

**Bariatric
Phase 2
Full Liquid Diet**

Breakfast

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.
Do not drink 30 minutes before eating.

Time	Menu	Cal	Pro	Carbs
7:00am	½ - ¾ cup decaf coffee/tea	0	0	0
8:00am	SF popsicle	0	0	0
9:00 am	½ cup HP skim milk (1 sc)	65	10	6
10:00am	½ cup diluted apple juice	30	0	7

~16 fluid oz. 105 Cal 10gP 13g

Sugar Sub.

4oz Optisource = 100 Cal, 12 g P, 6 g Carb

16 oz. bottle of Water will be provided daily.

NAME: _____ ROOM # _____

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Lunch

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.
Do not drink 30 minutes before eating.

Time	Menu	Cal	Pro	Carbs
12:00pm	½ - ¾ cup decaf coffee/tea	0	0	0
2:00pm	unsweetened HP applesauce (2 sc)	100	12	13.5
3:00pm	SF popsicle	0	0	0
4:00pm	½ - ¾ cup water	0	0	0

~18 fluid oz. 100 Cal 12gP 13.5g

Sugar Sub.

4oz Optisource = 100 Cal, 12 g P, 6 g Carb

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Dinner

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.
Do not drink 30 minutes before eating.

Time	Menu	Cal	Pro	Carb
6:00pm	½ - ¾ cup decaf coffee/tea	0	0	0
7:00pm	½ cup HP soup (1 sc)	25	6	0
8:00pm	6 oz Dannon Light Fit 'n Creamy Yogurt®	80	5	15
9:00pm	½ - ¾ cup water	0	0	0

~ 20 fluid oz. 105Cal 11gP 15g

Sugar Sub.

4 oz. Optisource = 100 Cal, 12 g P, 6 g Carb

NAME: _____ ROOM # _____

Daily menus provide: ~610 cal ~69g Pro ~60g Carbs