

STAGE 1 Post-Op: SAMPLE MENU

Hour	Liquid	
8.00 a.m.-9.00 a.m.	4-6 oz. Warm decaf tea	
9.00 a.m.-10.00 a.m.	4-6 oz. Protein Supplement & (Multi)	
10.00 a.m.-11.00 a.m.	4-6 oz. Diet Jell-O	
11.00 a.m.-12.00 p.m.	Sugar-free ice-pop	
12.00 p.m.-1.00 p.m.	4-6 oz. strained creamy soup	
1.00 p.m.-2.00 p.m.	4oz Protein Supplement	
2.00 p.m.-3.00 p.m.	4-6 oz. Broth (low-sodium)	
3.00 p.m.-4.00 p.m.	4-6 oz. Low Sugar yogurt (Oikos)	
4.00 p.m.-5.00 p.m.	4-6 oz. Smart Water/Propel/ Powerade Zero (Electrolytes)	
5.00 p.m.-6.00 p.m.	4oz Protein Supplement (multivitamin)	
6.00 p.m.-7.00 p.m.	4-6 oz. Diet lemonade/Crystal light	
7.00 p.m.-8.00 p.m.	4-6 oz. Diet Snapple	
8.00 p.m.-9.00 p.m.	Sugar-free ice-pop	
9:00 p.m.-10:00 p.m.	4-6 oz. Water	

TRACK YOUR FLUIDS (64 oz) and PROTEIN INTAKE (varies) ON BARITASTIC APP

*** This is a sample menu. More beverage options on page 9***

STAGE 2: SAMPLE MENU (Puree)

Hour	Day 1	Day 2	Day 3
8:00 am	Breakfast 3 Tbsp. Low-fat Cottage Cheese 1 Tbsp. Unsweetened Applesauce	Breakfast 3 Tbsp. Scrambled egg 1 Tbsp. Oatmeal thinned (protein)	Breakfast 1 Tbsp. Natural creamy peanut butter 1 Tbsp. Pureed banana 2 Tbsp. Farina
10:00 am	4oz Protein Supplement	4oz Protein Supplement	4oz Protein Supplement
Noon	Lunch 1 oz. (2 Tbsp.) Chicken blended with ½ cup vegetable broth 1 oz of green beans	Lunch 2 oz. (4 Tbsp.) Tuna fish blended with low-fat mayonnaise	Lunch 2 oz. (4 Tbsp.) egg salad blended with low-fat mayonnaise
2:00 pm	4oz Protein Supplement	4oz Protein Supplement	4oz Protein Supplement
6:00 pm	Dinner 1-2 oz. (2-4 Tbsp.) white flaky fish 1 Tbsp. Whipped potato 1 Tbsp. Pureed carrots	Dinner 1 can of chicken blended with ½ cup low-sodium chicken broth 1 Tbsp. canned peaches or pears	Dinner 1-2 oz. (2-4 Tbsp.) turkey blended with broth 1 Tbsp. Squash 1 Tbsp. Pureed green beans
8:00 pm	Greek Yogurt/Cottage Cheese	Greek Yogurt/Cottage Cheese	Greek Yogurt/Cottage Cheese
Calories	600 kcal	720 kcal	895 kcal
Protein	91g	99g	97g

Protein-rich choices are highlighted in bold print

STAGE 3: SAMPLE MENU (Regular)

Hour	Day 1	Day 2	Day 3
8:00 am	Breakfast 1 scrambled egg 2 bites of sweet potato 2 tsp. diet margarine ½ cup cantaloupe	Breakfast ½ cup cooked oatmeal (protein) ⅓ - ½ cup unsweetened pears	Breakfast 2 Tbsp. natural creamy peanut butter 1/2 English Muffin ⅓ – ½ cup sliced Banana
10:00 am	1 protein shake	1 protein shake	½ cup fortified Skim Plus milk
Noon	Lunch ½ cup Turkey chili (4 oz) 1/3 cup Apple w/ cinnamon (3 oz)	Lunch 3 oz. tuna fish 2 Tbsp. low-fat mayo ½ cup salad 1 Tbsp. low-fat dressing ½ cup watermelon	Lunch 2 tbsp of beans 2 oz. chicken or LF cheese 1 small sliced tomato ⅓ Cup seeded cucumber slices ½ cup cantaloupe
6:00 pm	Dinner 3 oz. tofu or lean meat 1/3- ½ cup steamed broccoli ⅓ - ½ cup zucchini	Dinner 2 oz baked chicken, no skin 2 Tbsp. low-fat gravy ½ cup mashed squash ⅓ – ½ cup string beans	Dinner 2 oz. poached sea bass 1/3- ½ cup cubed boiled potato 2 tsp. diet margarine ⅓ – ½ cup steamed carrots
8:00 pm	½ cup fortified Skim Plus milk steamed with nutmeg, cinnamon and vanilla essence	½ cup fortified Skim Plus milk steamed with nutmeg, cinnamon and vanilla essence	½ cup fortified sugar-free yogurt
Calories	980-1026 kcal	850-900 kcal	890-936 kcal
Protein	71-89g	72-90g	84-102g

- Fortify milk by adding 1 cup of non-fat dry milk to 1 quart of Skim Plus® milk to get 17 g of protein in one cup.
- Alternatively, add 1 scoop Designer Whey Protein® to 4 oz. Skim Plus® milk to get 23 g protein/serving.