

LIFE IS SWEET COUNSELING

FOOD ADDICTION RECOVERY



BARIATRIC-FRIENDLY CRAVINGS-BE-GONE RECIPE GUIDE



# Welcome!

**Congratulations** on taking the first step towards healing your relationship with food. I am so happy you have downloaded this bariatric-friendly Cravings Be Gone recipe guide.

Let me guess...

- ☞ *Your cravings for food can overpower your common sense.*
- ☞ *You have trouble sticking to a meal plan despite your best intentions.*
- ☞ *Your night-time eating can get out of control.*
- ☞ *You are able to eat increasingly large portions.*
- ☞ *You are desperate to lose your excess weight.*

You have come to the right place! This Food Guide is full of nourishing, easy, bariatric-friendly recipes that can be a first step towards helping you: eliminate cravings, stop overeating and achieve sustainable weight loss.

If you don't know me yet, my name is Pamela Mekuz. I am a certified Food Addiction Counselor specializing in bariatric surgery clients. Treating my underlying Food Addiction was key to helping me easily maintain an over 100 pound weight loss.

Discovering which foods triggered my bingeing behaviours and eliminating them from my diet was an





absolute game-changer in helping me transform my relationship with food. Today I am happily maintaining a healthy weight without hunger, without dieting and without obsessing about food.

This Recipe Guide Plan is a great first step as these recipes are not only delicious and nourishing but they are free from many of the foods which keep us trapped in addictive patterns of overeating. This is a fundamental key to success missing from most traditional food plans.

Working with a Professional Food Addiction Counselor is extremely useful in overcoming your cravings. A Food Addiction Counselor can help you determine your personal food triggers, create an individualized food plan that works for your specific needs, as well as help you create a plan to address the emotional and spiritual roadblocks that may be standing in the way of your recovery.

Addiction lives in isolation, so finding a community of support is invaluable. Please reach out via my website: [www.lifeissweetcounseling.com](http://www.lifeissweetcounseling.com), and/or join the growing, supportive communities on social media:

Facebook and YouTube - Pamela Mekuz

Instagram - [pamela\\_mekuz](https://www.instagram.com/pamela_mekuz)

TikTok - [@pamela\\_mekuz](https://www.tiktok.com/@pamela_mekuz)

I hope you try these recipes and love them as much as I do. Tag me in a photo of your recipes or just drop me a line and let me know how they turn out!

***Your best life awaits!!!***

Yours in Food Addiction Recovery,

*Pamela Mekuz*



## VEGGIE EGGBITES WITH BERRIES



### Ingredients:

- 2 oz sauteed vegetables  
*(I used onion, peppers and zucchini. Use what you like)*
- 2 eggs
- 1 tbsp cream
- salt and pepper to taste

### Method:

1. Chop vegetables into small cubes and saute until soft
2. Spray a muffin tin pan liberally with cooking spray
3. Fill two muffin tin sections with 1oz each of sauteed vegetables
4. Beat two eggs and 1tbsp of cream in a bowl with salt and pepper
5. Divide the egg mixture between the filled muffin tin sections
6. Bake at 350 for 15 minutes or until set
7. Serve with a side of 3 oz of berries

*Enjoy!*



## TOFU SCRAMBLE



### Ingredients:

- 2 oz extra firm tofu
- 2 oz of chopped, sauteed vegetables  
*(I used onion, zucchini and pepper. Use what you like)*
- 1 tsp nutritional yeast
- ½ tsp ground turmeric
- pinch of garlic powder
- 3 oz sliced tomato
- 1 oz sliced avocado

### Method:

1. Chop vegetables into small cubes and saute in skillet until soft
2. Add tofu to skillet, breaking it into crumbs using the back of a fork
3. Add nutritional yeast, turmeric, onion powder, salt and pepper to the skillet and mix well
4. Plate alongside tomato and avocado slices

*Enjoy!*



## CREAMY TUNA SALAD ON CUCUMBER



### Ingredients:

- 1.5 oz canned tuna
- 1 oz greek yogurt
- ½ TBSP mayo
- ½ tbsp finely chopped red onion
- Salt and Pepper to taste
- 8 oz English Cucumber

### Method:

1. Mix the tuna, greek yogurt, mayo and red onion together in a bowl
2. Season liberally with salt and pepper
3. Cut the cucumber into thick slices and season with salt and pepper
4. Arrange a spoonful of the tuna salad on each round of cucumber

*Enjoy!*



## GREEK YOGURT DIP WITH CRUDITE



### Ingredients:

- 4 oz greek yogurt
- 1 clove of garlic, crushed
- 1 tbsp fresh dill, finely chopped or ½ tsp dried
- ½ TBSP olive oil
- Zest and juice of one small lemon
- ¼ tsp salt
- Pinch of pepper
- 8 oz sliced fresh vegetables for dipping

### Method:

1. In a bowl mix greek yogurt, crushed garlic clove, dill, olive oil, lemon zest and juice and salt and pepper. Let sit in the fridge for at least an hour, or overnight
2. Serve with a variety of fresh vegetables for dipping. Carrots, cucumber, bell peppers, sugar snap peas and radishes work great!

*Enjoy!*



## ANYTIME SNACK TRAY



### **Ingredients:**

- 1.5 oz sugar free sausage sliced
- 0.5 oz sliced cheese
- 0.5 oz olives
- 5 oz fresh vegetable slices
- 3 oz fresh berries

### **Method:**

Arrange all items beautifully on a plate and enjoy the various flavour combinations.





## SPAGHETTI SQUASH BOLOGNESE



### Ingredients:

7 oz Spaghetti Squash  
3 oz Sugar free marinara sauce  
2 oz Ground turkey  
Salt and Pepper to taste  
Pinch of chili flakes (optional)  
½ tbsp olive oil

### Method:

1. Preheat oven to 400 F
2. Slice spaghetti squash lengthwise and deseed. Place cut side down on a parchment lined baking sheet. Roast for about 40 minutes or until squash is very soft
3. In the meantime, sautee the ground turkey and season with salt and pepper
4. Measure out 2 oz of turkey and mix it with the 3 oz of marinara sauce and heat this in a pan with a pinch of chili flakes
5. When squash is cooked, use a fork to scrape out the "noodles"
6. Mix the squash with ½ tbsp olive oil and season with salt and pepper
7. Top with the turkey, tomato sauce mixture



## CAJUN SHRIMP AND CAULIFLOWER RICE



### Ingredients:

- 1 head of cauliflower (or one package of riced cauliflower)
- 1 cup of peeled deveined shrimp
- 1.5 tsp cajun seasoning
- 1 tbsp olive oil or melted butter
- Salt and pepper to taste

### Method:

1. Place raw shrimp into a bowl and mix with 1.5 tsp of cajun seasoning
2. Lightly oil a skillet and heat it to medium heat. Arrange the shrimp evenly in the pan and cook for about 2 minutes each side or until cooked through
3. To make cauliflower "rice", use a hand grater, or the grater attachment on a food processor and process the cauliflower into small pieces. Alternatively, riced cauliflower is widely available at many grocery stores.
4. Lightly oil a skillet and sautee the riced cauliflower until soft.
5. Measure 8oz of cooked riced cauliflower into a bowl and add the olive oil or butter and salt and pepper. Mix.
6. Top with the cooked shrimp.



## HERBED CHOPPED SALAD WITH CHICKEN



### Ingredients:

- 1 chicken breast, cooked
- 1 tomato
- ½ bell pepper
- ¼ of an English Cucumber
- ½ cup of fresh herbs (I used parsley, cilantro, basil and mint)
- ½ tbsp olive oil
- Juice of half a lemon
- Salt and pepper to taste

### Method:

1. Chop the tomato, bell pepper and english cucumber into uniform, bite sized pieces and place into a medium sized bowl
2. Chop the cooked chicken breast into bite sized cubes and place in the same bowl
3. Top with the chicken and vegetables with finely chopped fresh herbs
4. Add ½ tbsp of olive oil and the juice of ½ lemon to the bowl
5. Season with salt and pepper
6. Mix well and enjoy!