

Bariatric Post Surgery Menu - Stage 4: Soft Diet (Days 29 - 42)

As you transition from blended/ pureed phase of your meal plan, begin to eat your protein foods first, followed by your vegetable/fruit. Work toward your goal of 64 ounces or more of fluid everyday. Introduce new foods/textures gradually, (one at a time) to determine any intolerance.

Remember the following:

- * To prevent dehydration, sip liquids continually throughout the day
- * Food texture should be soft, visibly moist (almost dripping) and shredded or minced
- * Chew foods well until it is a puree consistency before swallowing
- * Do not eat or drink past the first feeling of fullness
- * Use smaller utensils and plates to help limit portion sizes
- * Plan to have 2 protein shakes and 2 meals daily (1 snack if needed)
- * 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 4- Soft Diet (Days 29-42)

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34
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
Light Snack (optional)	¼ cup cooked Oatmeal (prepared w/nonfat Lactaid or Milk alternative)	¼ cup low fat cottage cheese ¼ cup soft berries	¼ cup cooked Oatmeal (prepared w/nonfat Lactaid or Milk alternative)	¼ cup low fat/low sugar Yogurt ¼ cup soft peaches diced (no juice)	¼ cup cooked Cream of Wheat (prepared w/nonfat Lactaid or Milk alternative)	2 scrambled egg whites ¼ cup soft melon diced
Lunch	½ cup cream of potato soup (prepared w/ nonfat Lactaid or Milk alternative)	½ cup butternut squash soup (prepared w/nonfat Lactaid or Milk alternative)	½ cup cream of Mushroom soup (prepared w/nonfat Lactaid or Milk alternative)	1oz Extra lean ground turkey 2 Tblsp canned (no sugar added) Peaches	½ cup cream of Broccoli soup (prepared w/nonfat Lactaid or Milk alternative)	½ cup cream of Celery soup (prepared 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 ground garlic Chicken 2 Tblsp soft Green beans	1-2 oz ground rosemary Turkey 2 Tblsp soft Yams no skin	½ cup Lentil soup 2 Tblsp whipped Sweet Potatoes	1-2 oz shredded, moist Tuna 2 Tblsp soft Peas	1-2 oz soft 3 Bean Chili 2 Tblsp soft Carrots	1-2 oz shredded, moist Lemon Chicken 2 Tblsp cooked Spinach

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	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40
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
Light Snack (optional)	¼ cup low fat cottage cheese ¼ cup soft diced peaches	1 scrambled egg white ¼ cup soft diced pears	¼ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) 1 Tsp Nut Butter mixed in	¼ cup greek yogurt plain (may add cinnamon) ¼ cup soft berries	¼ cup greek yogurt plain (may add cinnamon) ¼ cup soft berries	½ cup cooked Oatmeal (prepared w/ nonfat Lactaid or Milk alternative) 1 Tsp Nut Butter mixed in
Lunch	1-2oz shredded moist basil chicken 2 Tbsp whipped Sweet Potatoes	1-2oz Extra lean parsley ground turkey 2 Tbsp Soft Green Beans	1-2oz shredded, moist Tuna 2 Tbsp soft garlic seasoned Peas	1-2oz shredded moist lemon thyme Flounder fish 2 Tbsp Soft cinnamon carrots	1-2oz Shredded moist rosemary chicken 2Tbsp soft well cooked zucchini	1-2oz Extra lean ground thyme & rosemary turkey 2 Tbsp canned peaches (in its own juice,no added sugar)
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 garlic Hummus ¼ cup mashed or soft Cauliflower	1 - 2 oz shredded, moist herb Chicken 2Tbsp soft Carrots	½ cup low fat soft black beans ¼ cup steamed garlic Spinach	1 - 2 oz shredded, moist garlic Turkey ¼ cup soft Green beans	1 - 2 oz shredded, moist herb Salmon ¼ cup soft sweet Potato	½ cup low fat soft black beans ¼ cup soft carrots w/ cinnamon

Bariatric Post Surgery Menu - Stage 4- Soft Diet (Days 29 - 42)

	Day 41	Day 42
Breakfast	25-35g Protein Supplement	25-35g Protein Supplement
Light Snack (optional)	¼ cup low fat cottage cheese ¼ cup soft pineapple diced	1 scrambled egg white ¼ cup soft melon
Lunch	1 -2 oz shredded, moist basil Chicken 2 Tblsp mashed Potatoes	½ cup Minestrone soup 2 Tblsp canned peaches (in its own juice,no added sugar)
Snack	25-35g Protein Supplement	25-35g Protein Supplement
Dinner	1 - 2 oz shredded, moist dill Tuna ¼ cup soft Broccoli	1 - 2 oz shredded, moist herbed Turkey ¼ cup soft Green Beans