless pork chops in a Dijon sauce.*

Servings: 4 \* Prep. Time: 10 min. \* Start to Finish: 45 min.

*1 pound pork loin chops, boneless  
2 tablespoons olive oil  
2 tablespoons Italian dressing  
1 medium onion, sliced  
1/4 teaspoon pepper  
3 tablespoons Dijon mustard*

- In large skillet over medium-high heat, add olive oil and brown pork chops on both sides.
- Remove chops.
- Add onions to skillet; cook and stir over medium heat for 5 minutes.
- Next, add pork chops to skillet.
- Combine Italian dressing, pepper, and Dijon mustard, and spread over top of chops.
- Cover and cook over medium-low heat for 15 minutes.
- Serve.
- Yield: 4 oz.

*SERVING IDEAS:  
Garnish with  
chopped cilantro  
and a lime slice.*





# Garlic Shrimp

*Sautéed shrimp with a garlic kick.*

Servings: 8 \* Prep. Time: 15 min. \* Start to Finish: 30 min.

*1/2 cup olive oil  
6 cloves garlic, finely chopped  
2 pounds shrimp  
2 limes, juiced  
1/2 teaspoon dried oregano  
1/4 cup fresh parsley  
1 tablespoon Tabasco sauce  
Salt, to taste*

- Heat oil in a large skillet over low heat, add garlic, stirring, 1 to 2 minutes.
- Turn the heat to medium add the shrimp.
- Cook, stirring until they turn pink, 5 minutes.
- Add the lime juice, salt, oregano and parsley, and stir well.
- Add Tabasco.
- Serve.
- Yield: 4 oz.

*SERVING IDEAS:*

*Garnish with  
chopped fresh dill.*



# Hollandaise Sauce

*Eggs and butter whisked together to form a perfect carb-free sauce.*

Servings: 4 \* Prep. Time: 5 min. \* Start to Finish: 15 min.

4 egg yolks

2 tablespoons fresh lemon juice

1 1/2 sticks butter, melted

Dash salt

Dash white pepper

- Whisk egg yolks and lemon juice in top pan of double boiler.
- Place pan onto double boiler (water in bottom of double boiler should be simmering and not touching top pan).
- Whisk continuously just until sauce begins to thicken.
- Remove from heat and slowly pour melted butter in steady stream, continuing to whisk until all butter is incorporated.
- Add salt and white pepper.
- Yield: 4 oz.

*NOTES: Be sure not to overheat because sauce will separate.*

## *SERVING IDEAS:*

*To make a  
Bearnaise sauce  
just add tarragon.*

