

# Pureed sample menus

Breakfast 8 am		Breakfast 8 am		Breakfast 8 am	
¼ cup cream of rice ¼ cup fat-free milk		½ cup pureed low-fat cottage cheese ¼ cup puree peaches		¼ cup cooked Baby oatmeal ¼ cup 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	
¼ cup fat-free/low-fat cottage cheese ¼ cup unsweetened applesauce		4 oz. pureed Progresso® Light Soup (ex. Italian Style Vegetable)		3 oz pureed chicken ¼ small mashed banana	
Snack 2 pm		Snack 2 pm		Snack 2 pm	
¼ cup non-fat Greek yogurt		4 oz. protein supplement		4 oz. non-fat Greek yogurt	
Dinner 6 pm		Dinner 6 pm		Dinner 6 pm	
3 oz. pureed chicken ¼ cup pureed carrots ¼ cup mashed potatoes		3 oz. pureed turkey, ¼ cup green beans ¼ cup mashed sweet potatoes		3 oz. pureed fish ¼ cup pureed broccoli ¼ cup mashed acorn squash	
Daily totals		Daily totals		Daily totals	
Calories	481	Calories	496	Calories	520
Fat	11 grams	Fat	8 grams	Fat	4.5 grams
Protein	67 grams	Protein	60 grams	Protein	69 grams

\* It is up to you what time of the day you choose to eat your meals and snacks.