



# Just Right Set<sup>®</sup>

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## Recipes & Resources

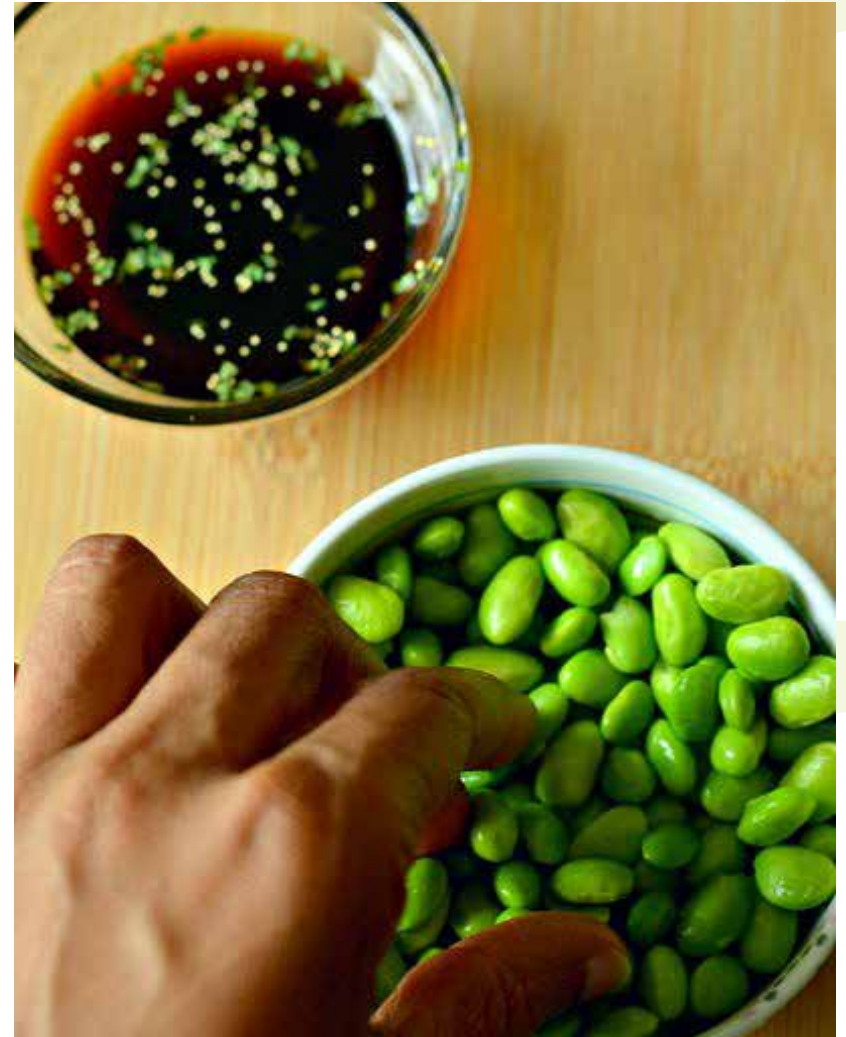
for the Bariatric Community

# Introduction

Living a healthy lifestyle requires a long term view, commitment and the right tools to help you succeed. Livliga is honored to be part of your journey to living well. It is with pleasure that we introduce you to our *Just Right Set*® bariatric dishware designed with beauty and for mindful eating.

As our gift to you to celebrate who you are and the commitment you have made to yourself to eat healthy and live vibrant, we have created this bariatric recipe ebook filled with delicious and just right meals that work perfectly with the *Just Right Set*® bariatric dinnerware. It is all about creating a healthy, integrated, food environment that becomes your effortlessly mindful lifestyle. Enjoy! And Live Vibrant!

**Relevant. Easy. Doable. Repeatable.**



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The recipes in this book were provided by [Nikki Massie](#), as were the stunning photos of each recipe showcased with the *Just Right Set® bariatric*.

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# Breakfast – Purple Power Smoothie Bowl

## Ingredients:

4 oz. blueberry Greek nonfat yogurt, no sugar added

Greek yogurt

1 tbsp. blueberries

1 tsp. raisins

½ tsp. sunflower seeds (*salted or unsalted - your choice!*)

The Livliga *Just Right Set*® gave me the inspiration to “mini-size” this popular - and beautiful - breakfast sensation. Smoothie bowls are so versatile! Play around with the ingredients you love and make one soon!

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**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Yield:** 1 smoothie bowl

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## Directions

Place the yogurt in the bottom of the Livliga *Just Right Set*® bowl. Top with blueberries, raisins and sunflower seeds and enjoy!

## Nutrition

141 calories, >1g fat, 65mg sodium, 18g carbohydrates, 6g fiber, 9g sugars, 15g protein



# Breakfast – Cinnamon Bun Protein Baked Oatmeal

## Ingredients:

### *Baked Oatmeal*

- 1.5 c. quick oats
- 1/3 c. your favorite vanilla protein powder
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. salt
- 1/3 c. no-calorie sweetener (I used Splenda)
- 2 eggs, beaten
- 1.5 c. milk

### *Topping (use this recipe for each individual slice of baked oatmeal)*

- 1 tbsp. low-fat cream cheese
- 1 tsp. skim milk
- 1/4 tsp. no-calorie sweetener
- 1/4 tsp. cinnamon



This looks like coffee cake, doesn't it? Baked oatmeal totally cures my cake cravings and it's so easy to make. Adding the protein can be tricky - make sure not to overcook this! - but well worth the effort. And the cream cheese topping is to die for!

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**Prep Time:** 5 minutes  
**Cook Time:** 20-25 minutes  
**Yield:** 9 slices

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## Directions

Preheat your oven to 350 degrees.

In a mixing bowl, combine oats, protein, cinnamon, nutmeg, salt and sweetener and mix well.

Add eggs, one at a time, mixing well into the oat mixture. Finally, add the milk and mix it all again.

Spray 8 x 8 baking dish with cooking spray; pour the mixture into it, spreading evenly.

Bake for 20-25 minutes. When a toothpick or fork tine inserted yields a moist crumb, remove from heat and allow to cool before cutting.

To make the topping, combine cream cheese and milk and mix until loosened (may require more milk, depending on your preference). Add sweetener and cinnamon and mix again.

Plate a slice of protein baked oatmeal on the Livliga *Just Right Set*® plate on the larger circular portion and top with cream cheese mixture. In the photo shown, there are blueberries on the small circular portion for garnish.

## Nutrition

**Oats:** 198 calories, 2g fat, 104mg sodium, 11g carbohydrates, 1g fiber, 2g sugars, 10g protein

**Topping:** 33 calories, 2g fat, 56mg sodium, 2g carbohydrates, 0g fiber, 1g sugars, 1g protein.

# Lunch – Weekday Smoky Chili

## Ingredients:

1 tbsp. extra-virgin olive oil  
1 small yellow onion, finely diced  
1 small green pepper, finely diced  
1 clove garlic, minced  
¼ tsp. salt  
¼ tsp black pepper  
1 lb. lean ground turkey  
20 oz. canned, fire-roasted tomatoes (with canning liquid)  
10 oz. dark red kidney beans, drained and rinsed  
10 oz. light red kidney beans, drained and rinsed  
10 oz. black beans, drained and rinsed  
1 packet of your favorite chili spice (I like McCormick spicy chili seasoning)  
1 tsp. unsweetened cocoa powder  
1 tbsp. ground chipotle pepper  
Additional salt and pepper, to taste  
Optional: unflavored Greek yogurt and jalapeno slices for garnish



FYI: “Weekday” is my code word for semi-homemade recipes that don’t take long to cook! Chili is a favorite because it’s one of the first meals I could eat along with my family. I put a little smoky surprise in this one. Are you brave enough to try it?

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**Prep Time:** 20 minutes  
**Cook Time:** 30 minutes  
**Yield:** 10 one-cup servings

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## Directions

Put a pot over medium heat and allow it to get hot. Add olive oil and swirl around the bottom of the pot before reducing the heat to medium-low.

Add diced onions and peppers and cook about 2-3 minutes, until softened. Add the garlic and cook one minute more.

Add the ground turkey and completely brown it.

Next, add all the beans and mix them into the meat thoroughly before adding the tomatoes and mixing again.

Add the chili seasoning packet, cocoa powder, and ground chipotle powder and mix thoroughly. Give it a taste and add more salt and pepper, if needed. If mixture does not appear to have enough liquid, add up to 1 c. of water or broth to the mixture.

Drop the heat to low, cover the pot and allow it to simmer for 45 minutes, stirring occasionally.

When ready to serve, ladle chili into the Livliga *Just Right Set*® bowl and top with unflavored Greek yogurt and jalapeno slices, if desired.

*Tip: Not into spicy? Use regular chili spice and omit the chipotle powder and the jalapenos. But do keep the cocoa powder. It adds a depth of flavor that is amazing!*

## Nutrition

205 calories, 6g fat, 472 mg sodium, 23g carbohydrates, 7g fiber, 3g sugars, 15g protein

# Lunch – Zushi

## Ingredients:

- 1 small zucchini, cut into thin planks (see inset picture)
- 2 oz. lowfat cream cheese
- ½ tsp. Sriracha
- ½ tsp. lime juice
- 4 oz. imitation crab meat
- ½ carrot, julienned
- ⅓ cucumber, cut into strips
- ¼ avocado cut into thin strips
- ½ tsp. toasted sesame seeds



This recipe blew my mind a little bit! Making sushi at home has always intimidated me. After my surgery, I was wary because I didn't want to use rice. This recipe gives me the flavor of a California roll without the extra calories - and it's quick and easy to make!

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**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Yield:** 8 zushi pieces

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## Directions

In a bowl, combine cream cheese, sriracha, and lime juice and mix well. Lay out zucchini on a clean surface and use a butter knife to spread a generous amount of the cream cheese mixture across most of the zucchini. On one end of the zucchini, place some imitation crab meat, carrot, cucumber and avocado, then roll the zucchini into a spiral, using excess creamcheese mixture to seal the end.

Top with toasted sesame seeds as a garnish.

## Nutrition (per piece)

43 calories, 2g fat, 104 mg sodium, 5g carbohydrates, 1g fiber, 2g sugars, 2g protein.

# Snacktime – Sweet & Savory Mini-Skewers

## Ingredients:

½ a low-fat chicken sausage, cut into slices (I used a Southwest flavored sausage)

### Get creative! The mini-skewers shown use:

3-4 yellow cherry tomatoes

¼ oz. block of cheddar cheese, cut into smaller cubes

¼ of a string cheese, cut into slices

3-4 blackberries

Toothpicks

### For the dip:

2 tbsp. unflavored, fat-free Greek yogurt

½ tsp. onion powder

Pinch of dried dill

Pinch of salt

These are so fun! And you can literally use whatever you have on hand to make them. To do these, I surveyed my fridge and got creative, and it was all so yummy! If you're sharing with non-ops (people who haven't had surgery) you may want to break an actual skewer in half.

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<b>Prep Time:</b>	<b>10 minutes</b>
<b>Cook Time:</b>	<b>0 minutes</b>
<b>Yield:</b>	<b>5 mini-skewers</b>

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## Directions

Spray a small skillet with nonstick cooking spray and set it over medium heat. Allow it to get hot.

Add sausage slices and cook until browned on both sides. Set aside and allow to cool.

On a toothpick, skewer any combination you like of meat, tomatoes, cheese and fruit.

To make the dip, mix together the Greek yogurt, onion powder, and salt in a dipping bowl. Sprinkle dried dill on top.

Plate your mini-skewers on the Livliga *Just Right Set*® plate on the larger circular portion and place the dip in the smaller circle portion of the plate.

## Nutrition (per mini-skewer)

53 calories, 3g fat, 165 mg sodium, 2g carbohydrates, 1g fiber, 1g sugars, 4g protein





# Snacktime – Edamame

## Ingredients:

¼ - ½ c. frozen shelled edamame

¼ tsp. sesame oil

Optional: low-sodium soy sauce and sesame seeds as a topper



This isn't really a recipe because it's so easy to make - and packed with protein!

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**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Yield:** 1

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## Directions

Prepare edamame in the microwave according to directions. When done, toss in sesame oil.

Place in Livliga *Just Right Set*® bowl and, if desired, top with desired amount of soy sauce and sesame seeds.

*Tip: Try making it “angry edamame” by adding some cayenne pepper or red pepper flakes before steaming or garlicky edamame with some minced garlic. Play with your food!*

## Nutrition (for ½ c. serving)

70 calories, 4g fat, 95 mg sodium, 4g carbohydrates, 1g fiber, 1g sugars, 4g protein

# Dinner – Weeknight Thai Curry Chicken with Cauliflower Rice

## Ingredients:

- ½ a medium yellow onion, finely diced
- 2 c. shredded chicken breast meat
- 1 bottle (approx. 11 oz.) low-sugar Thai red curry sauce
- 10 cherry tomatoes, halved
- 2 c. frozen riced cauliflower
- Chopped cilantro
- Lime wedges



Here we have another “weeknight” dish. I used a low-sugar Thai red curry sauce along with leftover rotisserie chicken breast. The whole thing took about 15 minutes to put together and was so good!

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**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4

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## Directions

Spray a skillet with nonstick cooking spray, set it over medium heat and allow it to get hot.

Add onions and cook 1-2 minutes until softened.

Add the shredded chicken meat and mix in well with the onions.

Add curry sauce and drop the heat to low. Add tomatoes and stir. Cover the skillet and simmer about 10 minutes.

Meanwhile prepare the riced cauliflower according to directions.

To plate the dish, place 4 c. riced cauliflower in the Livliga *Just Right Set*® bowl and top with c. of the curry mixture. Garnish with chopped cilantro and serve with a lime wedge to squeeze over the top.

## Nutrition (per serving)

352 calories, 13g fat, 1252 mg sodium, 24g carbohydrates, 6g fiber, 11g sugars, 29g protein

# Dinner – Lemon-Pepper Salmon with Creamy Dill Cucumber Noodles

## Ingredients:

### *For Salmon*

- 6 oz. salmon fillet
- 1 tsp. extra-virgin olive oil
- Sprinkle of salt
- ½ tsp. lemon-pepper seasoning
- 1 slice of lemon
- 1 sprig of dill

### *For Creamy Dill Cucumbers*

- 2 tbsp. unflavored, fat-free Greek yogurt
- ¼ tsp. garlic powder
- ¼ tsp. chopped dill
- Generous sprinkle of salt
- Generous dash of black pepper
- 1 medium cucumber, peeled spiralized into long noodle shapes



What I love about this dish is the combo of hot and cold. I also love the way the lemon and dill flavors work together - and anytime I get to eat spiralized veggies, I am happy!

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**Prep Time:** 15 minutes  
**Cook Time:** 20 minutes  
**Servings:** 2

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## Directions

Preheat oven to 425 degrees.

Place salmon on a sheet of parchment paper and rub the olive oil on it. Top with salt, lemon pepper, slice of lemon and sprig of dill. Fold parchment paper and bake about 20 minutes, or until salmon is done through.

In a bowl, mix yogurt, garlic powder, dill, salt and pepper, then add cucumber noodles and toss with a fork until they are all well coated.

To plate the dish, place cucumber noodles on the Livliga *Just Right Set*® plate on the larger circular portion. Top with salmon fillet.

Make it a meal by adding colorful steamed carrots and place them on the small circle of the JRS plate.

## Nutrition (per serving)

179 calories, 6g fat, 771 mg sodium, 13g carbohydrates, 2g fiber, 1g sugars, 21g protein

# The Science Behind the Plate: Visual Cues

A pleasant-looking meal is destined to be a satisfying meal. Attractive dinnerware and appealing food presentation invite us to eat slowly, savoring each bite and the experience of sharing our mealtime with friends and family. That's because eating is as much about psychology and visual cues as it is about hunger. Perhaps even more so.

As a bariatric patient, you have to eat smaller portions. Putting those smaller servings on a typically sized dinner plate can visually signal your brain that you're being short-changed. It doesn't look like enough food. The same servings on our right-sized, science-based plate look more plentiful. Using a plate that is visibly big or noticeably tiny can trigger feelings you're being deprived or denied. And, for some people, having to use dishes that are noticeably different from everyone else's makes them feel excluded.

The solution is choosing a plate that is right-sized for your servings. Additionally, there is another visual cue at work here. A plate with a rim appears larger. The rim also frames the food in the middle of the plate, allowing it to pop and look plentiful. Right-sized amounts of food on a right-sized plate with a rim will prompt your eyes to see the food you have served as enough so you can feel satisfied at the end of your meal. This is the magic of Livliga and why we are the only patented portion control dinnerware on the market. Livliga uses science and psychology for the benefit of those who use our tableware. Using a smaller plate does not have the complete benefit of the design Livliga has developed to help people live a healthier lifestyle every day at every meal.

Arranging servings so there is a little space between them provides another "plenty" signal, because the eye sees multiple items on the plate.

Dinnerware that is decorated with rich, nurturing and complementary colors are calming. When you're relaxed, it's easier to eat slowly. You can enjoy your food more, and feel satisfied when you're finished. Attractive dishes and surroundings boost feelings of satisfaction.

At Livliga, we design our products to take advantage of all these psychologically-based mindful eating cues. We call this our VisualQs philosophy.

# The Science Behind the Plate: Patterns with a Purpose



## Patterns with a purpose: the *Just Right Set*® bariatric

In the past, bariatric patients had to make do with an assortment of teaching tools and children's dishes in an effort to correctly gauge serving sizes and create meals that looked plentiful on the plate. That changed when Livliga unveiled the *Just Right Set*® bariatric in the Aveq pattern.

The ideal blend of science and artistry, these quality porcelain pieces are both pretty and practical. Look closely, and you'll see that the colorful patterns are actually portion measurements. The bowl incorporates  $\frac{1}{4}$  cup and  $\frac{1}{2}$  cup fill lines. The plate shows  $\frac{1}{2}$  cup,  $\frac{3}{4}$  cup, and 2 tablespoon measurements.

The Aveq design, as is true for all Livliga designs, is based on the VisualQs philosophy. The right amount of food on a right-sized plate makes mealtime a pleasure and leaves you feeling satisfied. Now look back at the delicious looking meals pictured with the previous recipes. All of them are perfectly portioned on the *Just Right Set*®.

Additionally, the Aveq pattern complements other Livliga dinnerware. You can easily set a stylish table for your entire family, with coordinated place settings that give each person dishes that are right-sized just for them.

# The Bariatric Community is Enthusiastic: Reviews are in!

## Response to the *Just Right Set*® can be summed up in one word: finally! Here's what some of the community's best-known insiders have to say:

"The *Just Right Set*® is much needed in the bariatric marketplace. Over the years I have had many conversations with people who have wanted a set just like this to use. It is a welcome addition from Livliga."

— Alex Brecher, [bariatricPal.com](http://bariatricPal.com)

"I met Sheila and Walt at the first YWM Convention. To see their hard work come to fruition and offer many WLS individuals such beautiful yet practical dinnerware is great to see and an important addition to our community."

— Cassie Story, [WLSDailyPlate.com](http://WLSDailyPlate.com)

"As we advocate for the bariatric community and all those who live with obesity, it is so rewarding to see young companies like Livliga providing products to all of us in living and loving a healthy lifestyle."

— Rob Portinga, [Positively-Healthy.com](http://Positively-Healthy.com)

## And from post-op patients:

"Once I saw the plate and bowl, I said to myself, "I can do this". I love the measurements on the back of the plate, very helpful."

"These pieces are beautiful yet very functional for me as a bariatric patient. No one else knows they help me with portion control."



# Resources

There is a lot to learn about eating properly before and after your procedure/surgery. The community is here to help. The resources below are just some of the allies you can call on to learn more about obesity, bariatric procedures, and developing a nutritious, mindful eating lifestyle. And if you just need a friend, we're here for that, too.

## [Obesity Society](#)

The Obesity Society is a scientific organization dedicated to the study of obesity and its treatment.

## [Obesity Action Coalition](#)

The OAC was formed to unify the voices of individuals affected by obesity.

## [Bariatric Foodie](#)

The Bariatric Foodie is a website providing recipes, nutrition information, and lifestyle articles to the weight loss surgery community.

## [Bariatric Pal](#)

Bariatric Pal is the largest weight loss surgery social network in the world and hosts the world's largest weight loss surgery forums to discuss diets, procedures, and related bariatric topics.

## [WLSFA.org](#)

The WLSFA is a nonprofit organization powered by Weight loss surgery patients & their supporters, bariatric Surgeons & their practices, Hospitals and Corporations.

## [National Obesity Care Week](#)

A society that understands, respects and accepts the complexities of obesity and values science-based care.

# Conclusion

## Here's to a healthy, Just Right future!

Weight loss surgery is a life-changer. Your relationship with food and eating is forever different. But that's no reason to sacrifice tasty meals that look inviting and plentiful on your dinnerware. The more confident you are in your ability to correctly gauge portion sizes, the more comfortable you'll feel as you embrace your long-term focus on mindful eating and a healthy lifestyle.

That's why Livliga has created *Just Right Set*® bariatric dinnerware. The dishes are “just right” for bariatric stages and needs, and they integrate beautifully with other patterns, making it easy to set a table where everyone feels welcome.

So try the recipes in this e-book, and check out the other resources we've listed to find more ideas. Learn more about the *Just Right Set*® bariatric -- plates and bowls designed to provide maximum visual appeal with designed-in portion measurements to ensure each serving is not too big, and not too small.

*Everything is Just Right.*

**Not yet a user of the *Just Right Set*®? Why wait any longer to own dishes that make bariatric portion control easy and consistent?**

**Order your *Just Right Set*® bariatric now**



# About Us



Sheila Kemper Dietrich, Founder and CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association–Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle. She has personally benefited, as have other members of her family, from the concepts integrated into Livliga and has become a great advocate for their efficacy in living a healthy life.

Walt Dietrich serves as Livliga’s CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.

Nikki Massie is a rising star in the bariatric community. She is a gastric bypass patient (January 8, 2008), mother, writer, and author of the [Bariatric Foodie](#), where she helps post-ops learn to play with their food!



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