DIETBASHAYER

FREE GROCERY CHECKLIST

2+ Years After Bariatric Surgery

Two years on, hunger comes back, portions grow, and old habits can creep in. Regain is common and treatable, and never a personal failure. This list keeps your cart working for you: protein first, plenty of vegetables, smart carbs and snacks that actually fill you up.

Sleeve & bypass | Stop the regain | Kuwait & Gulf co-op friendly

Keep your results in your cart.

Created by Bashayer Al Bader · Clinical Dietitian · 14 years clinical experience

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1 Start here: how to use this

1. **Tick what you already have** at home before you go.
2. **Plan 3 meals and 1-2 planned snacks** a day. Grazing all day is the most common reason weight comes back.
3. **Build each plate:** protein first, vegetables second, carbs last and small (a quarter of the plate).

THE PLATE RULE

Protein first · vegetables second · carbs last. Eat slowly, stop at the first sign of fullness, and keep drinks 30 minutes away from meals.

2 The checklist

Protein at every meal	TIP
☐ Eggs, labneh, cottage cheese	Breakfast protein
☐ Chicken, turkey, lean meat	Grilled or stewed
☐ Fish: hamour, salmon, tuna	2-3 times a week
☐ Greek yoghurt, lentils, chickpeas	Aim for 60-80 g protein a day, or your plan's target

Vegetables that fill the plate	TIP
☐ Cucumber, lettuce, rocket	Volume for few calories
☐ Broccoli, cauliflower, courgette	Roasted or in stews
☐ Coloured peppers, tomatoes, carrots	Raw snack vegetables

Smart carbs, small portions	TIP
☐ Oats, barley, bulgur	Slow, steady energy
☐ Small brown bread, whole-wheat khubz	Half a khubz is a portion
☐ Sweet potato, brown rice	A quarter of the plate
☐ Whole fruit instead of juice	1-2 portions a day

Snacks that fill you up	TIP
☐ Plain Greek yoghurt	High protein
☐ Light cheese sticks, boiled eggs	Grab-and-go
☐ Roasted chickpeas	Crunch with protein
☐ A small, measured handful of nuts	Measure it; don't eat from the bag

Drinks between meals	TIP
☐ Water, naturally flavoured water	1.5-2 litres a day
☐ Tea and coffee without sugar	Watch the sweet lattes
☐ Protein shake, only if you need it	Not as a snack habit

Pharmacy: for life	TIP
☐ Daily multivitamin	Every day
☐ Calcium citrate + vitamin D	Split into doses
☐ Vitamin B12	As prescribed
☐ Iron, based on your blood test	2 hours apart from calcium

3 Leave on the shelf: the regain foods

- ✕ Crisps, biscuits and other foods that melt in your mouth (they slide through and never fill you)
- ✕ Sweetened drinks and sugary lattes
- ✕ Fizzy drinks
- ✕ A stockpile of sweets at home

Have a blood test at least once a year, and see your bariatric team or dietitian if your weight starts creeping up.

Weight coming back? It's not a failure.

Regain is common and treatable. Together we find the real cause (hunger, grazing, emotional eating or sleep) and get you back on track, one step at a time. **Book a 1:1 consultation on WhatsApp: +965 5596 5181**

Educational guide, not medical advice. Always follow your bariatric team's advice. Vitamin doses depend on your blood tests.

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