

DR. KARLEENA TUGGLE

BARIATRIC SURGEON

Shrimp Salad



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Grocery List:

1/2 lb Cooked Shrimp (Medium Size)
1 Bag of Mixed Greens (Arugula, Spinach, etc.)
1 Carrot
1 Tomato
1 Boiled Egg

Dressing: 3 teaspoons of olive oil and 1 teaspoon of vinegar. Add a pinch of salt and pepper and then stir.

Instructions: Slice carrot into thin pieces. Slice tomato into 6 slices. Slice boiled egg into 5 slices. Take 1/4 cup of water and place in skillet. Then sauté shrimp in water on med-high heat for 6 mins. Lay two cups of mixed green on a plate. Then place the Carrot, Tomato and egg slices over the greens. Finally, add the shrimp over the top and drizzle the dressing.

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BARIATRIC SURGEON

Turkey Basil Burgers



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Grocery List:

- 1 lb of Ground Turkey
- 1 pack of Buffalo Mozzarella
- 14 Basil leaves
- 1 Tomato
- 5 pieces of Ice burg Lettuce
- 1 Egg
- Teaspoon of Salt & Pepper

Instructions: Chop up 4 of the basil leaves. Use your hands to blend egg, the chopped basil leaves, salt and pepper and ground turkey in a bowl. Form 5 patties out of the mixture. Place patties in baking dish and bake at 375 degrees for 45 mins. Check patties to ensure they are done before taking out of oven. Top patties with one slice of mozzarella, 1 slice of tomato, and two basil leaves. Eat without bread for best results.

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BARIATRIC SURGEON

Rainbow Stir-Fry Oh My



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Grocery List:

- 1 Zucchini
- 1 Red Pepper
- 1/2 lb of Shiitake Mushrooms
- 1 Bag of Microwave Steam Cauliflower Rice
- 1 Onion
- 1 tablespoon of Olive Oil
- Teaspoon of Salt & Pepper

Instructions: Chop mushrooms into pieces the size of a penny. Slice the red pepper into thin strips. Cut the zucchini in half down the center and then slice each half into half moon slices about 1/4 inch thick. Slice the onion into thin strips. Place the olive oil into a Wok pan and heat for 2 mins. Then lay all vegetables in the pan. Stir-fry the veggies for 8 mins or to the texture you wish. Follow instructions for Microwave Steam Cauliflower Rice and then lay the rice on the plate and top with veggies. Add 1 diced and sautéed chicken breast should you wish.

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BARIATRIC SURGEON

Black Bean Skillet



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Grocery List:

- 1 Can of Black Beans
- 1 Red Pepper
- 1 Green Pepper
- 1 Sweet Potato
- 1 Can Diced Tomatoes
- 1 Onion
- 1 teaspoon of Olive Oil
- Teaspoon of Salt & Pepper

Instructions: Chop sweet potato into cubes. Slice Red Pepper, Green Pepper, and Onion into thin slices. Add olive oil to pan and heat at med-high heat for 3 mins. Add all veggies and black beans to pan except the can of diced tomato. Bring all veggies to a simmer and then turn heat down to low and cover for 10 mins. Drain the juice from the can of diced tomatoes. Add them into the pan and stir. Then cover and let simmer for another 10 mins. Plate and enjoy!

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BARIATRIC SURGEON

Crispy Baked Chicken



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Grocery List:

1 Cornish Hen
1 Clove of Garlic
1/2 Lemon
1 teaspoon of Olive Oil
Teaspoon of Salt & Pepper

Instructions: Rinse and clean the hen and then pat dry with paper towel. Massage olive oil onto skin of hen. Sprinkle salt and pepper. Place garlic under the skin of the hen. Slice the 1/2 of lemon and lay slices on top of hen. Bake in preheated oven at 375 degrees for 1hr. Confirm chicken is cooked all the way through before eating. If you are craving stuffing. Steam one bag of cauliflower rice and dice 6 mushrooms. Mix together with fresh diced cilantro and let cool. Then stuff the cavity of the bird prior to baking.

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Saucy Dill Salmon



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Grocery List:

1 cup of Low Fat Green Yogurt
1 teaspoon of Dill
1/2 Cucumber Grated
Teaspoon of Salt & Pepper

Instructions: Mix yogurt, dill and grated cucumber in a bowl and place in fridge. Rinse salmon. Pat dry with a paper towel. Sprinkle with salt and pepper. Bake for 30 mins at 375 degrees. Then take a Tablespoon of yogurt dill sauce and place of top.

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Fruit & Yogurt Bowl



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Grocery List:

1 cup of Low Fat Greek Yogurt
1 cup of mixed berries
1 fig sliced into 6 pieces

Instructions: Top yogurt with fresh fruit and enjoy!

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Summer Salad



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Grocery List:

1 Head of Romaine Lettuce
2 Radishes
10 Cherry Tomatos
1/4 head of Red Cabbage
1/2 cup of Carrots

Dressing: 1/2 Avocado, 3 teaspoons olive oil, 1 teaspoon vinegar, 1/4 mango. Blend all in food processor.

Instructions: Cut lettuce and red cabbage to your preferred size and mix in a bowl. Slice radishes, tomatoes, and carrots and top salad. Take dressing and drizzle over salad.

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BARIATRIC SURGEON

Fresh City Caprese



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Grocery List:

1 pack of Buffalo Mozzarella
14 Basil leaves
1 Tomato
1/4 Teaspoon of Salt & Pepper

Dressing: 3 Teaspoons Olive Oil, 1 Teaspoon Balsamic vinegar and 1/4 Teaspoon of salt & pepper. Mix together.

Instructions: Slice ball of Buffalo Mozzarella into 6 pieces. Slice tomato into 6 pieces. Top with basil leaves and drizzle with dressing.

These are just a few summer fun recipes for you to enjoy! Be on the look-out for more! Enjoy life, enjoy the summer, enjoy you!