

Pureed Diet Recipes:

Phase 2 Diet Post-Bariatric Surgery



Phase 2:

Pureed Food

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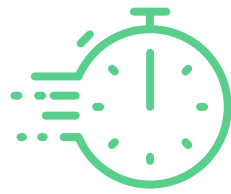




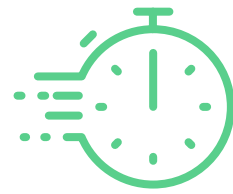
Rosemary Chicken with Blue Cheese Puree



YIELDS
8 Servings



PREP TIME
3 mins



COOK TIME
15 mins



TOTAL TIME
18 mins

- ☐ 2 tbsp raw sunflower seeds
- ☐ 8 oz lean ground chicken
- ☐ 1 clove garlic, minced
- ☐ 2 tbsp fresh rosemary, chopped, chopped
- ☐ 1 cup no salt added chickpeas, drained and rinsed
- ☐ 1 oz reduced fat blue cheese, crumbled
- ☐ 2 tbsp low fat plain Greek yogurt
- ☐ 1 tsp apple cider vinegar

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 104.6	
% Daily Value *	
Total Fat 4.4g	7%
Saturated Fat 1.2g	6%
Cholesterol 22.2mg	8%
Sodium 137.3mg	6%
Total Carbohydrate 6.2g	3%
Dietary Fiber 1.6g	7%
Sugars .5g	
Protein 8.9g	18%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

- 1 Gather all of the necessary ingredients so they are ready for cooking.
- 2 In skillet, heat sunflower seeds over medium heat for 2-3 minutes, until toasted, stirring occasionally. Remove and set aside.
- 3 In the same pan, heat 2 Tbsp water over medium-high heat. Add garlic and cook 1 minute, stirring often, until fragrant. Add chicken. Cook 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.
- 4 Add rosemary and chickpeas to chicken and stir to combine. Cook 2-3 minutes, until heated through.
- 5 In a small bowl, combine blue cheese, Greek yogurt, and apple cider vinegar.
- 6 Remove chicken from heat. Add blue cheese cream sauce and stir to combine. Top with toasted sunflower seeds.
- 7 Transfer mixture to a food processor and process until smooth.
- 8 Spoon a single serving into a small bowl and enjoy!

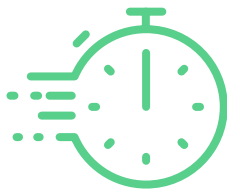




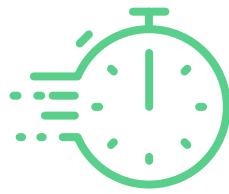
Mediterranean Chicken Puree



YIELDS
8 Servings



PREP TIME
2 mins



COOK TIME
4 mins



TOTAL TIME
6 mins

- ☐ 12 oz lean ground chicken
- ☐ 1 tbsp tahini
- ☐ 2 tsp za’atarl
- ☐ ¼ cup cup no salt added chickpeas, drained and rinsed
- ☐ 1 tbsp Tbsp parsley, chopped

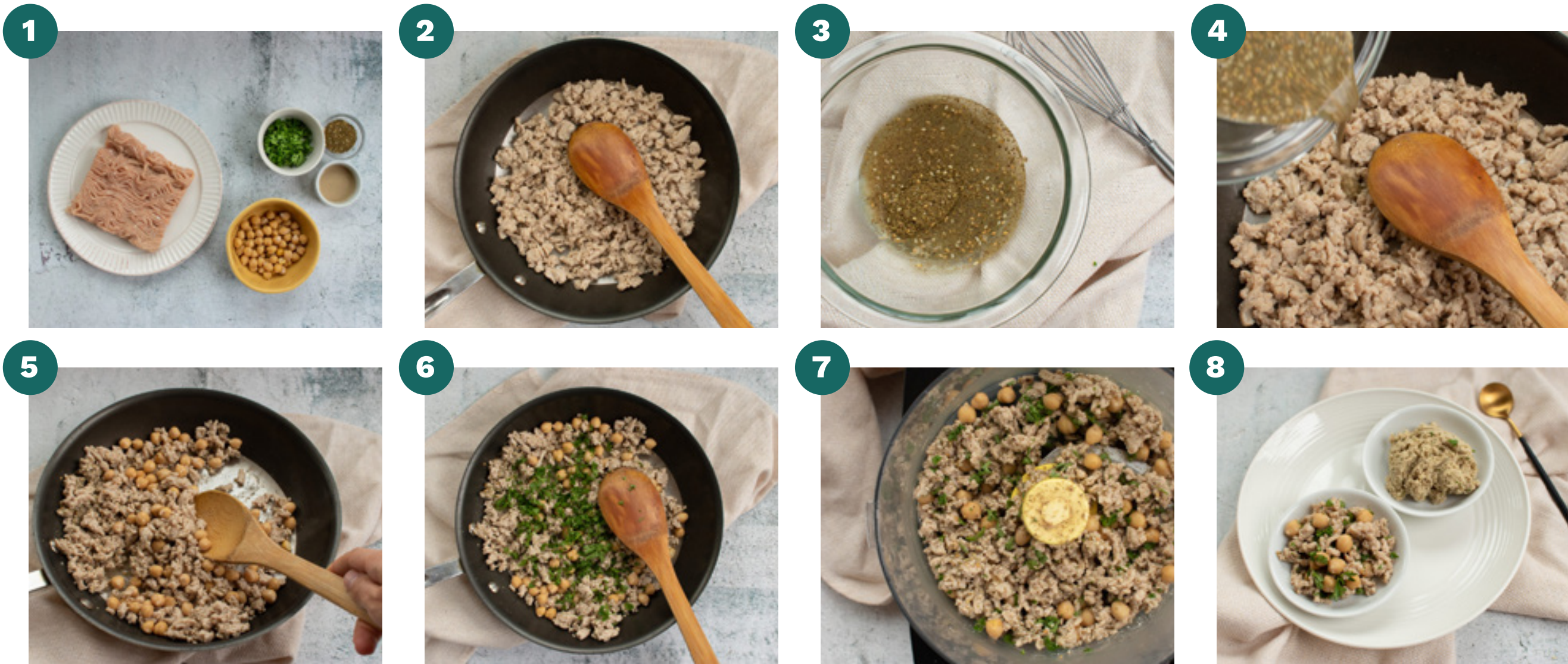
Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 89	
% Daily Value *	
Total Fat 4.6g	8%
Saturated Fat 1.1g	6%
Cholesterol 30mg	10%
Sodium 127.6mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0.6g	3%
Sugars 0.1g	
Protein 9g	18%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

- Layout all ingredients.
- In a skillet, heat 2 Tbsp water over medium-high heat. Add chicken and cook 5-7 minutes, breaking up while stirring, until cooked through. Add 1 Tbsp water at a time as needed to keep pan from drying out.
- In a small bowl, whisk together 3 Tbsp water, tahini, and za’atar.
- Add the sauce to the chicken.
- While adding the chickpeas to the chicken at the same time as the sauce.
- Remove from heat and add parsley.
- Transfer mixture to a food processor and process until smooth.
- Spoon a single serving into a small bowl and enjoy!

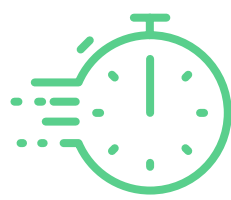




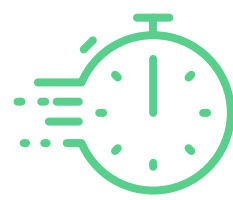
Ginger Garlic Tofu Puree



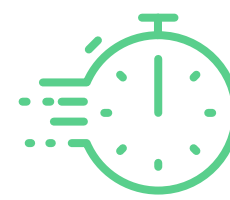
YIELDS
8 Servings



PREP TIME
2 mins



COOK TIME
4 mins



TOTAL TIME
6 mins

- ☐ 1 tbsp coconut aminos
- ☐ 1 tbsp ginger, minced
- ☐ 1 clove garlic, minced
- ☐ 16 oz firm tofu, cubed

- 1 In a skillet, coconut aminos, ginger, garlic, and 1/4 cup water over medium-high. Bring to boil.
- 2 Add tofu and cook 3-4 minutes, stirring occasionally, until warmed. Add 1 Tbsp water at a time as needed to keep the pan from drying out.
- 3 Transfer mixture to a food processor and process until smooth.
- 4 Spoon a single portion into a small bowl and enjoy!

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving		
Calories 61.9		
		% Daily Value *
Total Fat	3.2g	5%
Saturated Fat	.6g	3%
Sodium	43mg	2%
Total Carbohydrate	2.8g	1%
Dietary Fiber	.7g	3%
Sugars	.8g	
Protein	6.9g	14%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

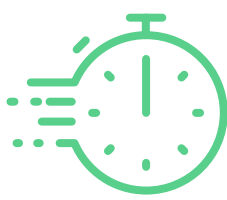




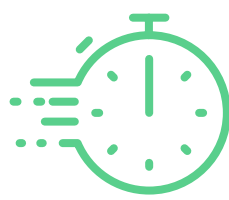
Ricotta & White Bean Puree



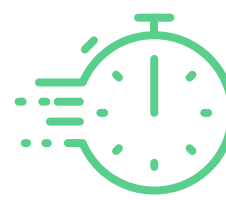
YIELDS
8 Servings



PREP TIME
2 mins



COOK TIME
4 mins



TOTAL TIME
6 mins

- ☐ 1 clove garlic, minced
- ☐ 16.00 can no salt added cannellini beans with liquid
- ☐ ¾ cup fat free ricotta
- ☐ 2 tbsp parsley, chopped

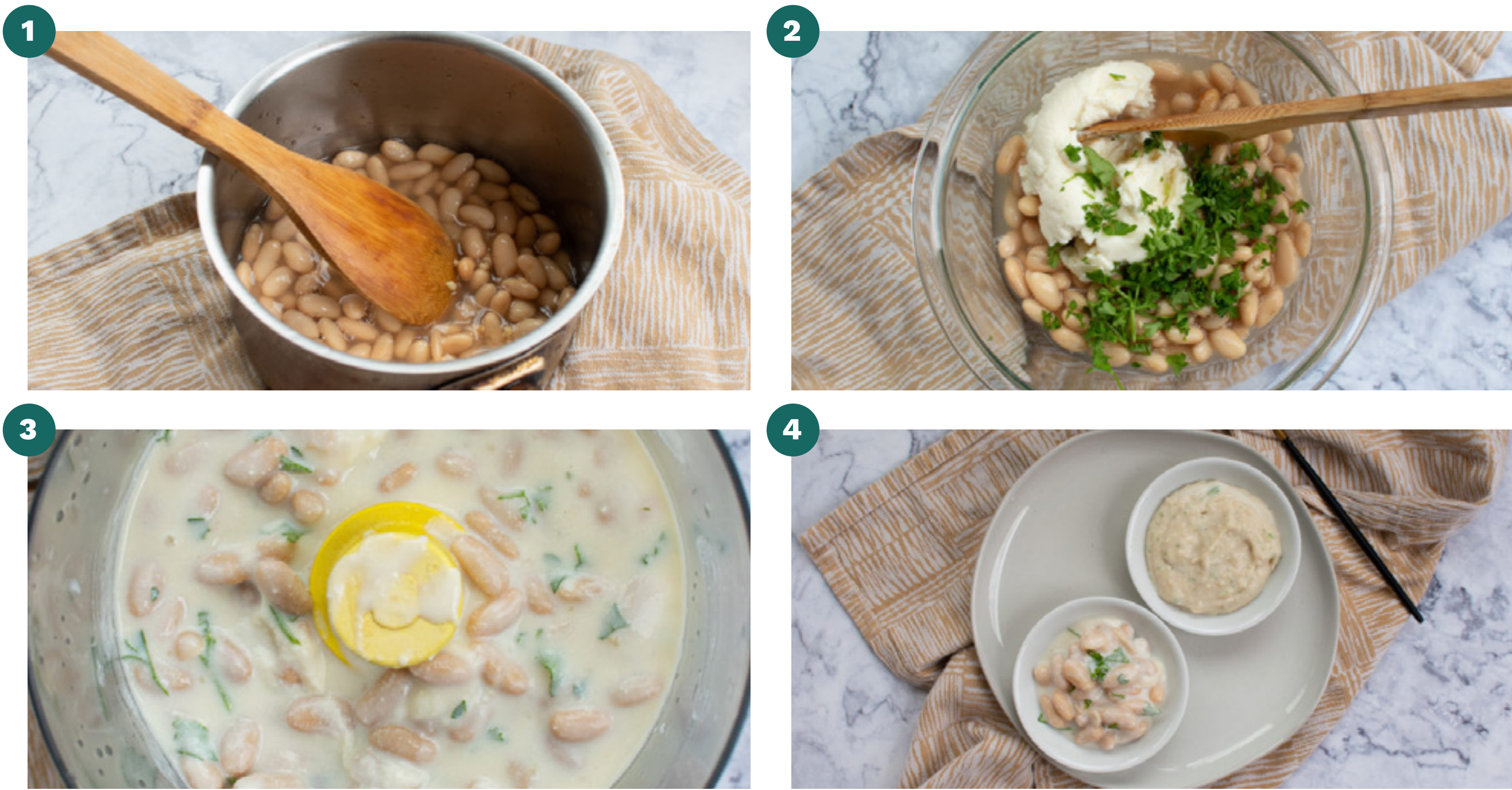
- 1 In a small pot, combine garlic with beans and their liquid over medium-high heat. Bring to a boil then reduce heat and simmer 3-4 minutes, until garlic is fragrant.
- 2 Transfer bean mixture to a bowl. Add ricotta and parsley and stir to combine.
- 3 Transfer mixture to a food processor and process until smooth.
- 4 Transfer the mixture into a small bowl and enjoy!

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 60	
	% Daily Value *
Total Fat 0.4g	1%
Sodium 44.9mg	2%
Total Carbohydrate 9.5g	4%
Dietary Fiber 2.2g	9%
Protein 4.7g	10%

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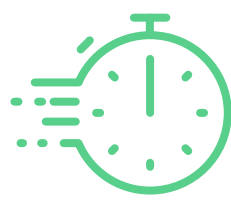




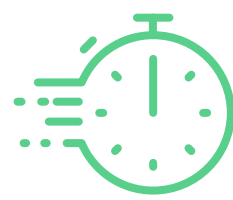
Chimichurri Chicken Puree



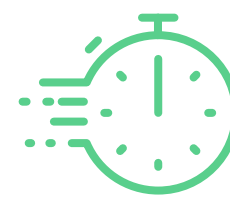
YIELDS
5 Servings



PREP TIME
13 mins



COOK TIME
13 mins



TOTAL TIME
26 mins

- ☐ ½ lb Lean ground chicken
- ☐ ½ tsp Paprika
- ☐ ¼ tsp Dried oregano
- ☐ ¼ cup Parsley
- ☐ 2 tbsp Cilantro
- ☐ 2 Cloves garlic, peeled
- ☐ 2 tsp Apple cider vinegar

- 1 In a saute pan, heat 2 Tbsp water over medium-high heat. Add chicken, paprika, and oregano. Cook 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.
- 2 In a food processor or blender, combine parsley, cilantro, garlic, apple cider vinegar, and 3 Tbsp water. Pulse until finely chopped.
- 3 Add chimichurri to pan and stir to coat.
- 4 Return to food processor and process until smooth.

Nutrition Facts

Serving Size **1.5 oz**
Servings **5**

Amount Per Serving	
Calories 47.6	
% Daily Value *	
Total Fat 2.3g	4%
Saturated Fat .6g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 81.5mg	4%
Total Carbohydrate .5g	1%
Dietary Fiber .1g	1%
Sugars 0g	
Protein 5.6g	12%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

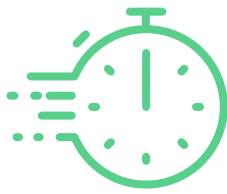




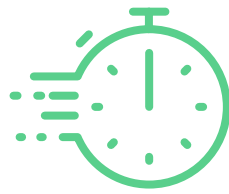
Mexican Egg Puree



YIELDS
8 Servings



PREP TIME
13 mins



COOK TIME
13 mins



TOTAL TIME
26 mins

- ☐ ½ lb Loose turkey sausage
- ☐ 6 Eggs
- ☐ 1 tbsp Full fat plain Greek yogurt
- ☐ 1 tsp Cumin
- ☐ ½ tsp Paprika
- ☐ ¼ cup No slat added black beans, drained and rinsed
- ☐ 2 tbsp Cilantro, chopped

- 1 In a bowl, vigorously whisk eggs, Greek yogurt, cumin, and paprika until incorporated. Set aside.
- 2 In a saute pan, heat turkey sausage over medium. Cook, stirring to break up, for 5-6 minutes, until cooked through.
- 3 Reduce heat to medium low. Add egg mixture and cook 2-3 minutes, moving constantly with a rubber spatula.
- 4 Add black beans and cook 1 minute, to warm. Add cilantro.
- 5 Transfer to food processor or blender with 2 Tbsp water and cilantro. Pulse until smooth.

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving

Calories 128

	% Daily Value *
Total Fat 7.1g	11%
Saturated Fat 1.9g	10%
Trans Fat 0.1g	
Cholesterol 166.2mg	56%
Sodium 236.4mg	10%
Total Carbohydrate 2.7g	1%
Dietary Fiber .6g	3%
Sugars .5g	
Protein 12.5g	25%

* Percent Daily Values are based on a 2,000 calorie diet.
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2



4



5

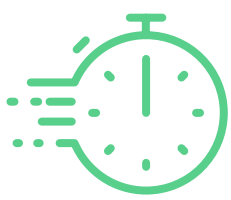




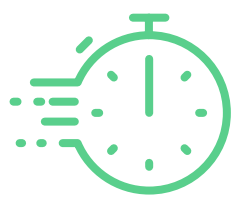
Turkey Tacos with Refried Beans Puree



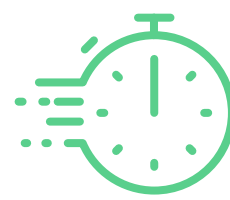
YIELDS
8 Servings



PREP TIME
21 mins



COOK TIME
21 mins



TOTAL TIME
42 mins

For the beans

- ☐ 1 Clove garlic, minced
- ☐ 1 cup No salt added pinto beans, rinsed and drained
- ☐ ¼ cup Low sodium chicken broth
- ☐ 2 tbsp Cilantro, chopped

For the turkey

- ☐ ¼ tsp Mild chili powder
- ☐ ¼ tsp Garlic powder
- ☐ ¼ tsp Paprika
- ☐ ¼ tsp Cumin
- ☐ ½ lb Lean ground turkey

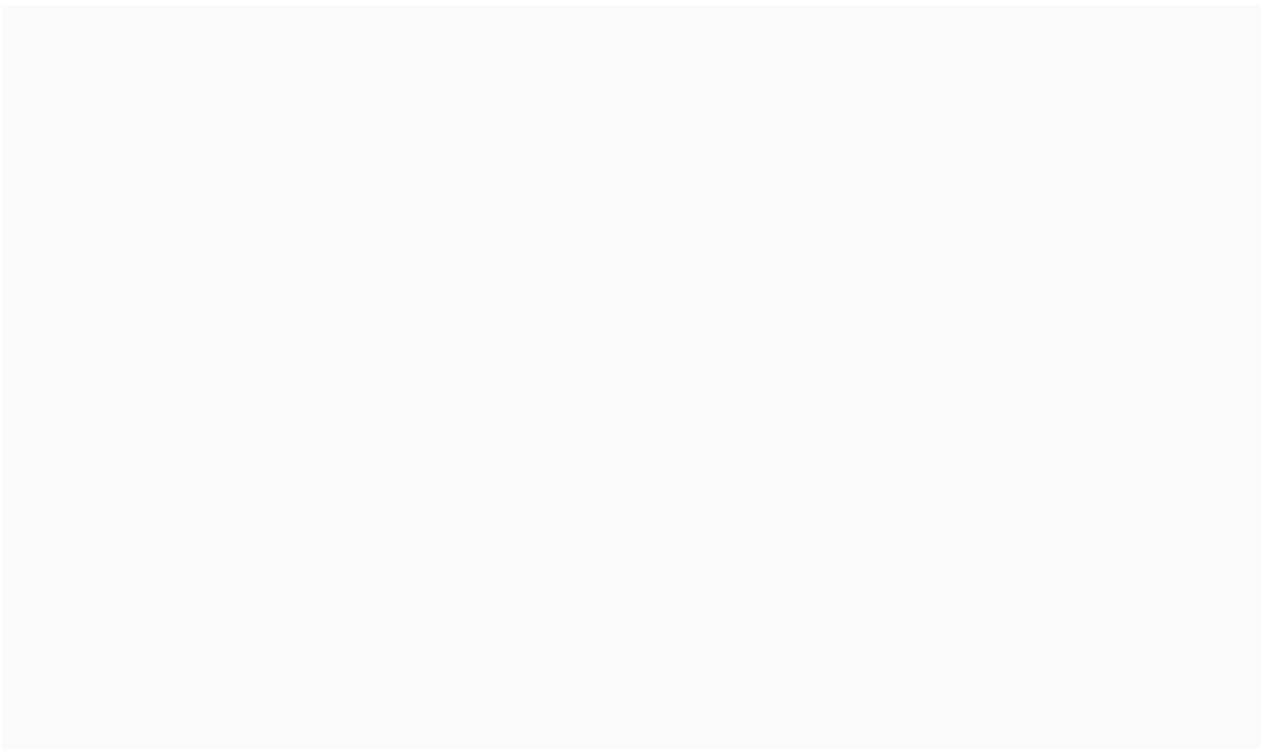
- 1 To make the beans: In a saute pan, heat 2 Tbsp water over medium heat. Add garlic and saute 1 minute, until fragrant. Add pinto beans and chicken broth and bring to a boil. Reduce heat to medium-low and simmer 5 minutes.
- 2 Use a potato masher or the back of a fork to mash the beans. Continue cooking 3-4 minutes, until liquid evaporates. Remove from heat and stir in 2 Tablespoons of chopped cilantro.
- 3 To make the turkey: In a sauté pan, heat chili powder, garlic powder, paprika, and cumin. Toast 1 minute.
- 4 Add 2 Tbsp water and turkey. Cook for 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.
- 5 In a food processor or blender, combine beans and turkey and pulse until smooth.

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 68.1	
% Daily Value *	
Total Fat 0.9g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 20.1mg	7%
Sodium 27.3mg	2%
Total Carbohydrate 5.4g	2%
Dietary Fiber 1.8g	8%
Sugars 0.3g	
Protein 10.7g	22%

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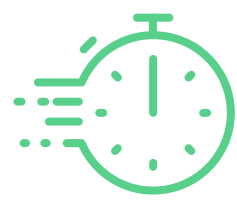




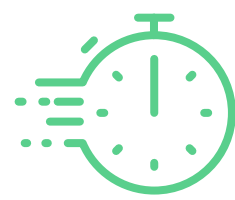
Creamy Shrimp Scampi Puree



YIELDS
8 Servings



PREP TIME
8 mins



TOTAL TIME
8 mins

- ☐ 2 tbsp Olive oil
- ☐ 1 lb Shrimp
- ☐ 4 Cloves garlic, minced
- ☐ ¼ cup Parsley, chopped
- ☐ 2 tbsp Low fat plain Greek yogurt

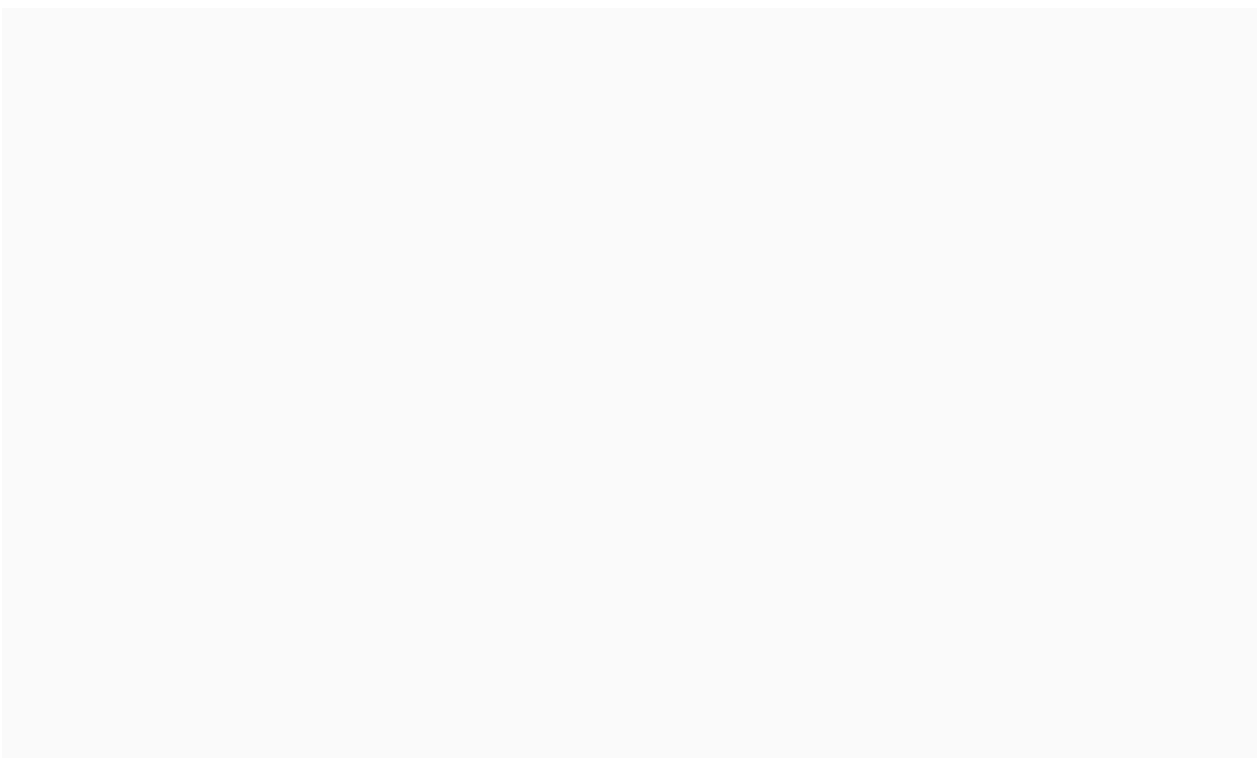
Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 91.8	
	% Daily Value *
Total Fat 3.7g	6%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 107.9mg	36%
Sodium 65.6mg	3%
Total Carbohydrate 0.9g	1%
Dietary Fiber 0.1g	1%
Sugars 0.1g	
Protein 14.1g	29%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

- 1 In a large saute pan, heat olive oil over medium-high heat.
- 2 Pat shrimp dry and add to hot pan. Cook 2-3 minutes, tossing halfway through, until just pink. Add garlic and cook another 1 minute, until fragrant.
- 3 Remove to a heatproof bowl. Add parsley and Greek yogurt and toss to coat.
- 4 Transfer mixture to a food processor and process until smooth.

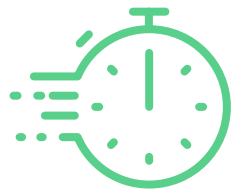




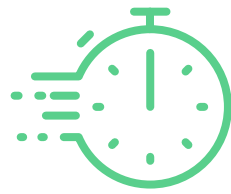
Sesame Tuna Salad Puree



YIELDS
8 Servings



PREP TIME
5 mins



TOTAL TIME
5 mins

- ☐ 1 tbsp Coconut aminos
- ☐ 1 tbsp Tahini
- ☐ 1 tsp Apple cider vinegar
- ☐ 2 tbsp Full fat plain Greek yogurt
- ☐ 15 oz Chunk light tuna in water
- ☐ 2 tbsp Sesame seeds
- ☐ 2 tbsp Parsley, chopped

- 1 In a bowl, whisk together coconut aminos, tahini, apple cider vinegar, and Greek yogurt until smooth.
- 2 Add tuna and sesame seeds and stir to combine and break up tuna. Add parsley and stir to combine.
- 3 Transfer mixture to a food processor and process until smooth.



Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 78.1	
% Daily Value *	
Total Fat 3.4g	6%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 23.8mg	8%
Sodium 209.9mg	9%
Total Carbohydrate 1.3g	1%
Dietary Fiber 0.5g	2%
Sugars 0.6g	
Protein 11.7g	24%

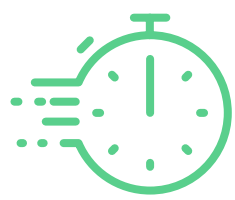
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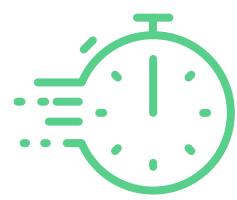
Caribbean Pork Puree



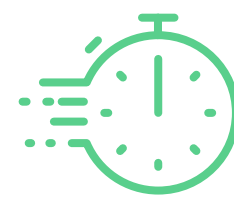
YIELDS
8 Servings



PREP TIME
7 mins



COOK TIME
7 mins



TOTAL TIME
14 mins

- ☐ 1 tsp Garlic powder
- ☐ 1 tsp Dried thyme
- ☐ ½ tsp Dried parsley
- ☐ ½ tsp Paprika
- ☐ ¼ tsp Allspice
- ☐ ¾ lb Lean ground pork
- ☐ 1 tbsp Apple cider vinegar
- ☐ ¼ cup No salt added black beans
- ☐ ¼ cup Cilantro, chopped

Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 65.3	
	% Daily Value *
Total Fat 1.8g	3%
Saturated Fat .6g	3%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 29.4mg	2%
Total Carbohydrate 2.6g	1%
Dietary Fiber 0.7g	3%
Sugars 0g	
Protein 9.8g	20%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

- 1 In a large skillet, heat garlic powder, thyme, parsley, paprika, and all spice over medium heat for 2-3 minutes, until fragrant.
- 2 Increase heat to medium high and 2 Tbsp water and pork. Cook 5-7 minutes, breaking up while stirring, until cooked through. Add 1 Tbsp water as needed to keep pan from drying out.
- 3 Add apple cider vinegar and black beans. Cook 1-2 minutes, to warm beans. Remove from heat and add cilantro.
- 4 Transfer to a food processor and process until smooth.

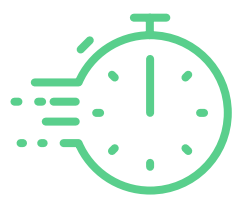




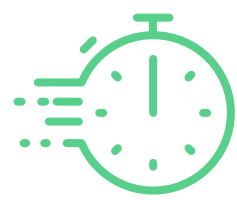
Moroccan Fish Puree



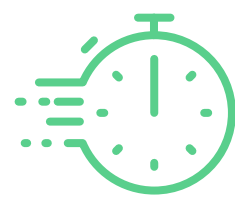
YIELDS
8 Servings



PREP TIME
10 mins



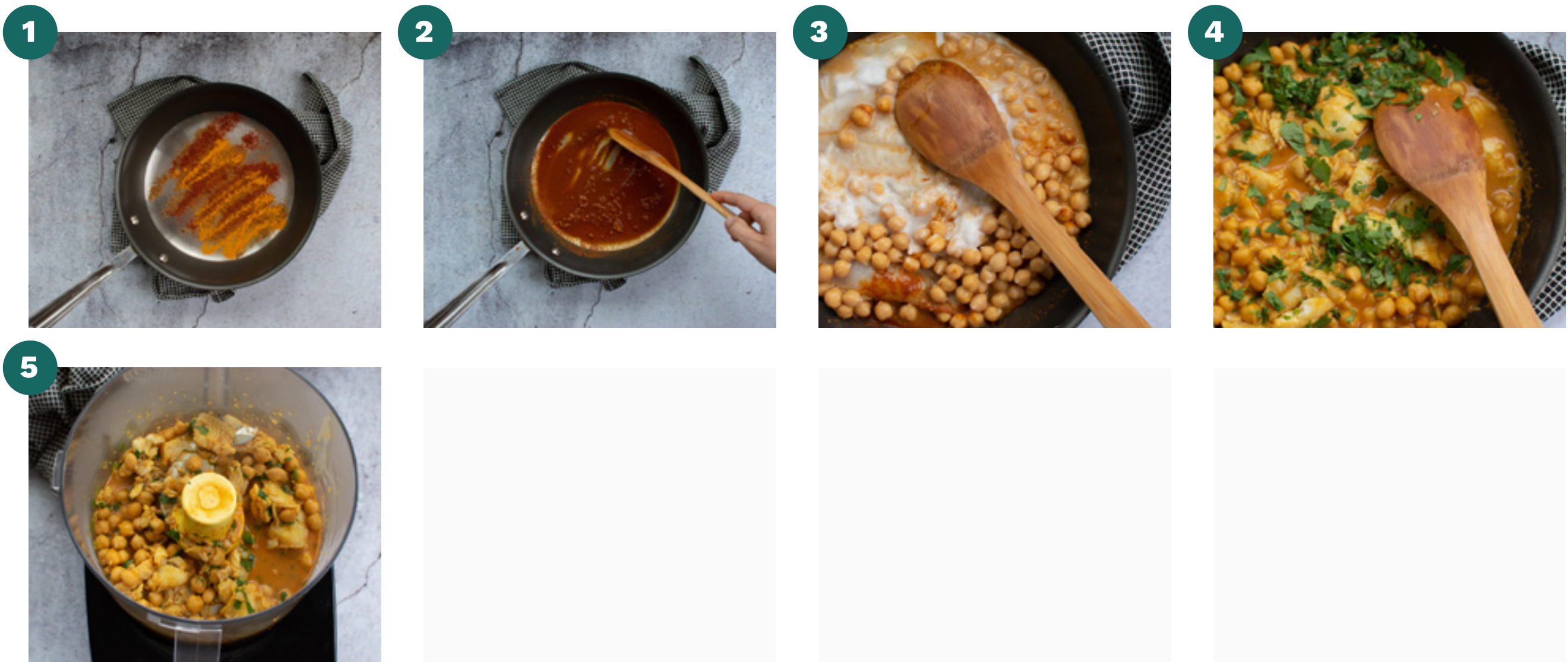
COOK TIME
3 mins



TOTAL TIME
13 mins

- ☐ 1 tsp Paprika
- ☐ 1 tsp Cumin
- ☐ ¼ tsp Cinnamon
- ☐ ¼ tsp Turmeric
- ☐ 1 tsp Apple cider vinegar
- ☐ 1 Clove garlic, minced
- ☐ 8 oz White fish fillets (tilapia, flounder, etc)
- ☐ ⅓ cup Light coconut milk
- ☐ 1 cup No salt added chickpeas, drained and rinsed
- ☐ 2 tbsp Cilantro, chopped

- 1 In a large skillet, heat paprika, cumin, cinnamon, and turmeric over medium heat. Toast 1-2 minutes, until fragrant.
- 2 Add apple cider vinegar, 2 Tbsp water, and garlic. Cook 1-2 minutes, until garlic is fragrant.
- 3 Increase heat to high. Add fish, coconut milk, and chickpeas. Bring to a boil then reduce to a simmer and cook for 4-6 minutes, until the fish is cooked through. Cook times can vary with thickness of fish. Fish should be opaque and flaky.
- 4 Remove from heat and add cilantro.
- 5 Transfer mixture to a food processor and process until smooth.



Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 66.7	
% Daily Value *	
Total Fat 1.2g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 33.8mg	2%
Total Carbohydrate 6.8g	3%
Dietary Fiber 1.9g	8%
Sugars 1.4g	
Protein 7.7g	16%

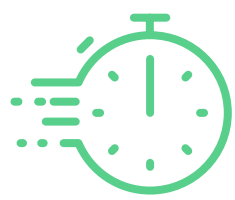
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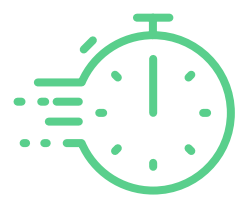
Chicken & Black Bean Mole Puree



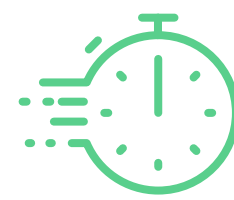
YIELDS
8 Servings



PREP TIME
12 mins



COOK TIME
12 mins



TOTAL TIME
24 mins

- ☐ 1 Clove of Garlic, Minced
- ☐ ½ lb lean ground chicken
- ☐ 1 cup no salt added black beans, rinsed and drained
- ☐ 3 tbsp raw almonds, soaked in water overnight*
- ☐ ¼ cup low sodium chicken broth
- ☐ ½ tbsp raw cacao powder
- ☐ ½ tsp paprika
- ☐ ¼ tsp dried oregano
- ☐ ¼ tsp cumin
- ☐ ¼ tsp coriander
- ☐ ¼ tsp garlic powder
- ☐ ⅛ tsp cinnamon
- ☐ 2 tbsp cilantro, chopped

- 1** In a saute pan, heat 2 Tbsp water over medium-high heat. Add garlic and cook 1 minute, stirring often, until fragrant.
- 2** Add chicken and cook 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.
- 3** In a food processor or blender, combine 2 Tbsp water, soaked almonds, chicken broth, paprika, cacao, paprika, oregano, cumin, coriander, garlic powder, and cinnamon. Process until smooth
- 4** Add black beans and sauce to chicken and bring to a simmer. Transfer mixture to food processor or blender with cilantro and pulse until smooth.
- 5** *Shortcut for soaked almonds: Place almonds in a small pot and cover with water. Bring to a boil then reduce heat to low and simmer 15-20 minutes, until plump.

1



2



3



4



Nutrition Facts

Serving Size **1.5 oz**
Servings **8**

Amount Per Serving	
Calories 109.5	
	% Daily Value *
Total Fat 3.9g	6%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 26.3mg	9%
Sodium 35.5mg	2%
Total Carbohydrate 9.5g	4%
Dietary Fiber 3g	12%
Sugars 0.1g	
Protein 9.5g	19%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.