

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