

**Bariatric  
Phase 1  
Clear Liquid Diet**

**B L D**

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.

<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carb</u>
½ - ¾ cup decaf coffee/tea w/2 pkt Sweet n Low	0	0	0
1/2 cup broth	0	0	0
Crystal Light pkt.	0	0	0
1 cup Fruit Flavored Pedialyte®	25	0	6
¼ - ½ cup water	0	0	0

18 - 22 fluid oz.      25Cal   0gP   6g

16 oz. bottle of water will be provided at breakfast.

NAME: \_\_\_\_\_ ROOM # \_\_\_\_\_  
Daily menus provides: 75 cal 0g Pro 18g Carbs

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