

Bariatric Post Surgery Menu - Stage 3: Blended Diet (Days 15-28)

As you transition from the liquid phase of your meal plan, begin to try various foods with a puree consistency. Work toward your goal of 64 ounces of fluid everyday. Introduce new foods gradually, (one at a time) to determine any intolerance.

Remember the following:

- * To prevent dehydration, sip liquids continually throughout the day
- * Foods should be of applesauce or pudding like consistency
- * Do not eat or drink past the first feeling of fullness
- * Use smaller utensils (baby plate, fork, spoon) to help with consuming small amounts of food
- * Plan to have 2 protein shakes daily and work toward 2 blended meals daily
- * Drink fluids 30 - 60 minutes before or after your meals
- * Do not lie down within an hour of consuming a meal

Bariatric Post Surgery Menu - Stage 3- Puree/ Blended Diet (Days 15-28)

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Lunch	¼ cup Nonfat or Low fat Greek Yogurt Plain 2 Tblsp cinnamon strawberry puree	¼-1/2 cup blended vegetable soup (no rice, noodles, or meat chunks)	¼-½ cup blended black bean soup	½ cup lowfat cottage cheese 2 Tblsp Pureed Peaches	¼-½ cup blended cream of Broccoli soup (prepared w/nonfat Lactaid or Milk alternative)	¼-½ cup oatmeal (thinned w/nonfat Lactaid or Milk alternative)
Snack	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Dinner	1 - 2 oz Pureed rosemary Chicken 2 Tblsp pureed carrots	1-2 oz Pureed garlic Turkey 2 Tblsp whipped Yams	¼ cup Lentil soup blended 2 Tblsp pureed peas	1-2 oz Pureed basil chicken 2 Tblsp pureed carrots	1-2 oz Pureed dill/herb extra firm tofu 2 Tblsp pureed peas	1-2 oz Pureed Lemon Chicken 2 Tblsp pureed Spinach

Bariatric Post Surgery Menu - Stage 3- Puree/ Blended Diet (Days 15-28)

	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Lunch	¼ cup lowfat cottage cheese 2 Tblsp Pureed berries	1-2oz Pureed garlic turkey 2 Tblsp whipped sweet potaoes	¼ cup pureed split pea soup 2 Tblsp blended ricotta cheese	¼-½ cup blended vegetable soup (no rice, noodles, or meat chunks)	¼ cup Nonfat or Low fat Greek Yogurt Plain 2 Tblsp blueberry puree	1-2 oz pureed rosemary turkey 2 Tblsp mashed Potatoes thinned with light milk alternative
Snack	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement	25-35g Protein Supplement
Dinner	2 oz roasted red pepper Hummus 2 Tbsp Pureed Spinach	1 - 2 oz Pureed herb Chicken 2 Tblsp pureed Carrots	¼ cup cream of Mushroom soup (prepared w/ nonfat Lactaid or Milk alternative) 2 Tbsp pureed Spinach	¼ cup blended low fat refried beans 2 Tbsp unsweeteneed applesauce	¼ cup cream of wheat (prepared w/nonfat Lactaid or Milk alternative) 2 Tbsp unsweetened applesauce	¼ cup Blended Black Bean Soup 2 Tbsp whipped carrots

Bariatric Post Surgery Menu - Stage 3- Puree/ Blended Diet (Days 15-28)

	Day 27	Day 28
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement
Lunch	1 -2 oz Pureed lemon thyme Chicken 2 Tbsp mashed Potatoes (thinned w/nonfat Lactaid or Milk alternative)	¼ cup Butternut Squash soup (prepare with Nonfat milk alternative) 2 Tbsp unsweetened applesauce
Snack	25-35g Protein Supplement	25-35g Protein Supplement
Dinner	¼ cup Blended Black bean soup 2 Tbsp pureed spinach	1 - 2 oz Pureed garlic Turkey 2 Tbsp whipped carrots