

## Pureed Sample Menu

<b>Breakfast 8am</b>	<b>Breakfast 8am</b>	<b>Breakfast 8am</b>
½ cup scrambled egg whites w/ 1oz fat-free/low-fat cheese	½ cup fat-free/low-fat cottage cheese	½ cup unsweetened oatmeal with ¼ cup skim milk
<b>Snack 10am</b>	<b>Snack 10am</b>	<b>Snack 10am</b>
Whey protein shake	Whey protein shake	Whey protein shake
<b>Lunch 12pm</b>	<b>Lunch 12pm</b>	<b>Lunch 12pm</b>
½ cup fat-free/low-fat cottage cheese w/ ¼ cup pureed fruit	4oz pureed Light Soup	½ cup fat-free Greek Yogurt w/ ¼ of small mashed banana
<b>Snack 2pm</b>	<b>Snack 2pm</b>	<b>Snack 2pm</b>
Whey protein shake	Whey protein shake	Whey protein shake
<b>Dinner 6pm</b>	<b>Dinner 6pm</b>	<b>Dinner 6pm</b>
3oz pureed chicken, 1oz pureed carrots, 1oz mashed potatoes	3oz pureed turkey, 1oz pureed green beans, 1oz mashed potatoes	3oz pureed fish, 1oz pureed zucchini, 1oz mashed acorn squash