

PUREED MEAL PLAN (4 WEEKS)

IF A FOOD OR BEVERAGE IS NOT ON THIS LIST DO NOT EAT IT

¼ cup – ½ cup at each meal A PROTEIN FOOD ITEMS	B PROTEIN SUPPLEMENTS	ONLY ¼ cup at each meal C OPTIONAL FOODS
<p style="text-align: center;">** 5-6 MEALS DAILY **</p> <ul style="list-style-type: none"> - Puree chicken or turkey (no skin) - Puree Fish, water packed tuna - Soft Fish - haddock, tilapia, cod, and salmon can be mashed with fork. - Puree Tofu - 2 scrambled egg whites or ¼ cup egg substitute - Canned tuna mashed with fork - Canned Chicken mashed with fork - Fat Free Refried beans (puree) - Cream soups made with low fat milk (98% fat free) - 1% cottage cheese - Part skim ricotta cheese - Sugar free, no sugar added low fat pudding. - Milk or lactaid (skim (fat free) or 1%) - Soymilk (plain or vanilla) - Blended Light low fat yogurt- no chunks, made with artificial sweetener <p>IF A FOOD ITEM IS NOT ON THIS LIST, DO NOT EAT IT !!!!!</p>	<p style="text-align: center;">* 3 TIMES DAILY *</p> <ul style="list-style-type: none"> • 8 ounce high protein shake <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Choose an item from alternative high protein supplement. 	<ul style="list-style-type: none"> - Natural no sugar added applesauce - Mashed banana - Mashed potato <p><u>Canned vegetables only</u></p> <ul style="list-style-type: none"> - <i>Puree peas</i> - <i>Puree carrots</i> - <i>Puree green beans</i> - <i>Puree beets</i> <hr style="width: 20%; margin-left: auto; margin-right: 0;"/> <ul style="list-style-type: none"> - Puree acorn or butternut squash - Puree sweet potato - Cream of Wheat – made with skim milk or 1% milk - Oatmeal – made with skim milk or 1% milk

CONDIMENTS

- LOW FAT OR FAT FREE MAYO
- MUSTARD
- FAT FREE SPAY BUTTER
- SPICES / HERBS



****** AIM FOR 75- 85 GRAMS OF PROTEIN
EACH DAY******

PAY ATTENTION

**HIGH PROTEIN SUPPLEMENT NEEDS TO
BE CONTINUED FOR 4 WEEKS**

SAMPLE MEAL PLAN

BREAKFAST	¼ C egg substitute or 2 egg whites and ¼ -1/2 cup light yogurt
SNACK:	HIGH PROTEIN SUPPLEMENT
LUNCH	1/4C – 1/2C Puree chicken
SNACK	HIGH PROTEIN SUPPLEMENT
DINNER	1/4C – 1/2C mashed tuna fish with light mayo and ¼ cup puree cooked vegetables.
SNACK	HIGH PROTEIN SUPPLEMENT

FLUIDS

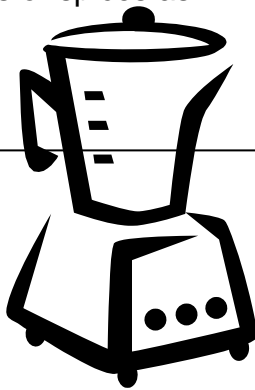
**6 -8 cups of non carbonated sugar free beverage
*THROUGHOUT THE DAY***

- Water
- Sugar free Kool-Aid
- Crystal light
- Fruit 2 0
- Sugar free popsicles
- Sugar free Jell-O
- Unsweetened decaf ice tea_ _
- Fruit propel
- Decaf tea or coffee
- Broth

Tips for Preparing Puree Foods

Use a blender or food processor

1. Meats need to be tender (stewed, baked or broiled) before they can be pureed. Cook in crock pot until very tender. Add low sodium broth, low fat gravy or low fat milk to add moisture to the meats when blending. When pureeing foods add only enough liquid to obtain applesauce consistency to maximize your protein intake in a limited volume.
2. Use light mayonnaise when blending tuna or egg
3. Add low fat milk to hot cereal or mashed potatoes to increase protein content.
4. Add 1-2 Tbsp. of protein powder to foods to increase protein.
5. May add Butter Buds or Butter Spray to season foods or spices as tolerated.



IMPORTANT TIPS TO REMEMBER

- Aim for **AT LEAST 75- 85 GRAMS** of protein per day :
(this is increased during your time of healing)
See sample menu.
- Continue consuming 3 serving of a high protein supplement.
- Eat protein foods first.
- **NO BABY FOOD**
- All foods must be applesauce consistency.
- Add foods slowly and one at a time to test tolerance.
- No gum (*can cause blockage*)
- Stop eating or drinking when full, overfilling may stretch the stomach pouch and hinder weight loss.
- **Eat slowly, take your time.**
- **Wait ½ hour before and ½ hour after meals to drink fluids.**
- **Sip fluid slowly**

IF YOU HAVE A QUESTION ABOUT A FOOD ITEM NOT ON THE ABOVE LIST



*****DO NOT EAT IT ****

GO TO THE TOP OF THIS HANDOUT AND READ OVER.

ALTERNATIVE HIGH PROTEIN SUPPLEMENTS

This list can be used to replace a protein shake

You will need to purchase protein powder to make these recipes.

For best absorption of protein, do not exceed more than 20 grams of protein in one serving of protein powder.

Protein powder must be:
15 grams of protein or greater
5 grams or less of sugar and fat.

High protein oatmeal

1. ½ cup oatmeal – make oatmeal as directed but make with low fat milk instead of water.
2. After oatmeal is cooked stir in 1 scoop of protein powder (can be plain or flavored),
3. until well blended.
4. Optional : add 2oz of additional milk, add cinnamon or nutmeg

High protein cottage cheese

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste
2. Add protein paste to ½ cup low fat cottage or ricotta cheese
3. Stir until blended well

High protein decaf coffee

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste
2. Add paste to bottom of mug, pour 8oz of decaf coffee, and stir well.
3. Optional : any non fat creamer, sugar free syrup, cinnamon or nutmeg

High protein hot chocolate

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste
2. Add paste and 1 packet of **SUGAR FREE** hot cocoa mixture to bottom of mug
3. Heat-8oz of low fat milk, pour hot milk to mug and stir well.
4. Optional: add cinnamon, nutmeg, any flavor sugar free syrup or 1 tbsp light cool whip

High protein chi tea

1. Add a little cold water to a scoop of protein powder, stir to make a paste
2. Add paste and 1 packet of **SUGAR FREE** CHI MIXTURE to bottom of mug.
3. Heat 8oz of low fat milk, pour hot milk into mug and stir well.

High protein cream soup

1. Add 1 can of **98% fat free** cream condensed soup and 8 oz of low fat milk bring to a simmer,
2. Add 2 scoops of plain protein powder and stir well.
3. Take off heat and carefully strain any chunks of food.
4. Pour 1 cup soup in bowl, (makes 2 servings)