



CODE RED

— TAKE YOUR LIFE BACK —

Weight Loss Surgery Survivor's Guide to the Code Red Lifestyle™ #5 - Food

Hello, everyone, welcome to weight loss surgery survivors, Cari Thompson here and we're gonna be talking about food today. Yep, it's time to finally get to the nuts and bolts of this digital video learning series as we talk about food.

Now I know that I have gone over this before, but I just want to make sure I reiterate, is that as weight loss surgery survivors, you and I have to be mindful of every single bite of food that goes into our mouth. Unfortunately, because we've had some sort of gastric procedure, we no longer have the ability to just eat willy nilly. Because for most of us, and most of you watching this video, right now, you have a smaller space.

Sometimes it's like this. And you can stretch out that pouch, if you're not cautious, which you really don't want to do. You can also put stress on your lap band if you're not cautious about what you eat. When I had my lap band surgery, I heard a story about a man who the day after the lap band surgery, went downtown at post op and ate an entire hamburger. It completely ruined his band, and it was all over and done with. He had to go back in for emergency surgery.

So I want you to respect the fact and need to respect the fact that we have had weight loss surgery and we have to be cautious about every bite that goes into our mouth. It is this part of what has been gifted to us because we chose to go down the weight loss surgery path.

Now, does that mean you're going to be drinking liquid for the rest of your life in order to lose weight? No, because the truth is, we have all, maybe not you, but I know I certainly have found workarounds, a way that I was able to stay obese but still have gastric surgery. And the way I did that, as we talked about earlier in this series was I found work around foods.

So just like bad work around foods exist, good workaround foods exist. And this video is the culmination of trial, error, pain, vomiting, a lot of things that I've been through, and I don't want you to go through that. So that's why I'm sharing this with you.

There's gonna be a lot of information. Make sure that you take notes and make sure that you stay with me. Okay, I have broken this video up into three sections: protein, fat, and veggies. Hey, that's what the Code Red Lifestyle™ is all about. Eat a protein with some fat, add some veggies.

But when you are a weight loss surgery patient, protein, fat and veggies means something totally different. Now my counter is full of food. I wish you could see it, it looks beautiful from this view from that view. It is absolutely full of food.

So let's get started on protein. Now, here's what I have found to be true for me, and it may not be true for you, but here's what I found. Certain proteins, and you have to have them, work really well with me. And you may find, and I have found talking to a lot of weight loss surgery survivors that are Rebels, that they have to find the protein that works best for them.

Let me give you an example of some proteins that work best for me. Here I have just a baked chicken thigh. I put seasonings on it, I threw it in the oven for a little less than an hour. And it's just I wish you guys had smellivision--it's absolutely delicious. This is a protein that will work for me.

So, if I am doing the part of Code Red, weighing and measuring, I can carefully weigh and measure this. But this is a nice cut of chicken that is moist, that is not dry, more like a breast although you can do chicken breast just get them nice and seasoned up. And this is a great way for me to go. I do not have trouble getting chicken down.

However, if you take me to a restaurant and you buy me a big steak, and even if I cut it up in little pieces, sometimes a pork steak sometimes a beef steak, it just depends. I will throw that up every time. I don't know what it is about steak, but it gets caught. Everyone that has gastric surgery knows exactly what I'm talking about right now. And it makes me want to vomit.

I don't do well with that even though it sounds delicious. I absolutely want it every single time. I struggled with that. For me, chicken is a great go to.

Another protein that works really well for me, y'all to see me leaning forward, is tuna. Tuna fish is a great way for me to go. It is a protein that I can easily add fat to, and it goes right down. I do not have trouble with it getting stuck. I just add a little bit of extra mayonnaise. You can go with olive oil, however you want. But tuna is a protein that works for me. You guys got to find out what's working for you.

Another one of my top go to proteins for weight loss surgery people when they need me and we're mainly talking about meat (if you are a vegetarian, you can skip this section) is a hamburger patty, a hamburger patty fried or hamburger patty barbecued. Now what's going to happen here is that the hamburger patty is easy to swallow. And that works great for me.

Again, guys, I have to eat my food in a relaxed setting, so I need to be sitting down, I need to be relaxed. If I'm stressed my lap band, I don't have a lap band anymore. But everything tightens up and I'm not able to eat. So if I'm going to have a protein, instead of blended foods, which we'll talk about in just a little bit, I have to be relaxed. It needs to be a little later in the day. I can't be stressed out and I forced myself to sit down in the seats right over here. I forced myself to sit down and eat. And that works really well for me. So a hamburger patty.

I love a naked taco around this house. Now do we eat tacos naked? No, somebody thought that's what I meant. That's not what I mean. What I mean is take your ground beef, fry it up, put your taco seasonings on it, add it to anything. It is a great source of fat and protein.

You can do the same with sausage, breakfast sausage, pork sausage, Turkey, ground turkey, whatever you like. But your ground meats are generally going to be easy to measure and very easy for a band person that's banded to get down, or a person that's had gastric surgery to get down.

And maybe some of you could eat whole huge steaks and you do great. It just depends on the person. So that is what I have found that works for me as far as protein. Let me show you something else. That works really well. Now oddly enough, I can't use steak, but I can eat beef jerky. Now the brands don't matter guys, this is just what I have at my house. Chomps makes a great grass fed jerky. This is a little more stiff. It's not squishy. And this is an absolutely great product for me to eat. I do wonderful with this, a veggie, and this has some fat in it as well.

This is a great meal is a meat stick. And this I have no problem with again, I can't get down steak. But I can do this, and I can do this. I don't know if it's a texture thing. I don't know if it's just the way it's built. It is the oddest thing to me.

And you may be like, Cari, I can't eat tuna but I can eat chicken all day. Or I can't eat jerky but I can have a steak. You need to find a quality protein. So instead of buying maybe something like a Slim Jim that's highly processed, you might want to try to find a step up. Go to a Chomps, go to a little bit better quality meat, go to a better meat stick. My husband orders these online, they have elk, they have all sorts of stuff. This I can get down in the category of protein.

I do want to talk about chia seeds. Chia seeds are an absolutely amazing food gel. They come like this. Okay, they can just see when you activate them in water they become gelatinous. And as they're going through your digestive system, think tapioca pudding a little bit.

They actually hang on to toxins and help you poop out toxins. This is a superfood. It has fiber, it has the protein, and once you subtract the fiber out of the carbs, you're actually getting a very, almost a net zero carb food.

Those of you that know me that I know that I have chickens here on our farm eggs, eggs, eggs, eggs, eggs, boiled, fried, scrambled, deviled, poached. This is something that most people, I would say the majority of people, that have had gastric surgery can absolutely eat eggs. Protein, fat, tons of great things in egg. Don't poopoo an egg. I want you to try to incorporate this. You can do scrambled eggs

with a little bit of sour cream. You get your protein. You get your fat in the sour cream, a little bit of salsa on top.

There's some veggie, maybe a little bit of avocado on the side. And if you can bacon, I just don't know whether you can take and bake it or not. You could have some fried sausage. That is a wonderful Code Red meal that gastric surgery patients can eat. So please do not forget about eggs. They are a protein, they have fat in them. They are very, very good for you. There are a million ways you can eat them.

Okay, next we're going to talk about fat. That is the staple of Code Red. That is what changes you from being a sugar burner to a fat burner. You have to have fat. This is so easy for gastric surgery patients. I absolutely love sources of fat. I'm going to show you some of my favorite ones.

If you go to coderedoliveoil.com, Code Red sells an olive oil. We partner with Fresh Pressed Olive Oil Club and get a quality olive oil. Guys don't eat crap olive oil. Look at the color here. Look at that. So these are not as maybe as cheap as other olive oils. But this is really a good quality olive oil. Now I don't want to waste it. I'll pour it back later on. But you get the idea. It just smells delicious. These are delicious. I cook with these. I put these in my salad dressings. I love Code Red olive oil.

The next one is butter. Try to find the best butter you can. I love butter, real butter, not margarine. I love butter. I love the Amish butter. I love the idea of homemade butter. Hey, we're all busy. I totally get it. But I think that butter is a great thing to add to your foods as a fat source.

Again, fats are going to slide down y'all when you have had gastric surgery, so fats are not going to be hard for us. But you have to have it. You have to have it. I don't want you just eating this. And then wondering why you're hungry in a couple hours.

I don't want you to use light mayonnaise with this. You're going to be hungry. You need full fat mayonnaise. You need a little bit of olive oil in here. Okay, so those are the things that are really important.

Another fat source that I love that is also a vegetable is olives. You could do Kalamata olives. You could do black olives, I don't care if you want to chop them up really fine, if you just want to, you know, go ahead and dump them out of the can, rinse them off, and eat some. Olives are a great thing that most people that have had bariatric surgeries can tolerate.

A nut butter. Now I love a cashew butter. I love an almond butter. Make sure it doesn't have added sugar. When we talk about blended foods and shakes, which we're getting ready to hear in just a minute, you got to have a nut butter. Nut butters are a lot of fat. For just a little bit, a teaspoon, you're going to get a lot of fat.

And you guys, fat is what keeps us from killing people and going crazy when we are losing weight. Fat is the cornerstone of what we do here at Code Red. So do not just try to have my nootmeal recipe, which we're going to talk about, without the fat. You have to have the fat, being a gastric surgery survivor.

It is easy to get that fat in and these are just some ideas for you. Also, I don't have one with me, I love an avocado. Of course, if they start to go ripe too fast, guys, peel them, chunk them up, put them in your freezer on a sheet pan and freeze them. So when you are making your blended foods which we're going to talk about, you can grab a couple cubes of frozen avocado. Throw it in the blender. You're getting fiber, you're getting calories, and you're getting fat and your veggie. I think avocados are pretty much a perfect food, like a chia seed. I absolutely love them.

Many, many people have eaten avocados on Code Red and lost all the weight they needed. The nice thing is they can be mushy, so it's easier for us gastric people to get that down, and they take on the flavor of what you're making. If you're making a nut butter berry shake, I'm just making this up, you put an avocado in there, you're never gonna taste the avocado. So avocados are really an amazing product.

Another item that does great with a fat and protein are nuts, and nuts are calorie dense. I like them. The idea is nut butter. A lot of people can that have had gastric surgery aren't able to eat nuts, as they're crunchy. Just want to be really cautious. Don't want to eat these by the handful guys. And again, get a quality cashew, almond, something like that. Walnuts are especially good for your brain. So nuts are a great way to go, on top of the food you're eating. I love that.

Another source of fat that I really like, guys, sour cream. Sour cream, cottage cheese, cream cheese. Another fat that I absolutely love are salad dressings. Okay, I love ranch. I don't care what kind of salad dressing you get or make, salad dressings are a great way to get good fat in. And it sounds weird, but it does help grease the slides and kind of get the food down a little bit better. So make sure that you're considering a good quality salad dressing for an option as a fat.

Okay, one of the last areas I want to talk about of our three protein, fat and veggie are vegetables. Now everybody is different when it comes to vegetables. I, Cari, cannot eat a big pile of broccoli. My tummy doesn't like it. I get gas, I get bloating, it hurts. Oh no, I do terrible with broccoli and with cauliflower. Any of that, the volume is too much for my stomach to handle and it hurts.

But let me show you something I can do, because you need vegetables. And let me just tell you that this is one of the most common complaints that I hear from people that are trying to do Code Red. Cari, I can't eat that many vegetables. But it's okay, I have a solution for you.

Number one, one solution would be cook your vegetables. You may not be able to eat raw broccoli, but you may be able to eat well cooked broccoli. You may not be able to eat a head of cauliflower, but you could do really well with riced cauliflower. Cook your veggies. You might not do well with a big salad, but you might do great with taking those ingredients out and cooking them.

So, I find that people that have had gastric surgeries do better with cooked vegetables. Let me show you my favorite all the way through losing my 100 pounds: green beans, green beans, green beans, straight from the Amish farmers market. As you know, I clean them, as you can see here, and I cut

them into smaller pieces. There's no reason to have a two-foot green bean. I'm not gonna be able to eat that.

But I cook them like this. I will blanch them to where they're pretty soft. And then go ahead and drain the pan. Add my butter, my garlic, maybe onions, maybe even some bacon where I've cut it up and I have put pieces of it in there. That is a perfectly acceptable, wonderful Code Red food that does not cause swelling, bloating, pain and intestinal discomfort for me.

You're going to have to find the vegetables that work for you. For some people they cannot eat cabbage raw, but they take a little bit of cabbage, throw it through the food processor so it's shredded. They can sauté that with mushrooms and onions and butter or Code Red olive oil, and they do just fine.

So my biggest tip for you is that you are going to need to cook your vegetables and try that. Please do not try the bulky heavy vegetables guys. People that have had gastric surgery don't tend to do really well with those.

Here's another vegetable that is raw that I do really well with and that is a cucumber. I can eat a cucumber. It's a water-based vegetable, it has a lot of water in it. And I do great with that.

Squash is another one if it's cooked up really well, almost to a mushy phase. Think baby food, a little bit firmer than baby food. You're gonna do great you can get your veggies down.

Can you eat a huge salad from the salad bar at the at the truck buffet? No. Those days are over. But can you have select vegetables cooked really well.

Don't forget to add your fats to these vegetables, guys. Fats are what keep us going on this program are your fats. So, cucumbers dipped in ranch is great combo. Green beans and butter and Redmond Real Salt. Great combo.

Let me show you something else that works really well for a lot of Code Red Rebels who have had gastric surgery. And, again, the brand does not matter. I'm just showing you what we had available. And that is something like a tender artichoke heart that comes in the jar already. So much fiber in this and these are delicious. You can put this and some olives in a little bowl, you know, season it up. This is absolutely delicious. It is pretty soft, so it's easy for you to chew and get down.

But the main takeaways with vegetables are you're going to want to get vegetables that are easily cooked. You can still make them taste delicious. So Brussels sprouts, another one if you shave them up super fine or put them through a food processor. I can guarantee you that most Code Red Rebels that have had bariatric surgery procedures can absolutely eat them like that. But to eat whole Brussel sprouts, that would kill your tummy for most people.

So, don't just cut them into fourths. Go through the food processor, get those really finely, almost like a shredded cheese kind of texture, and you fry those up with some Code Red olive oil, some garlic, some onions, you're going to love that.

The main takeaways here are you're going to want to cook your veggies. You're going to want to have fat in your veggies that will make it easier to get it down. And the other thing is you're going to want to find the veggies that work best for you and stick with them during weight loss mode. You need vegetables. We can't get out of getting vegetables. You need them. You need avocado, you need green beans, you need shredded cabbage or Brussels sprouts.

Don't write to me and be like, Cari, I can't eat broccoli. I guess I can't eat anything. Raw carrots hurt my tummy. Yes, yes. But if you take those same carrots, add some Code Red olive oil, and some garlic and salt and pepper and bake them in the oven till they're nice and mushy. I'm almost sure most gastric surgery patients can eat that.

I'm going to tell you just the basic recipe and then you can riff off of that however you like. So the basic recipe is a mason jar. All good things start in mason jars. The next thing you're going to want is some sort of unsweetened nut milk. Right now in my house, I have almond unsweetened vanilla nut milk. I prefer flax, unsweetened coconut, unsweetened macadamia, unsweetened cashew. It needs to be unsweetened, and it needs to be enough milk.

You're going to add and again, if you are doing the part of Code Red where you're measuring and weighing, this is all pre-measured. If you're eyeballing it, I'll just give you an idea. You're going to have to find what ratios work for you. And there are recipes available but I'm just giving you kind of the basics.

You're going to put some nut milk in here, up to here, you are going to add chia seeds. Now I don't care if you grind them up ahead of time, or if you want to leave them whole. I love the whole feeling. When I was growing up, we ate a lot of oatmeal, and there's something about that warm, creamy feeling in my mouth that I kind of it reminds me of home and that's what this does for me. So you're going to want to put chia seeds in there. Some people put two tablespoons, some people put a fourth of a cup. That's up to you.

The next thing you're going to want to add is flax. Now, be cautious. This is ground golden flax. Be cautious don't do too much. If you're kind of moving into the idea of using flax for fiber, you will want to be a little bit cautious because it can cause trouble with pooping. So don't add a fourth of a cup the first time is what I'm trying to say. But flax is a great amazing food with some properties.

You're going to add this is the basic recipe, unsweetened nut milk, chia seeds, flax, okay, and then you're going to put your stevia, your monk fruit, whatever you want for sweet. Screw the lid on and then you're just going to shake it up, shake it up, shake it up, shake it up. Okay, this can be done ahead of time.

If it's too thick as your chia seeds activate, you'll need more nut milk or less chia seeds, because they do soak it up. So shake it up. Put this in the fridge. When you're ready to eat. You can add some cashews.

You can add a pad of butter, you can add cinnamon, you can add a little bit of vanilla, you can add spices. If you like pumpkin, you could add a little bit of pumpkin puree that does not have any kind of sugar in it. If you have nut butter, this is a great opportunity for nut butter, not peanut, just nut butter.

Some people like to add berries, strawberries, blueberries, they hold up really well. Again, you got spices, nut butters. I mean there are so many different variations out there. There's hundreds--I can't even begin to tell you all the fun ideas people have with oatmeal. Sometimes they do a fall themed one. Sometimes they do more of like a they put like sugar free maple syrup in it and they make it a little bit. There are lots of them out there that are good, and they'll kind of have more of a maple syrup flavor. So there's all sorts.

Shake it up. You're going to stick it in the microwave with the lid off, obviously. Maybe you'll dump out. I them right out of here. And you're going to eat this. It's very filling. And if you did it the right way and you added your fats, you added your cream cheese, you added your butter, maybe you added a little bit of olive oil.

If you like that flavor, there are lots of fats you can add, maybe you added some nut butter, but if you added your fat, then you're not going to get hungry for a long time. This is easy on a gastric tummy, people that have tummy problems. This is easy.

The chia seeds will help you go poop. The flax will help you go poop. If you have a runny poop, it'll help kind of firm it up. It is a great meal, oatmeal. Everyone has a different variation. It is in the Code Red Cookbook. We do have a variation in there.

On our website, we have my variation. You have to find what works for you. But that is no oatmeal or oatmeal. Try it you will thank me. And again, I want to emphasize that if you don't like the way that chia seed, that kind of tapioca pudding, please grind them up or leave them out. It is not a problem either way. So I hope you really enjoy that.

Last but not least, I want to talk about protein shakes, Cari. Wait a minute, you say no shakes, no pills, no gimmicks, Code Red. You're right. However, you and I are special. Sometimes we need protein. And there are days when we can't do this. There are days when our stomach hurts, and we can't do this. There are days when things are really bad. And we can't do this. There are some of you that just can't get down the calories you need because of the size of your stomach. And for you, I want you to start doing blended foods.

Now. Do I mean a Beachbody shake? No. Do I mean a Slimfast? Two shakes and a sensible meal shake? No. Do I mean Dr. Atkins? Chemical laden, all this baloney this out there not even Dr. Atkins but all of them? No, I'm not talking about Arbonne shakes. I'm not talking about Beachbody. I'm not talking about Shakeology. Back in the day.

I'm talking about a clean source of protein. So you can eat blended foods. Does that make sense to everyone? Now at the time of this recording, Cristy has done a ton of research and she finally found a protein powder that she feels is acceptable. Only in the case of gastric surgery patients, people that

have esophageal or swallowing problems. Some people have sutures, and they have to eat blended food.

So if this is you, because you're watching this video, I'm going to assume it is, let me show you this source. We have a discount code for this because we like it. The source is Kaged Muscle. Kaged Muscle makes a product that does not have a bunch of junk and fillers in it that Cristy feels comfortable recommending to people that have had gastric surgeries, to people that are in this specific situation.

So this is called plantain, and this is a vegan powder. It comes in all different flavors. My favorite is banana bread. And this has great numbers as far as a goodly amount of protein and low carbs, low sugar. Again, I don't want you going to a big box store and buying a big thing of protein powder. If you're going to do this, you have to get a clean Code Red approved source of protein powder.

So, there's a vegan version. And then there this is the s'mores flavor. This is a big one. This is a whey micro pure protein isolate. Again, this is not vegan, but it is another type of protein powder that Kaged Muscle makes, s'mores flavor. I mean it's delicious y'all.

Now you are not going to put this with nut milk and eat it by itself. Let me be very clear. You're going to get out your blender. You're going to get one scoop of this. It smells so good opening it up. Okay, one scoop. And that one scoop has 25 grams of protein. And I believe that the vegan one has 25 grams of protein as well. Just depends on you and kind of what you're looking for.

So you're going to get this, you're going to get one scoop. If you are waiting and measuring your food this will get logged. Then to this you are going to add real food, Rebels. Listen to me, this is the very important part. You're going to add your own milk. You are going to add your nut butter. You are going to add avocado. You might even add some nuts.

I don't know what you like. So it's up to you. You're going to add some chia seeds. Maybe you'll add a little bit of cream cheese. Avocado is a perfect choice. You're getting your protein. You're getting your fiber. You're getting your fat. Maybe you want nut butter, you're getting your fat.

And then you're going to blend this up and you're going to eat it. Now I don't want you take all day to eat this. And again, this is only because you're a gastric surgery patient that we can do this. I told Cristy, gastric surgery people some days, they just can't get this protein in, and she's like, then we need to find a good powder.

I'm not giving you an excuse. Just to have three of these a day. That is not what I want you to do. But that can be the base for blended foods. So you need to get a blender, you need to blend these foods together really well, blueberries. So again, I want to be super clear with this, so we understand we're not doing gimmicky shakes or pills. I'm saying I understand what it's like to be a gastric surgery patient.

In this instance, you may use a protein based from a very clean source that Cristy has approved to build a blended food. Not a shake, but a blended food you can put your supplements and if you need to

now, at the time of this recording, we are working on revising the cookbook. But if you don't have the Code Red Cookbook you need to get it. I want to show you that there, in the revised version.

There will be a section that talks about things that people that have had gastric surgery. There are some recipes, but I want to go over an example for you. So this is a beet surprise smoothy. It has all almond milk, blueberries, strawberries, avocado and beets. That is a blended food drink. You can use this as a base if it fits in with what you are doing. You could also use heavy whipping cream if you'd rather instead of almond milk or some kind of nut milk.

I love this one it's called the Mean Green shake: avocado almond milk, protein shake only from approved sources. Some spinach, a little bit of heavy cream. And this one suggests a sugar free pudding. Now normally we do not want you eating sugar free puddings. But as in a very small amount to add flavor to very small measured managed amount to add flavor. They do have tons--this one is sugar free banana cream. You can use whatever you want. This one has pistachio, and again a teaspoon measured managed again, I don't want you eaten barrels of sugar free pudding. But that is a real food shake. You're getting avocado, almond milk, you're getting heavy cream and spinach. That is okay for you.

And then let me just show you one more. I like this one. This is called the Almond Joy shake. This is avocado again, protein, fat, the protein powder that's approved, maybe a chocolate flavor. You're gonna do a little bit of unsweetened almond milk, a little bit of coconut oil, there's your fat right there. This one has a sugar free almond syrup, and a little bit of sugar free, a tiny bit of sugar, sugar free pudding mix, and my friend, the chia seed.

You're going to blend that up. If you are measuring, you're going to measure this and make sure you have all the calories. And that is a satisfying meal that will help get you through the day so you're not starving. It has fat, it has protein, it has real food, the base of it is just extra protein for you. So you can keep the building blocks of your body going. That's really important.

I hope you understand what I mean by protein shakes. I want to make sure I'm really clear you have to use a Cristy approved source. You may not eat it just by itself. And it needs to be with other foods. So it is blended foods, not a shake.

Okay, I hope this made sense to you. Thank you for joining me on this video talking about foods, a very important topic. You absolutely can lose weight, and you absolutely can eat healthy food. You don't have to be like me and drink hot chocolate and suck on Cheetos all day to where you can get the calories you need to where you don't feel bad about yourself when you don't feel miserable.

You can do it. Is it going to take some creativity and some work? Yeah. But I have it spelled out for you. And that's what this digital video learning series has been all about is making it easier for you to be able to eat real food and take your life back and take your health back. Stop with the workarounds and the foods that are easy for you and start eating real food by using my simple tips and tricks.

Thank you, everybody.