

PHASE 1: CLEAR LIQUIDS FOR 7 DAYS POST OP

BREAKFAST	Your measurement is 100ml	The following liquids are non-measurable: spring water, tea, electrolytes	100mL of juice (apple, pear, white grape); Gerber juice or tree top apple juice
SNACK	Your measurement is 100ml	The liquids that are non-measurable should be taken 20 minutes before or after every meal	Sugar free Gelatin
LUNCH	Your measurement is 100ml		Chicken stock/Consume; fish consume (no chicken, no fish, no vegetables)
SNACK	Your measurement is 100ml		Sugar free yogurt
DINNER	Your measurement is 100ml		Oatmeal (dilute and runny); no more than 1 TBSP of brown sugar or agave honey
NIGHTTIME SNACK	Your measurement is 100ml		Sugar free Gelatin

Recommendations:

1. Eat and drink slow.
2. Follow the times and quantities of your meals.
3. Hydrate throughout the day with non-measurable: spring water, tea, electrolytes.
4. Follow the measurements prescribed.

PHASE 2: BABY FOOD OR PURES FOR 10 DAYS POST OP

BREAKFAST	Your measurement is 100ml	The following liquids are non-measurable: spring water, tea, electrolytes	Protein shake (prepared in an 8 oz container) with 2% lactose-free milk or almond milk; with 1 TBSP of protein powder drink only 100mL and the rest throughout the day
SNACK	Your measurement is 100ml	The liquids that are non-measurable should be taken 20 minutes before or after every meal	Sugar free Gelatin or sugar free yogurt
LUNCH	Your measurement is 100ml		Creams: mushrooms, spinach, carrots, squash Chicken or fish puree
SNACK	Your measurement is 100ml		Fruit puree or (Geber second step)
DINNER	Your measurement is 100ml		Oatmeal (dilute and runny)
NIGHTTIME SNACK	Your measurement is 100ml		Sugar free Gelatin

Recommendations:

1. Eat and drink slow.
2. Follow the times and quantities of your meals.
3. Hydrate throughout the day with non-measurable: spring water, tea, electrolytes.
4. Follow the measurements prescribed.
5. No coffee, no citrus, nothing spicy, non-carbonated drinks, no alcohol.
6. Important: drink the protein shake throughout the day in little sips.

PHASE 3: FINELY CHOPPED FOODS FOR 14 DAYS POST OP

BREAKFAST	Your measurement is 100ml	The following liquids are non-measurable:	1 whole scrambled egg with spinach or tomato and sweet onion
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		spring water, tea, electrolytes	
SNACK	Your measurement is 100ml	The liquids that are non-measurable should be taken 20 minutes before or after every meal	Protein shake (prepared in an 8 oz container) with 2% lactose-free milk or almond milk; with 1 TBSP of protein powder drink only 100mL and the rest throughout the day
LUNCH	Your measurement is 100ml		Chicken soup with vegetables w/chicken Or Fish soup with vegetables w/fish Or Tuna salad or chicken salad or surimi (light mayo, avocado, mixed vegetables)
SNACK	Your measurement is 100ml		Fruit or ½ banana sliced
DINNER	Your measurement is 100ml		Creams: mushrooms, spinach, carrots, squash Chicken or fish puree
NIGHTTIME SNACK	Your measurement is 100ml		Sugar free Gelatin

Recommendations:

1. Eat and drink slow.
2. Follow the times and quantities of your meals.
3. Hydrate throughout the day with non-measurable: spring water, tea, electrolytes.
4. Follow the measurements prescribed.
5. No coffee, no citrus, nothing spicy, non-carbonated drinks, no alcohol.
6. Do not consume: red meats, corn tortilla, broccoli, cabbage, cauliflower, beans, pastas,

Important: drink the protein shake throughout the day in little sips