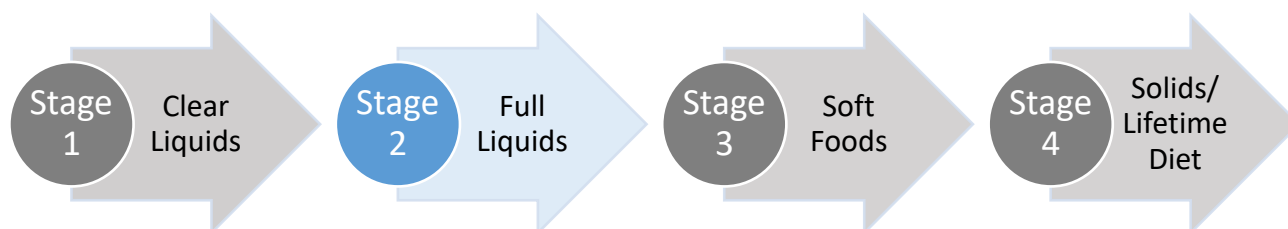


Bariatric Diet Phase 2: Full Liquid Menu

This diet is the second diet in a series of four to promote healing after bariatric surgery and minimize complications. This stage of the diet provides foods that are liquid or semi-liquid at room temperature.



Have no more than $\frac{1}{2}$ cup liquids and $\frac{1}{4}$ for semi solid foods like yogurt and cottage cheese at one time.

Hot options

Broth – Beef, Chicken or Vegetable
Chicken or Plain Juk
Cream of Wheat
Blended Soup of the Day (see back)

Cold Beverages

Diet Cranberry
Low fat Milk
Non-fat milk
Lactose Free Milk
Soy milk
Almond Milk (vanilla)

Cold Options

Plain Yogurt
Cottage Cheese
Sugar Free Vanilla Pudding
Sugar Free Gel Treat

Hot Beverages

Herbal Tea
Hot water
Decaf Peet's Coffee

Condiments

Salt	Splenda
Pepper	Lemon Wedge
Mrs. Dash	Nondairy
Soy Sauce	Creamer

See Back →

Bariatric Diet Phase 2: Full Liquid Menu

Blended Soups Available after 11 am	
Daily	Chicken Noodle
Sunday	Chicken Noodle (no additional blended soup options available this day)
Monday	Minestrone
Tuesday	Lentil
Wednesday	Italian Ribollita
Thursday	Butternut Squash
Friday	Mushroom Barley
Saturday	Black Bean
All Day	Vegetable Broth Chicken Broth