

# Sample Menu For First 4 Weeks

Please note that some of the portion sizes below will exceed what you can take in. Follow your feelings of fullness but don't go more than 4-5 hours without having bites of something to eat. Do not eat and drink at the same time. Use this as a guideline or a roadmap. Change the times to when you wake up and go to sleep. Use this as another tool to help you plan for your food groups, fluids, and supplements.

## Sample Menu #1 (first 4 weeks, pureed diet phase)

Time/Meal	Food/Amount	Food group	Your Meal Plan!
6 am	1 cup water	FLUID	
7 am/ Meal #1	¼ c. fat free cottage cheese	1 meat	
	½ c. pureed peaches (canned in water)	1 fruit	
	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	4 oz. V8 juice	1 vegetable	
	500 mg Calcium Citrate (can wait 1mo postop)	SUPPLEMENT	
11 am	1 cup Crystal Light	FLUID	
12 pm/ Meal #3	½ c. fat free refried beans	1 meat	
	1 oz. low fat shredded cheese (melted)	1 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, FLUID	
	½ c. nonfat dried milk powder in milk	1 meat	
	2 Tbsp. natural peanut butter	1 meat	
	500 mg Calcium Citrate (can wait 1mo postop)	SUPPLEMENT	
4 pm	½ cup Crystal Light	FLUID	
5 pm	½ cup water	FLUID	
6 pm/ Meal #5	1 oz. blended chicken	1 meat	
	½ c. pureed zucchini	1 vegetable	
	½ c. mashed 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/ Meal #6	6 oz. fat free no added sugar yogurt	1 milk	
	½ c. pureed pears	1 fruit	
	500 mg Calcium Citrate (can wait 1mo 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)  
 (can wait until transitioned to solids to start calcium)

### Total Food groups:

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

## Sample Menu #2 (first 4 weeks, pureed diet phase)

Time/Meal	Food/Amount	Food group	Your Meal Plan!
6 am	1 cup water	FLUID	
7 am/ Meal #1	½ c. oatmeal made with	1 starch	
	½ c. skim milk	½ milk	
	½ c. unsweetened applesauce	1 fruit	
	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	¼ c. pureed chickpeas or garbanzo beans	½ meat	
(blend together for	½ c. red peppers	1 vegetable	
homemade	1 Tbsp natural peanut butter	½ meat	
hummus)	Plus lemon juice, garlic and black pepper		
	500 mg Calcium Citrate (can wait 1mo postop)	SUPPLEMENT	
11 am	1 cup Crystal Light	FLUID	
12 pm/ Meal #3	½ c. black bean or lentil soup blended w/	1 meat	
	2.5 oz. jar baby food chicken	1 meat	
	1 oz. low fat cheese (melted on top)	1 meat	
	1 chewable multivitamin	SUPPLEMENT	
1 pm	½ cup sugar-free koolaid	FLUID	
2 pm	½ cup water	FLUID	
3 pm/ Meal #4	¼ c. fat free cottage cheese	1 meat	
	½ c. blended pineapple (in own juice)	1 fruit	
	500 mg Calcium Citrate (can wait 1mo postop)	SUPPLEMENT	
4 pm	½ cup Crystal Light	FLUID	
5 pm	½ cup water	FLUID	
6 pm/ Meal #5	¼ c. black beans	½ meat	
	½ c. diced tomato	1 vegetable	
	1 oz low fat cheese (try laughing cow lite)	½ meat	
	Try spices like chili pwr or hot sauce		
7 pm	½ cup water	FLUID	
8 pm	1 cup sugar-free Kool Aid	FLUID	
9 pm/ Meal #6	8 oz. skim milk	1 milk	
	1 pkt. Sugar free Carnation Instant B-fast	½ milk	
	500 mg Calcium Citrate (can wait 1mo 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)  
 (can wait until transitioned to solids to start calcium)

### **Total Food groups:**

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

# SAMPLE MENU – Soft or Pureed Diet

Please note that some of the portion sizes below will exceed what you can take in. Follow your feeling of fullness and stop eating as soon as you feel full. Do not eat and drink at the same time.

Meal	Day One	Day Two	Day Three	Day Four
B'fast	½ cup cottage cheese	½ cup oatmeal made with 1/3 cup nonfat milk powder	½ cup cream of wheat	1 egg, scrambled made with 1 tsp. margarine
	½ cup grits	1 egg, scrambled made with 1 tsp. margarine	6 oz light yogurt	1 oz fat-free cheese melted on egg
	½ cup pureed pears			
Lunch	2 oz tuna, canned in water	2.5 oz jar baby food turkey	3 oz tofu, blended and seasoned to taste	1/3 cup hummus
	1 Tbsp reduced fat mayo	1/3 cup pureed green beans	1/3 cup pureed cooked spinach	½ cup pureed carrots
	½ cup tomato juice	1/3 cup mashed potatoes		½ cup applesauce
		1 tsp. margarine		
Dinner	½ cup fat-free refried beans	2 oz cooked, blended chicken	3 oz salmon, steamed and blended	1/3 cup baked beans, mashed
	1 oz low-fat cheese, melted on top of beans	1/3 cup pureed broccoli	1 cup pureed butternut squash or sweet potato	1 oz fat-free cheese melted on beans
	½ cup cooked cabbage, blended	1 tsp. margarine	1 tsp. margarine	½ cup papaya, mashed
		1/3 cup blended peaches		
Snack	½ cup applesauce	1/3 cup pureed pineapple	3 prunes, pureed	1 Tbsp "natural" creamy peanut butter
		¼ cup low-fat cottage cheese		
Drinks	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 8 oz of low-fat milk and 4 oz juice	8 cups of fluid, including 16 oz of low-fat milk and 4 oz vegetable juice