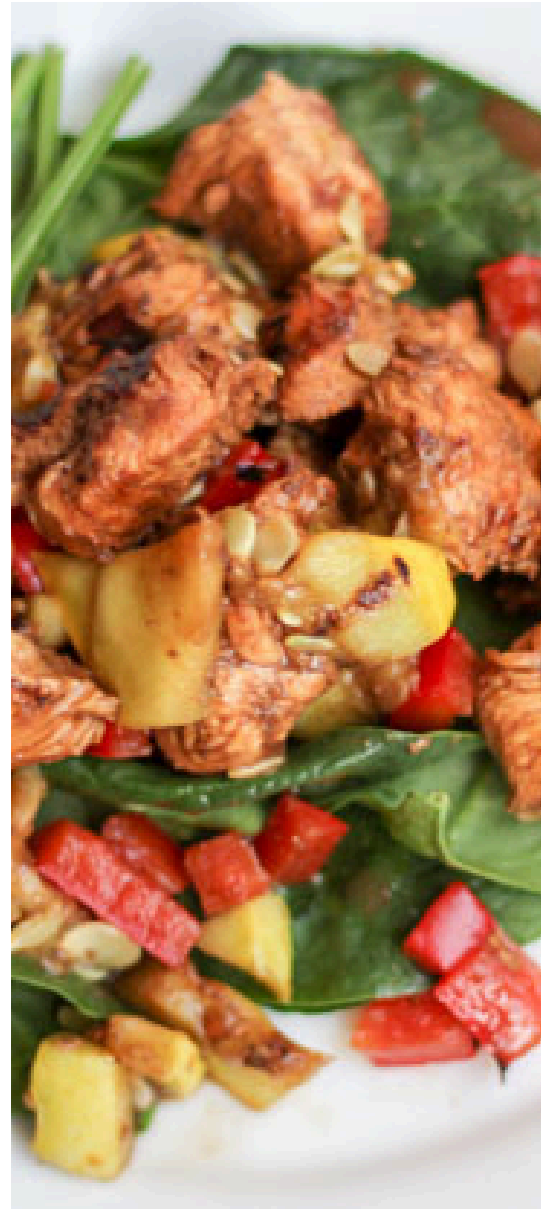


MEMBER GUIDE



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A letter from Steph

Welcome to Bariatric Food Coach!

I'm so excited to have you as a member here. As a dietitian in bariatric clinics since 2009, I LOVED being a part of the journey but always wanted to give more than time would allow. Which is what leads us to the site today.

My intention with this guide is to list out any questions or extra information to help enhance your experience as a Premier Access Member.

My email inbox is always open to you and your questions. I'd love to hear more about your story and help point you to information on the site that would best fit your journey.

This guide is divided into several sections to help you find your way! We all learn in different ways. This guide offers another option to help you get to know your member benefits.

I am so excited you're here!

Steph :)

Steph Wagner MS RDN
steph@bariatricfoodcoach.com



Bariatric Food Coach is not meant to replace medical advice or provide what's called "Medical Nutrition Therapy." The information here is meant to be a supplement to working with your bariatric team. Recipes and plans are developed with post-op patients in mind but remember I am behind a computer screen and not in your medical chart. Take it lightly and apply things that fit within the recommendations of your health care team!



Premier Access LESSON PLAN

TEXTBOOKS

Video courses and live calls are the “textbooks” for more education. This is a great place to start your membership journey!

WORKBOOKS

Resources like recipes, guides, menus, and cheatsheets are the “workbooks” to apply what you learn.

HOMEROOM

Our Community is the “homeroom” where you can connect with others who are learning, applying and supporting each other!

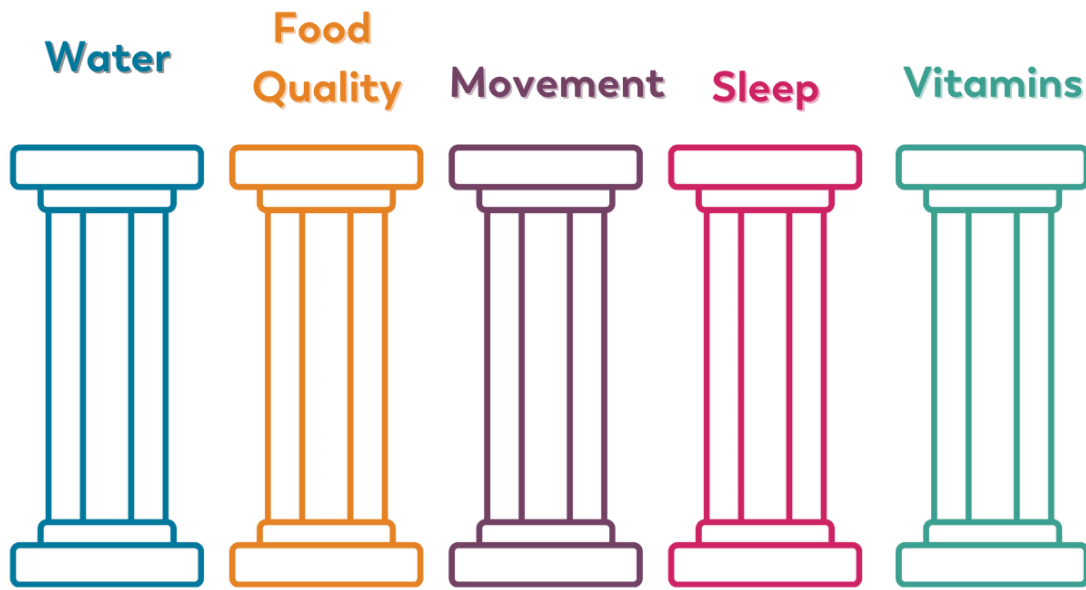
Don't get overwhelmed!

Premier Access offerings are a “buffet line” of choices. Put on your plate what you feel hungry for right now. You can come back later.

Ways to connect with me:
Email steph@bariatricfoodcoach.com
DM me in the Community
Submit a question inside Premier Access



The 5 Pillars of Healthy Post-Op Living



Premier Access offerings are designed with the core pillars of healthy bariatric living in mind, ensuring you have the support and tools to thrive post-op. These five essential pillars work together to help you create sustainable habits and achieve lasting results.

Water: Staying hydrated is key. We will talk about hydration often, have challenge to support water goals and talk through challenges.

Meal Planning & Food Quality: Of course that's the biggie around here and there is no shortage of recipes, menus, and guides to help strengthen this pillar in your life.

Movement: Moving our bodies looks different for each of us but remains important for all. We'll have challenges or even photo 'scavenger hunts' to help us all stay active together.

Sleep: Quality sleep is vital for your overall health and weight loss success. We'll talk about mindfulness, relaxation and how to improve sleep to the best of our ability.

Vitamins: You don't always "feel" this pillar but being deficient in a nutrient is something we want to avoid - or you will feel it!

Video Courses

The textbooks



How To Get The Most Out Of Surgery



Gastric Sleeve Essentials



Hunger And Bariatric Surgery



Emotional Eating And Bariatric Surgery

1. To find the courses, log in to premieraccess.bariatricfoodcoach.com and click My Courses
2. I recommend starting with the one that feels most helpful to you right now. The “Essentials” courses for each surgery are always a good starting course.
3. Lessons are meant to be bite sizes. Most lessons are less than ten minutes but never more than 30 minutes.
4. If you have any questions as you work through a course, you can send a question to me inside Premier Access, or a message in the Community, or an email.

Finding Recipes

As a member, you have access to ALL the recipes!

The FULL recipe library is inside the Premier Access website. Access all 600+ recipes when you are logged in to premieraccess.bariatricfoodcoach.com

The public-facing website (bariatricfoodcoach.com) will only allow you to see unlocked recipes. If you find a recipe you liked on the public-facing site, it will be in the members library.



Pizza Chicken with Turkey Pepperoni

Protein: 23g

Fat: 6g

Carbohydrates: 1g

[VIEW RECIPE](#)

[Add to Collection](#)



Chicken Breast with Tomato & Basil Queso

Protein: 33g

Fat: 10g

Carbohydrates: 9g

[VIEW RECIPE](#)

[Add to Collection](#)



Arugula Salad with Pears, Gruyere Cheese & Pumpkin Seeds

Protein: 3g

Fat: 5g

Carbohydrates: 1g

[VIEW RECIPE](#)

[Add to Collection](#)

Use the search bar for certain ingredients or recipe types

OR

Use the tags to filter recipes

SEARCH RECIPES

Type to search...

BY PROTEIN:

All

Beef

Chicken

Eggs

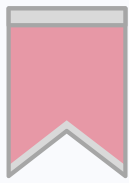
Fish

Pork

Protein Shakes

Turkey

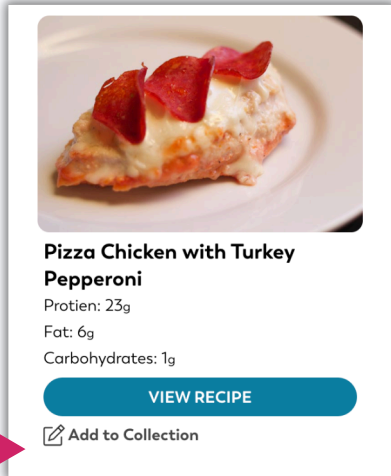
Veggies



Saving Recipes

1

When you find a recipe you'd like saved, click on **Add to Collections**. Continue to do this as you browse recipes you like.

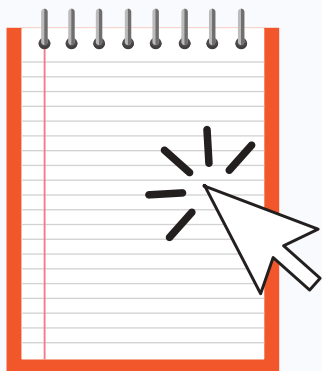


2

When ready, click **View in Collection** on the recipe. You can also click the link at the top of the page that says My Recipe Collections

3

To view this process in a video format, go to to My Recipe Collections in the top menu of premieraccess.bariatricfoodcoach.com and click the link for a step by step tutorial.



Master List of Recipes!

Click the notebook for the FULL spreadsheet of every Bariatric Food Coach recipe and links to the recipe post. Save this to your computer and make notes on the columns! Just another way for those who like different formats.

Meal Planning Resources

The worksheets: applying what you learned to everyday life



Meal Plans

View previously posted meal plans - complete with ingredients and instructions!

[VIEW THE PLANS](#)



Weekly Menu

Check meal planning off your list and save my menu for the week!

[STEPH'S MENU](#)



Seasonal Meals

With each season comes different meals - view a guide for each season.

[SEE THE MENU](#)

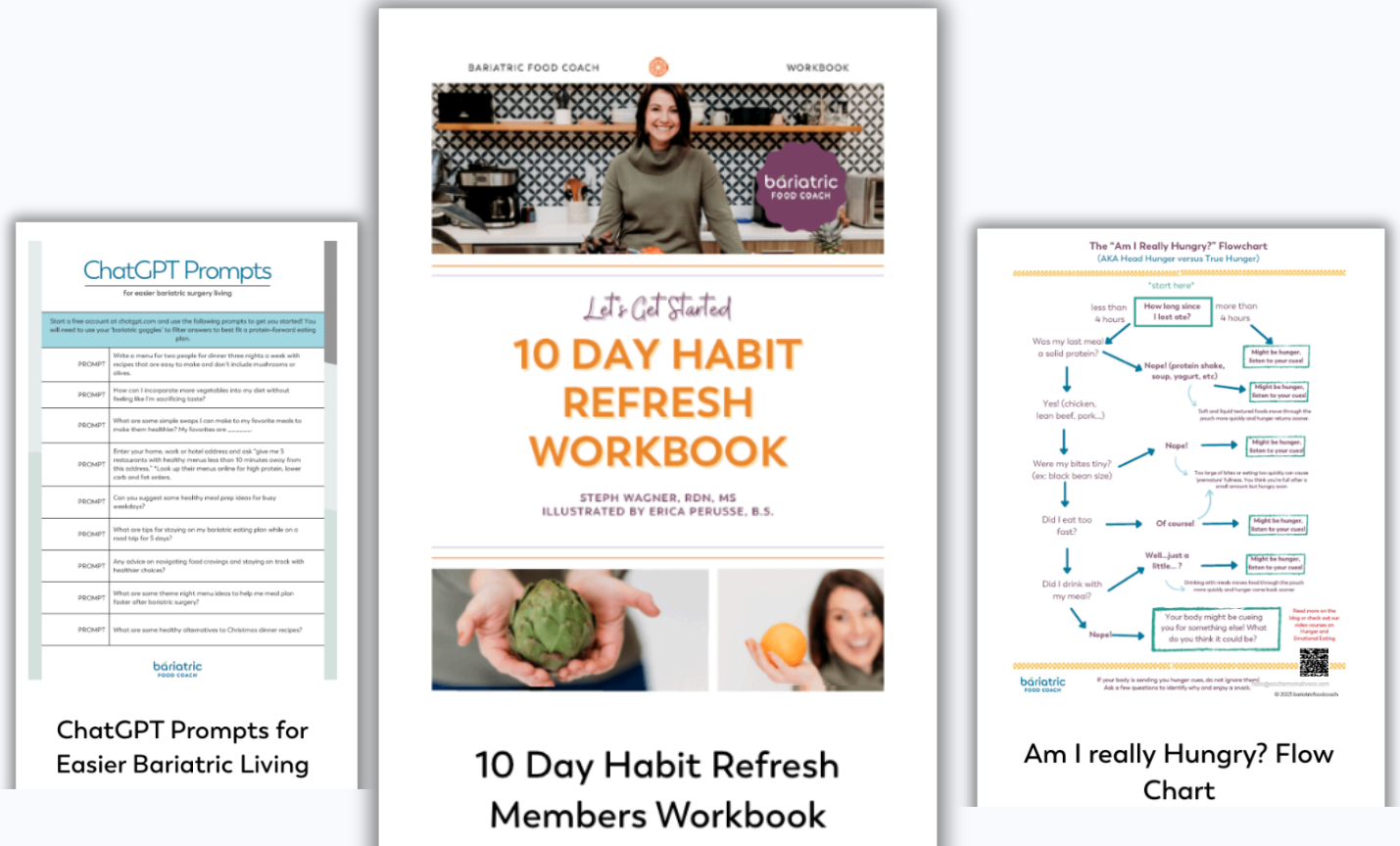
Apply what you learn from the video courses (textbooks) with resources (workbooks)!

Meal planning and food quality is certainly a key pillar on the health foundation. While it's not the only pillar, it's one we have to work on continually. Save time with resources like pre-written menus and grocery lists, my weekly dinner menu, custom recipe collections and fast recipes for each Season.

Resources specific to meal planning are under MENU HELP inside Premier Access.

More Resources!

The worksheets: applying what you learned to everyday life



Meal planning resources have their own spot, but there are several other resources on, you guessed it, the Resources tab inside Premier Access.

Here you'll find workbooks, guides and handouts to further support what you learned in the courses as you build up your pillars.



BFC Community!

Our members online community
is located at
community.bariatricfoodcoach.com

Click Here to Join!



Steps to Join the BFC Community

On desktop the URL is
community.bariatricfoodcoach.com

For mobile, we recommend downloading
the Circle app with this icon

Click/tap "Continue with
Bariatric Food Coach"

Log in with your member account
information

WHO IS IN THE GROUP

The group is private and reserved for active Bariatric Food Coach members only. It is monitored by our community coordinator.

CORE VALUES

Our group is founded on one main principle-encouragement first, suggestions second.

FINDING INFO

You'll find a 🖱️ Start Here area inside the community to introduce you to the areas and features allowing you to connect more!

Baritastic Connecting

Connect with us on Baritastic

Enter Code

658383

Download from major app stores for **FREE**



App Store



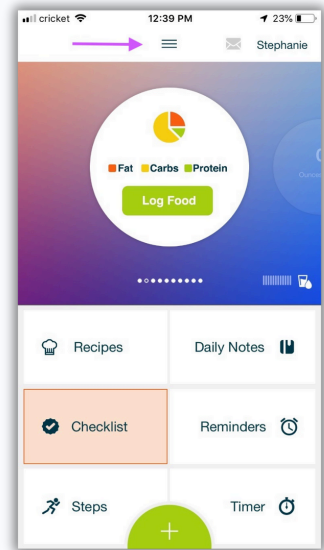
Google play

1

To connect with me, first download the free Baritastic App if you have not already. Available in the Apple App Store or Google Play. Once you've followed the prompts to create a login you will then be taken to the home screen.

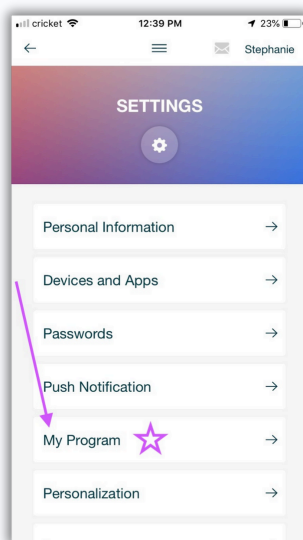
2

To connect, click the three lines at the top of the profile.



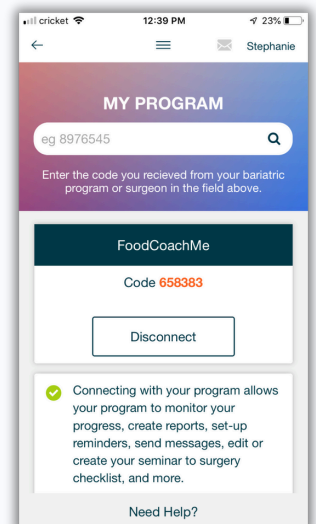
3

Select 'settings' at the bottom of the screen, select MY PROGRAM



4

Enter in the code
658383



To request a food journal review:
Inside Premier Access under Start Here you'll find a button to submit a request for food journal feedback. Fill that out anytime you're ready and I will send back a video reply. Turnaround time is typically 3 business days.

Live Calls

Most months we have three live calls. The upcoming calls are listed in the Community under Events. RSVP for calls you want to make to receive reminder emails and the link to join the call.

Calls take place in Zoom. The link to the Zoom call is on the event - click Join virtual event.

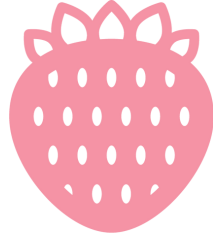
We often email the link to everyone as well, but it's best to RSVP in case we don't get an additional email sent.

Dates are subject to change but are communicated well in advance.



New Member Orientation

Takes place the first Monday of every month at 2 pm Central. A chance for new members to connect with Steph, get to know the site and ask questions.



Monthly Motivation and Planning

The last Wednesday of every month at 11 AM Central. We discuss the month ahead and how to stay consistent and think through potential challenges.

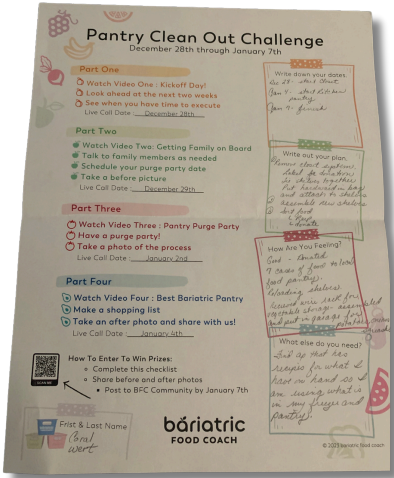


Ask Steph Anything

The third Friday of the month at 12 pm Central. Like it sounds! Bring any question to the group. It's a support group meets group coaching hour.

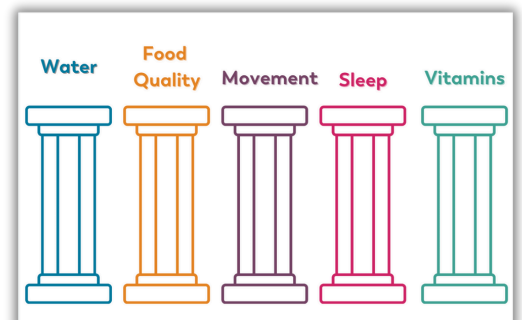
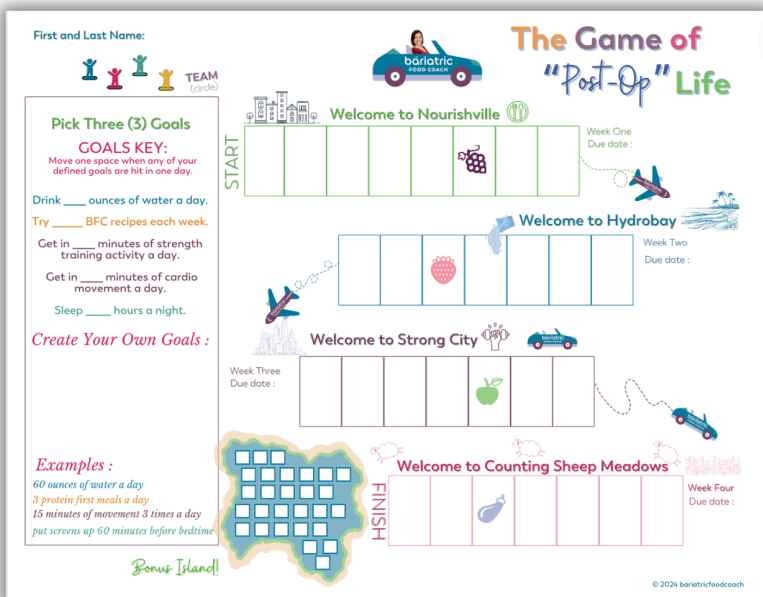
Member Activities

Inside the BFC Community we have a wonderful Community Coordinator keeping things fun and engaging. Look for Michelle's posts about games or challenges we're doing each month!



We've hosted Bariatric Bingo, scavenger hunts, the "game of post-op life" and other fun ways to build up the 5 pillars as a community!

Remember, Premier Access is a buffet of options. If it feels like too much to do an activity, take a course and join a live call...don't try to do it all! Pick what feels most helpful and start there. You can come back later and join the next activity when you feel ready.



Account Questions



My Account Page

The My Account page can be found in the top navigation inside Premier Access. Here you will be able to:

- Changing username, password or email
- Update billing address
- Update Card Information
- Pause or Cancel your account

For any additional help you can reach our customer service team at support@bariatricfoodcoach.com

That email account is checked every weekday.

Frequently Asked Questions

Who do I contact with issues regarding my subscription?

Email support@bariatricfoodcoach.com

What about the meal planner?

The meal planner feature is called “Collections.” Click My Recipe Collections in the top menu of Premier Access and click the button for a step-by-step tutorial


Can I email Steph directly if I have a question?

Yes, and I welcome you to! I truly love connecting with my members and hearing more of their stories and their roadblocks. Even on the other side of a computer screen I am here to help encourage you and bring suggestions to help you on your journey.

Is 1:1 coaching available?

I love that you asked! ;)

Registered Dietitians must hold a license in the state the patient is in at the time of service. Currently I hold a license in the state of Kansas. If you live in Kansas, you can email me for a link to my schedule. I am in-network with some insurance provider and can check your benefits. These visits are often covered!

If you live outside of Kansas, you can either drive to Mission, Kansas OR send me an email with your city and state and I will review my list  contacts for your area.

You can email me at steph@bariatricfoodcoach.com at any time. I will be quicker to reply on my days in office but will return your email as soon as I can on other days. Emails are responded to in a 48 hour or less window except on holiday weekends. I will have an out-of-office reply if there are any other delays.

More About Steph!

I often get asked if I've had bariatric surgery myself.

The answer is no. I have not had weight loss surgery. I do understand why I get asked because I often start speaking in a manner that sounds like it's very personal to me.

And that's because it is.

Working with weight loss surgery patients has truly given me a passion for what a deep emotional and personal journey it is to find freedom from the restriction extra weight can bring. I also know that the habits and consistency it takes are not easy. There is nothing correct about calling it 'the easy way out' and I think even fifteen minutes of being a fly in the wall in my office would show someone there is nothing easy about what patients have to commit to.

I have not had weight loss surgery, but I do have my own weight loss journey.

When I graduated with a bachelors degree in Dietetics I had a BMI of 32. I loved nutrition and could not wait to start my internship to become a dietitian but was insecure that no one would respect me with my own weight to lose.

I did become a dietitian and the first job I took was at a highly respected bariatric surgery clinic in Edmond, Oklahoma. I learned a tremendous amount not only about the post-op diet but about mindsets of food and hunger control. That was the shift I needed myself.

I stopped counting calories. I stopped counting points. I focused on lean protein and vegetables and jumped off the whole grain wagon. I started walking more instead of high intensity workouts that drove my hunger.

Over the course of a year I lost 40 pounds. I've maintained a BMI of 25 since then aside from my two healthy pregnancies where I gained the recommended amount of weight by staying close to the principles that I've come to live by.

I often get asked why I don't include calories on my recipes. The honest answer is because I don't count them myself. Truth be told it's only been in recent years that I added protein, carbs and fat to my recipes. I like to keep it simple. Focus your meal around the protein source and add vegetables for extra flavor and texture. Listen to your fullness cues. Focus on staying hydrated. Get a walk in when you can for both weight control and enjoyment. Build a healthy relationship with food and be free from counting.

This may bring up more questions for you. You are welcome to read the blog on "I quit counting calories and finally lost weight" or you can email me.

Thanks for finding out more about me. I love finding out more about you too!

Steph