

SHOPPING LIST

STAGE 1 AND 2

STAGE 1

- ☐ ¼ & ½ cup measuring cups
- ☐ 16-32-ounce reusable water bottle
- ☐ Measuring spoons (teaspoon & tablespoon)
- ☐ Notebook or phone app to record protein and track food intake
- ☐ Smaller utensils
- ☐ Smaller plates such as the 5-6-inch plate
- ☐ Recommended Vitamin and Mineral Supplements
- ☐ Protein Supplements
- ☐ Low Sodium Broth
- ☐ Sugar Free Jell-O
- ☐ Sugar Free Popsicles
- ☐ Crystal Light (or any calorie free liquid)

STAGE 2

- ☐ Unsweetened Applesauce
- ☐ Lactaid Milk / Almond Milk / Light Soy Milk (milk alternatives)
- ☐ Strained/ Low fat soups (such as butternut squash soup)
- ☐ Strained cooked cereals (oatmeal or cream of wheat)
- ☐ Blender or food processor