

Post Surgical Liquid Phase:

Sample Liquid Meal Plan Ideas

Breakfast Ideas

- Sanitarium 'Up & Go™'
- Aussie Bodies 'Start the Day™'
- Sustagen® powder or 250ml tetra packs
- Fruit smoothie, try adding berries, banana or tinned fruit and wheat germ and a tsp of oatbran
- Liquid Weetbix®/ Instant porridge with plenty of milk- 2nd week only
- Vitamised soup- Try to include some protein rich sources such as chicken, red meat, seafood and/or legumes (e.g. beans or lentils).



N.B. Ensure that these are not too stringy prior to blending as this may create lumps and therefore difficulty passing through a straw.

Morning tea

- Yoghurt or custard with vitamised fruit coulis
- Flavoured milk drink
- Fruit smoothie
- Drinking yoghurt

Lunch ideas

- Vitamised Soup- Try to include some protein rich sources such as chicken, red meat, seafood and/or legumes (e.g. beans or lentils). Examples include blended seafood chowder, blended lamb shank & barley soup, pumpkin, Minestrone and pea & ham

Afternoon tea

- Yoghurt or custard with vitamised fruit coulis
- Flavoured milk drink
- Fruit smoothie
- Drinking yoghurt
- Puree fruits- peaches, pears, apricots, apple or blends of different fruits, pouring custards.

Ensure that you aim for 2 Litres of Fluid daily- This includes your food sources (e.g. custards, fluid from soups) in combination with Water and fruit juice or vegetable juice.

bariatric essentials, June 2011