

# SHOPPING LIST

## STAGE 4- SOFT 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 (70 – 100 grams/day)

- ☐ Milk alternatives (Light Soy, Almond, or Lactaid)
- ☐ Nonfat or Low-fat Cottage Cheese
- ☐ Nonfat or Low-fat Ricotta Cheese
- ☐ Nonfat or Low-fat String Cheese
- ☐ Fat Free Greek Yogurt (low total carbohydrates of 15-18g with 80-100 calories)
- ☐ Nonfat or light Yogurt
- ☐ Egg whites or egg substitute
- ☐ Fish – cod, tuna, trout, salmon, etc. (not battered or fried)
- ☐ Extra lean ground chicken/turkey (93/7)
- ☐ Soft Tofu or Vegetable burgers (those with g protein  $\geq$  of carbohydrates AND under 5 g fat)
- ☐ Low fat beans (any variety/ shredded & moistened with broth)

### Starches

- ☐ Unsweetened Oatmeal
- ☐ Unsweetened Cream of Wheat
- ☐ Baked potato or well-cooked yams without skin

### NON-STARCHY VEGETABLES

- ☐ Fresh or Frozen Well Cooked Vegetables (avoid fibrous ones)

### FRUITS

- ☐ Soft Fruit such as banana or berries
- ☐ Canned Fruit (in its own juice, not in syrup)
- ☐ Unsweetened Applesauce

### FATS

- ☐ Olive or Canola Oil (1 teaspoon) or spray
- ☐ Avocado (1/8<sup>th</sup>)

### MISCELLANEOUS

- ☐ Sugar Free Jell-O
- ☐ Sugar Free Popsicles
- ☐ No-calorie drink mixes
- ☐ Herbs/Spices (Non-Spicy)
- ☐ Various types of soups (exclude those with peas, corn, rice, noodles, or chunks of meat)