

Full Liquid Sample Menu

Breakfast 8am	Breakfast 8am	Breakfast 8am
Very thin oatmeal	Fat-free Greek yogurt (less than 7g sugar, no pieces of fruit)	Very thin farina
Snack 10am	Snack 10am	Snack 10am
Whey protein shake (prepared w/ 4-8oz of liquid)	Whey protein shake (prepared w/ 4-8oz of liquid)	Whey protein shake (prepared w/ 4-8oz of liquid)
Lunch 12pm	Lunch 12pm	Lunch 12pm
Chicken Broth	Very thin oatmeal/farina	Fat-free cream soup (no pieces of food)
Snack 2pm	Snack 2pm	Snack 2pm
Whey protein shake (prepared w/ 4-8oz of liquid)	Whey protein shake (prepared w/ 4-8oz of liquid)	Whey protein shake (prepared w/ 4-8oz of liquid)
Snack 4pm	Snack 4pm	Snack 4pm
Fat-free Sugar-free Pudding	Sugar-free Ice pop	8oz of fat-free/1% milk
Dinner 6pm	Dinner 6pm	Dinner 6pm
Fat-free cream soup (no pieces of food)	Fat-free cream soup (no pieces of food)	Chicken broth Low Sodium

You are allowed to have the following:

- Whey protein powder (total protein 70grams per day) one scoop should contain: 20-30g protein and 0-3g sugar
- Fat free yogurt (less than 7g sugar, no pieces of fruit)
- Sugar-free Fat-free Pudding
- Sugar-free Jello
- Fat-free cream soups (no pieces of food)
- Farina/Oatmeal (must be very thin)
- Low Sodium Chicken/Beef Broth

These may be used for hydration (drink slowly):

- Water (48-64oz or 3-4 16.9fl oz bottles daily)
- Skim milk/1% milk/unsweetened almond or soy milk
- Decaf coffee or Decaf tea
- Sugar-free Ice Pops
- Crystal Light, Diet Snapple
- Low sodium chicken or beef broth

Remember to eat and drink every 2-3 hours

****Sugar substitutes may be used (Splenda, Equal, Truvia)**

****All products should have no sugar added**