

**Bariatric
Phase 3
Soft/Puree Diet**

Breakfast

Instructions:

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

Stop drinking 30 minutes before eating.

Wait 30 minutes after eating to drink.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carbs</u>
7:00am	½ - ¾ cup decaf coffee/tea	0	0	0
8:00am	¼ cup unflavored HP oatmeal (1 sc)	65	8	8
9:00am	6 oz Dannon Light Fit 'n Creamy Yogurt®	70	5	15
10:00 am	1 cup skim milk	80	8	12

315Cal 27gP 41g

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

Salt – Pepper – Sugar Sub.

NAME: _____ ROOM # _____

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Lunch

Instructions:

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

Stop drinking 30 minutes before eating.

Wait 30 minutes after eating to drink.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carbs</u>
12:00pm	½ - ¾ cup decaf coffee/tea	0	0	0
1:00pm	2 oz. Stage 2 baby meat (beef/chicken/turkey)	90	7	2
2:00pm	½ cup puree vegetable	60	0	10
3:00pm	6 oz Dannon Light Fit 'n Creamy Yogurt®	70	5	13

220Cal 12gP 25g

16 oz bottle of Water

Salt – Pepper – Sugar Sub.

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Dinner

Instructions:

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

Stop drinking 30 minutes before eating.

Wait 30 minutes after eating to drink.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carb</u>
5:00pm	½ - ¾ cup decaf coffee/tea	0	0	0
6:00pm	2 oz. Stage 2 baby meat (beef/chic/turkey)	90	7	2
7:00pm	½ cup puree vegetable	60	0	10
8:00pm	½ cup (regular texture) cottage cheese	80	14	3

230Cal 21gP 15g

16 oz bottle of Water

Salt – Pepper – Sugar Sub.

NAME: _____ ROOM # _____
Daily menus provides: ~765 cal ~60 g Pro ~81 g Carbs