

# Full liquid sample menus

Breakfast 8 am		Breakfast 8 am		Breakfast 8 am	
¼ cup unsweetened cooked cereal ¼ cup skim milk (mixed with cereal)		¼ cup unsweetened applesauce pureed with ¼ cup non-fat cottage cheese		¼ cup cooked Baby oatmeal ¼ cup skim or fat-free milk	
Snack 10 am		Snack 10 am		Snack 10 am	
protein supplement		protein supplement		protein supplement	
Lunch 12 pm		Lunch 12 pm		Lunch 12 pm	
1 tablespoon Polaner All Fruit® pureed with ¼ cup non-fat cottage cheese		½ cup non-fat and low-sugar yogurt or Greek yogurt		½ cup pureed and strained low-fat soup	
Snack 2 pm		Snack 2 pm		Snack 2 pm	
¼ cup non-fat and low-sugar or Greek yogurt		¼ cup non-fat ricotta cheese pureed with cinnamon and/or nutmeg		¼ cup pureed skinless fresh fruit or Baby fruit 2 oz. plain Greek yogurt	
Dinner 6 pm		Dinner 6 pm		Dinner 6 pm	
¼ cup low fat ricotta cheese pureed with 1/8 cup unsweetened applesauce		½ cup low-fat cream soup, pureed, strained		½ cup pureed low fat Cottage cheese with cinnamon and 1 Tbsp. unsweetened applesauce	
Daily totals		Daily totals		Daily totals	
Calories	353	Calories	383	Calories	373
Fat	3.5 grams	Fat	5 grams	Fat	4 grams
Protein	38 grams	Protein	37.5 grams	Protein	40 grams

- It is up to you what time of the day you choose to eat your meals and snacks.
- Low fat = 3 grams of fat or less per one serving