

SHOPPING LIST

STAGE 3 – BLENDED & PUREED FOOD

You may use this list as a guideline.

However, follow the post-surgery meal plan provided in the Post-Operative Dietary Guidelines for progression in your meal stages.

- ☐ Protein Supplements
- ☐ Blender or food processor
- ☐ Lactaid Milk / Almond Milk / Light Soy Milk (milk alternatives)
- ☐ Fat Free Greek Yogurt
- ☐ Nonfat or light yogurt (15-18 g total carbohydrates per serving)
- ☐ Sugar Free Instant Pudding
- ☐ Nonfat or Low-fat Cottage Cheese
- ☐ Fat Free Ricotta Cheese
- ☐ Mashed Potatoes or mashed sweet potatoes without skin
- ☐ Mashed Bananas
- ☐ Pureed chicken or turkey or extra firm tofu
- ☐ Fat Free Refried Beans
- ☐ Blended black bean soup
- ☐ Blended split pea soup (or other low fat blended soups/ no rice or noodles)
- ☐ Blended vegetables (no fibrous/stringy veggies)
- ☐ Unsweetened Applesauce or other pureed fruits (no peels)
- ☐ Unsweetened Oatmeal or cream of wheat