

SOFT MEAL PLAN (WEEKS 6 – 9)

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

¼ cup – ½ cup at each meal A FOOD ITEMS	¼ cup – ½ cup at each meal B OTHER SOFT FOOD CHOICES	8 ounces C FLUIDS
<p style="text-align: center;">** 5-6 MEALS DAILY **</p> <ul style="list-style-type: none"> - Cooked chicken or turkey (no skin) - Lean ground beef (at least 90% lean) - Fish, water packed tuna - Tofu - 2 egg whites or ¼ cup egg substitute - Canned beans (ex. kidney , lentils) - Reduced fat cheese - Cream soups made with lowfat 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 	<ul style="list-style-type: none"> - Cooked cereal - cream of rice, oatmeal) - Cold unsweetened cereal soaked in milk - Ripe banana - Canned fruit (packed in natural juices) - Cooked tender <u>Vegetables without seed or skin</u> - Tomato sauce puree no seeds or skins (NO PASTA ALLOWED) 	<p style="text-align: center;"><u>6 -8 cups of non carbonated sugar free beverage</u></p> <p style="text-align: center;"><u>*THROUGHOUT THE DAY*</u></p> <ul style="list-style-type: none"> - Water - Sugar free Kool-Aid - Crystal light - Fruit 2 0 - Unsweetened decaf ice tea - Fruit propel - Decaf tea or coffee - Sugar free popsicles - Sugar free jello - Broth

IMPORTANT TIPS FOR MEAL SELECTION

- Aim for AT LEAST **60 GRAMS** of protein per day :
Example (6 oz of lean meat and 16oz of low fat dairy per day)
- Wean off protein supplement when you reach your protein goal through your meals.
- Eat protein foods first
- After protein foods eat vegetables and fruit.
- Eat only cooked vegetables and avoid high fiber vegetables.
- Add foods slowly and one at a time to test tolerance.
- **Stop eating or drinking when full, overfilling may stretch the stomach pouch and hinder weight loss.**



FOODS TO AVOID

- Soft breads, doughnuts, pastries. These may form a dough ball and block the stomach outlet.
- Salads or other raw vegetables
- Sugar and sweets (table sugar, cakes, cookies, pies, pastries)
- High fat meat (bacon, sausage, luncheon meats)
- Steak, roast beef, pork, lamb, veal, venison.
- High fat foods (butter, oil regular salad dressing, mayonnaise, sour cream, cream cheese, whole milk, cheese, ice cream, cake, cookies, pies)
- Fibrous vegetables (broccoli, cauliflower, brussel sprouts, corn, cabbage, salad greens, asparagus)
- Fresh fruit except bananas
- Rice and Pasta
- Nuts, seeds, coconut, raisins and popcorn, dried fruit

SAMPLE MEAL PLAN

BREAKFAST	¼ C egg substitute or 2 egg whites
SNACK:	¼ - ½ C 1% cottage cheese and 1-2 tbsp canned fruit
LUNCH	1/4C – 1/2C chicken
SNACK	1/4C – 1/2C blended light yogurt
DINNER	¼ - ½ C tuna fish with light mayo and 1 -2 tbsp soft cooked vegetables.