

FULL LIQUID DIET MENU PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Smoothie (banana, Greek yogurt, almond milk)	Creamy tomato soup (strained)	Vanilla pudding	Broth-based chicken soup (blended)
TUE	Cream of wheat with milk	Butternut squash soup (blended)	Apple juice	Blended vegetable soup
WED	Fruit smoothie (no pulp)	Cream of mushroom soup	Flavored gelatin	Chicken broth with pureed carrots
THU	Chocolate milkshake	Creamy potato soup	Vanilla yogurt (no fruit pieces)	Vegetable broth with blended spinach
FRI	Oatmeal blended with almond milk	Pureed pea soup	Fruit popsicle	Beef broth with pureed cauliflower
SAT	Smoothie (strawberries, milk)	Pumpkin soup	Fruit-flavored gelatin	Tomato soup (strained)
SUN	Vanilla-flavored protein shake	Creamy broccoli soup (blended)	Custard	Chicken broth with pureed sweet potato