

# An Educator's Guide

## Step 4 Holiday Meal Plan Ideas

1-2 months post-op	2- 4months post-op	4-6 months post-op	6-12months post-op	12months and over
Follow Diet Guidelines	<b>Protein:</b> 1oz turkey 1oz ham 1oz salmon	<b>Protein:</b> 2oz turkey 2oz ham 2oz salmon	<b>Protein:</b> 3oz turkey 3oz ham 3oz salmon	<b>Protein:</b> 4oz turkey 4oz ham 4oz salmon
Follow Diet Guidelines	<b>Vegetables:</b> 1TBSP green bean casserole 1TBSP steamed carrots 1TBSP collard greens	<b>Vegetables:</b> 1/2 cup green bean casserole 1/2 cup steamed carrots 1/2 cup collard greens	<b>Vegetables:</b> 1/2 cup green bean casserole 1/2 cup steamed carrots 1/2 cup collard greens	<b>Vegetables:</b> 1 cup green bean casserole 1 cup steamed carrots 1 cup collard greens
Follow Diet Guidelines	<b>Starches:</b> 1 TBSP mashed potatoes 1 TBSP scalloped potatoes 1 TBSP dressing	<b>Starches:</b> 1/2 cup mashed potatoes 1/2 cup scalloped potatoes 1/2 cup dressing	<b>Starches:</b> 1/2 cup mashed potatoes 1/2 cup scalloped potatoes 1/2 cup dressing	<b>Starches:</b> 1/2 cup mashed potatoes 1/2 cup scalloped potatoes 1/2 cup dressing
Follow Diet Guidelines	<b>Fruits/Desserts:</b> 1/2 cup sugar free banana pudding 1/2 cup sugar free gelatin with fruit 1/2 cup sugar free whipped yogurt with fruit	<b>Fruits/Desserts:</b> 1/2 cup sugar free banana pudding 1/2 cup sugar free gelatin with fruit 1/2 cup sugar free whipped yogurt with fruit	<b>Fruits/Desserts:</b> 1/2 cup sugar free banana pudding 1/2 cup sugar free gelatin with fruit 1/2 cup sugar free whipped yogurt with fruit	<b>Fruits/Desserts:</b> 1/2 cup sugar free banana pudding 1/2 cup sugar free gelatin with fruit 1/2 cup sugar free whipped yogurt with fruit

**NOTE:**

- Only choose 1 serving from each food group.
- Always eat protein food first, and stop eating when you feel full.