

## Post Surgery Nutrition Tools

### Planning for Healthy Meals and Snacks

[Tips for Planning Meals and Snacks](#)  
[Blank Weekly Menu Planner](#)

### Ideas for Meals and Snacks

Looking for new ideas for meals and snacks? Check out these sites breakfast, main, side dishes and more.

[Recipe Corner](#)  
[Homemade 100 calorie Snack Packs](#)  
[Snack Attack!](#)

### Sample menus:

Tired of eating the same foods everyday? Take a look at these sample menus for ideas or use them to get back on track.

[7 day sample menu](#)  
[8 day sample menu](#)

### Other Helpful Websites

- [The World According to Eggface](#)  
A blog about weight loss surgery, gastric bypass, healthy recipes, bariatric food.
- [Spark People](#)  
Looking for inspiration to lead a healthier, happier life? Get inspired by finding a new recipe or exercise routine.
- [Obesity Help](#)  
Obesity Help is dedicated to the education, empowerment and support of all individuals affected by obesity, along with their families, friends, employers, surgeons and physicians.

Books:

