

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 AND DINNER 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
- + Fruit Juice

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.