

Sample Menu #3 (after first 4 weeks, transition from pureed to solid foods)

Time/Meal	Food/Amount	Food group	Your Meal Plan!
6 am	1 cup water	FLUID	
7 am/ Meal #1	¼ c. egg beaters (equiv. to 1 egg)	1 meat	
	1 oz. low fat cheese	1 meat	
	¼ c. salsa	1 vegetable	
	1 chewable multivitamin	SUPPLEMENT	
	500 mcg Vitamin B12	SUPPLEMENT	
8 am	1 cup water	FLUID	
9 am	1 cup Crystal Light	FLUID	
10 am/ Meal #2	6 oz nonfat greek strained yogurt	1 milk	
	½ c. sliced peaches	1 fruit	
	500 mg Calcium Citrate (Start at 1 mo postop)	SUPPLEMENT	
11 am	1 cup Crystal Light	FLUID	
12 pm/ Meal #3	2 oz (1/3 can) tunafish (canned in water)	2 meat	
	1 Tbsp. low fat mayonnaise	1 fat	
	1 oz. avocado	1 fat	
	1 chopped hard boiled egg	½ meat	
	1 chewable multivitamin	SUPPLEMENT	
1 pm	½ cup sugar-free koolaid	FLUID	
2 pm	½ cup water	FLUID	
3 pm/ Meal #4	8 oz. skim milk	1 milk	
	½ c. blueberries (blend with milk/ice)	1 fruit	
	500 mg Calcium Citrate (Start at 1 mo postop)	SUPPLEMENT	
4 pm	½ cup Crystal Light	FLUID	
5 pm	½ cup water	FLUID	
6 pm/ Meal #5	2 oz. stewed chicken (cooked in broth)	2 meat	
	½ c. green beans	1 vegetable	
	½ c. baked sweet potato	1 starch	
	1 tsp. margarine	1 fat	
7 pm	½ cup water	FLUID	
8 pm	1 cup sugar-free Kool Aid	FLUID	
9 pm	500 mg Calcium Citrate (Start at 1 mo postop)	SUPPLEMENT	
10 pm	1 cup Crystal Light	FLUID	

Totals:

2 chewable multivitamins
 1 sublingual vitamin B 12 (500 mcg)
 6 calcium citrate (500-600 mg/ 3 times a day)
 (Start taking your calcium citrate during transition)

Total Food groups:

8 (8 oz.) cups of fluid
 6 ½ meat/meat substitutes
 2 milk
 2 vegetable
 2 fruit
 1 starch (allowed maximum of 2/day)
 3 fat (allowed maximum of 3/day)

SAMPLE MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B'fast	½ cup cooked oatmeal	¼ egg substitute, scrambled (use Pam spray)	½ cup low-fat cottage cheese	2 slices low-fat deli meat, rolled up, with mustard for dipping	2 slices whole wheat toast	½ cup grits
	1 boiled egg	1 slice whole-wheat toast	½ cup fruit, canned in juice	1 orange	2 T "natural" peanut butter	2 oz low-fat cheese
		1 tsp margarine				

Lunch	2 slices deli chicken	1 cup (or more) lettuce, tomato, onion	1 cup tomato soup	3 oz tuna mixed with low-fat mayo	2 slices honeydew or cantaloupe	1 Lean Cuisine dinner
	1 (6") whole-wheat tortilla	2 oz turkey	6 saltines	1 cup (or more) lettuce, tomato, onion	2 slices ham	1 cup salad (lettuce, tomato, cucumber)
	½ cup cole slaw	1 T salad dressing	2 oz. low-fat cheese			1 tsp. olive oil (for salad)

Dinner	3 oz steamed fish	3 oz baked, skinless chicken	8 large shrimp, boiled	1 cup lentil soup	1 Boca burger with mustard for dipping	3 oz roasted, skinless turkey
	1 cup squash and onions, sauteed in 1 tsp olive oil	1 cup broccoli, steamed	1 cup asparagus, steamed and spritzed with lemon	Sliced tomatoes and cucumbers drizzled with olive oil	1 cup boiled cabbage or greens	1 cup sauted okra and tomatoes
	1 cup strawberries	½ cup pears, canned in juice				

Snack	Lite yogurt	2 apricots	Lite yogurt	½ banana	1 apple or ½ cup applesauce	½ cup pineapple, canned in juice
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Drinks	8 cups of fluid, including 8 oz of low-fat milk and 4 oz of orange juice	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 8 oz of low-fat milk and 4 oz of orange juice	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 16 oz of low-fat milk
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