

SHOPPING LIST

STAGE 5- EARLY TRANSITION TO SOLID 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)

- ☐ Protein Supplements
- ☐ Skim milk or 1% milk or 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
- ☐ Eggs (soft cooked, hard boiled, scrambled) or egg substitute
- ☐ Fish – cod, tuna, trout, salmon, etc. (not battered or fried)
- ☐ White meat chicken and turkey (skinless)
- ☐ Extra lean ground chicken/turkey (93/7)
- ☐ Tofu/ soybeans/ edamame
- ☐ Vegetable burgers (those with g protein $\geq$ of carbohydrates AND under 5 g fat)
- ☐ Low fat Beans & Lentils (1/2 cup)

NON-STARCHY VEGETABLES

- ☐ Fresh or Frozen Vegetables (start with softer cooked & gradually move to crunchier raw vegetables)

FRUITS

- ☐ All fruits without hard peels

FATS

- ☐ Olive or Canola Oil (1 teaspoon) or spray
- ☐ Avocado (1/8th)
- ☐ Low fat oil based dressings (less than 6 g sugar)

MISCELLANEOUS

- ☐ Sugar Free Jell-O
- ☐ Sugar Free Popsicles
- ☐ No-calorie drink mixes
- ☐ Herbs/Spices (Non-Spicy)