

Pureed Meal Plan: 4 weeks

The pureed meal plan is designed for your health, safety, and prevention of complications and unpleasant physical symptoms such as pain, nausea, vomiting and diarrhea.

Total volume per meal should be no more than ½ cup. Aim for at least 60-75 grams of protein per day. Eat your protein first and eat only the foods listed below.

Protein: Eat 3 protein meals per day, 1/4 - 1/3 cup per meal

- Chicken or turkey (pureed, no skin)
- Soft fish - haddock, tilapia, cod, salmon, flounder (pureed or mashed with a fork)
- Canned tuna or chicken (mashed with a fork)
- Tofu (pureed)
- Eggs/egg substitute (scrambled)
- Fat-free refried beans (pureed)
- 98% fat-free cream soups made with fat-free milk (Strained)
- 1% cottage cheese
- Part-skim ricotta cheese
- Sugar-free pudding, homemade with low-fat milk
- Milk or Lactaid (skim, fat-free, 1%)
- Light soy milk (plain or vanilla)
- Yogurt/Greek yogurt (plain, light, low-fat - no fruit pieces)

Approved condiments:

- Mayo (low-fat or fat-free)
- Mustard
- Fat-free spray butter
- Spices/herbs

High Protein Supplements: Include 2 daily

- High protein shake – 8 fl oz.
- High protein oatmeal – ½ cup
- High protein cottage cheese – ½ cup
- High protein decaffeinated coffee – 8 fl oz.
- High protein hot chocolate – 8 fl oz.
- High protein chai tea – 8 fl oz.
- High protein cream soup – 1 fl oz.

*Recipes provided at the end of the meal plan

Foods after meeting protein requirements: 1-2 Tbsp. per meal

Fruit: pureed, cooked or canned; no sugar added

- Applesauce
- Apricots
- Bananas
- Melon
- Peaches
- Pears
- Pineapples

Vegetables: fresh, frozen, canned; cooked, pureed, mashed; without seeds, hulls or skins

- Beets
- Carrots
- Green Beans
- Mushrooms
- Peas
- Roasted Peppers
- Spinach
- Squash (acorn or butternut)
- Sweet Potatoes
- Tomato Sauce
- Wax Beans

Starches:

- Cream of wheat, oatmeal, grits made with skim/1% milk

Fluids: 48-64 oz. per day

- Water
- Unsweetened decaffeinated tea
- Decaffeinated coffee
- Sugar-free popsicles
- Sugar-free gelatin
- Sugar-free non-carbonated beverages
- Broth

Sample Meal Plan

Breakfast:

- ¼ cup scrambled eggs
- 2 Tbsp. fruit

Snack 1:

- 8 fl oz. high protein shake

Lunch:

- ½ cup pureed chicken

Snack 2:

- 8 fl oz. high protein shake

Dinner:

- 1/3 cup mashed fish w/ light mayonnaise
- 2 Tbsp. pureed cooked vegetables

Snack 3:

- ½ cup light Greek yogurt

Tips to being successful

- Stop eating/drinking when satisfied
- Eat protein first
- Eat/drink slowly, take your time
- Add foods one at a time to test tolerance
- All food must be applesauce consistency
- Stop drinking ½ hour before each meal
- Wait ½ hour after meals to resume fluids
- No gum – can cause blockage
- No baby food

Tips for preparing pureed food

- Use a blender or food processor
- Add only enough liquid to obtain applesauce consistency
- Meats should be cooked tender (stew, bake, broil or use crock pot) before they can be pureed
- Add low sodium broth, low fat gravy or low fat milk to add moisture to protein when blending
- Use light mayonnaise when blending tuna or eggs
- Add low fat milk to hot cereal or mashed potatoes to increase protein content
- Add 1-2 Tbsp. of protein powder to increase protein content
- May add butter spray/buds, spices or herbs to season food as tolerated

High Protein Supplement Recipes

High Protein Oatmeal

1. Cook ½ cup of oatmeal as directed using low fat milk instead of water
2. Stir in 1 scoop protein powder until well blended
3. Optional: add 2 fl oz. of additional milk, cinnamon or nutmeg

High Protein Cottage Cheese

1. Stir together a little cold water and 1 scoop protein powder to make paste
2. Add protein paste to ½ cup low-fat cottage or ricotta cheese
3. Stir until well blended

High Protein Decaf Coffee

1. Stir together a little cold water and 1 scoop protein powder to make paste
2. Add paste to bottom of mug, pour in 8 fl oz. decaf coffee and stir well
3. Optional: add non-fat creamer, sugar-free syrup, cinnamon or nutmeg

High Protein Hot Chocolate

1. Stir together a little cold water and 1 scoop protein powder to make paste
2. Add paste and 1 packet of sugar-free hot cocoa mix to bottom of mug
3. Pour 8 fl oz. of warm/hot low fat milk into mug and stir well
4. Optional: add cinnamon, nutmeg, any flavor sugar-free syrup or 1 Tbsp. light cool whip

High Protein Chai Tea

1. Stir together a little cold water and 1 scoop protein powder to make paste
2. Add paste and 1 packet of sugar-free chai mix to bottom of mug.
3. Pour 8 fl oz. of warm/hot low fat milk into mug and stir well

High Protein Cream Soup

1. Mix 1 can of 98% Fat free cream condensed soup and 8 fl oz. low fat milk, bring to simmer
2. Add 2 scoops plain protein powder and still well
3. Take off heat and carefully strain out any chunks of food
4. Pour 8 fl oz. of soup into bowl (makes 2 – 8 fl oz. servings)

*Do not exceed more than 28 grams of protein in one serving of protein powder.

** Protein powder must be 16-28 grams protein and <5 grams of sugar and fat. .