

After Surgery Diet Progression: Shopping Lists

Stage 1 Clear Liquids

24 hours before surgery and 1-5 days after surgery. **No RED dyes or coloring 24 hours before surgery.**

- Fat free broth (any flavor)
- Sugar-free popsicles
- Sugar-free gelatin
- Decaffeinated tea or coffee
- Water; sugar-free flavoring okay
- Sugar free sports drinks
- Clear liquid protein drinks

Stage 2 Full Liquids

Days 6-14 after surgery

- All stage 1 foods
- Low-fat cream soup (blend & strain)
- Unsweetened soy milk or almond milk
- Sugar-free pudding
- Greek yogurt (low fat, low sugar, no fruit on bottom)
- Fat free or 1% milk
- Protein shakes with milk consistency. May need to be thinned out for improved tolerance.

Stage 3 Puree Foods

Days 15-30 after surgery

- All stage 1 and 2 foods
- Stage 1 baby food
- Scrambled eggs (mashed)
- Oatmeal (soupy)
- Banana (mashed)
- Pureed meats
- Pureed cooked vegetables
- Pureed tofu or other soy products
- Greek yogurt (low fat, low sugar)
- Low fat ricotta cheese
- Low fat cottage cheese

Stage 4 Soft Foods

Day 31+ after surgery

- Includes all stage 1-3 foods
- Ground or shredded lean meats
- Canned tuna
- White fish, salmon, crab, shrimp, scallops
- Legumes or beans
- Hard-boiled eggs
- Low fat soups
- Nonfat cheese stick
- Soft fruits- (no oranges, grapefruit, or skins)
- Cooked veggies- fresh, frozen or canned