

BARIATRIC

CLEAR LIQUID

4oz. Chicken Broth
OR
4oz. Beef Broth

Diet Hi-Pro Jello

Lemon Sorbet
or
Sugar Free Popsicle

4 oz. Decaf Tea

Sugar Sub

NO STRAW

FULL LIQUID

Thin Whipped Potatoes

Diet Hi-Pro Jello

Sugar Free Lite Pudding

Lemon Sorbet
or
Sugar Free Popsicle

4oz. Lactaid Skim
or
4oz. Skim Milk

4oz. Sugar Free Hot Cocoa
OR
4 oz. Decaf Tea

Salt
Sugar Sub

NO STRAW

LUNCH

BARIATRIC

CLEAR LIQUID

4oz. Chicken Broth
OR
4oz. Beef Broth

Diet Hi-Pro Jello

Lemon Sorbet
or
Sugar Free Popsicle

4 oz. Decaf Tea

Sugar Sub

NO STRAW

DINNER

FULL LIQUID

Thin Whipped Potatoes

Diet Hi-Pro Jello

Sugar Free Lite Pudding

Lemon Sorbet
or
Sugar Free Popsicle

4oz. Lactaid Skim
or
4oz. Skim Milk

4oz. Sugar Free Hot Cocoa
OR
4 oz. Decaf Tea

Salt
Sugar Sub

NO STRAW

BARIATRIC

CLEAR LIQUID

2oz. Apple Juice
mixed with 2oz.
Water
OR

4oz. Chicken Broth
OR
4oz. Beef Broth

Diet Hi-Pro Jello

4 oz. Decaf Tea

Sugar Sub

NO STRAW

FULL LIQUID

4oz. Cream of Wheat

Diet Hi-Pro Jello
Sugar-Free Lite Pudding

4oz. Lactaid Skim
OR
4oz. Skim Milk

4oz. Sugar Free Hot Cocoa
OR
4oz. Decaf Tea

Salt
Sugar Sub

NO STRAW

BREAKFAST