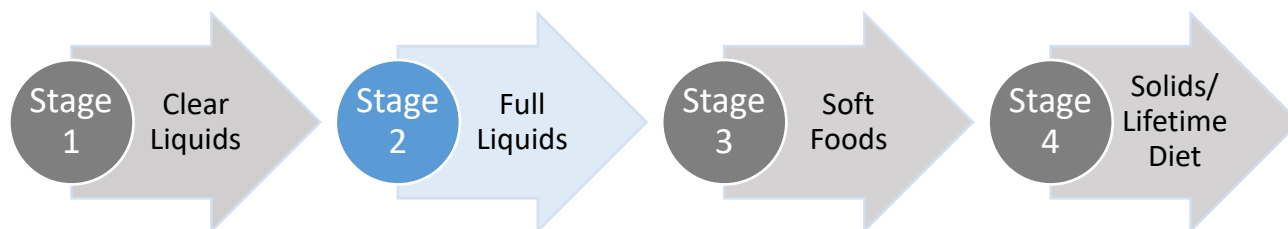


## Bariatric Diet Phase 2: Full Liquid Menu

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)  
Gatorade – Mixed Berry

### Cold Options

Plain Yogurt  
Cottage Cheese  
Sugar Free Vanilla Pudding  
Sugar Free Tropical 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

<b>Blended Soups</b> Available after 11 am	
Daily	Chicken Noodle
Sunday	Cauliflower Leek Greek Lemon Chicken
Monday	Vegetarian minestrone Southwest Kitchen
Tuesday	Southwest Vegetarian Vegetarian Lentil
Wednesday	Italian Ribollita
Thursday	Tomato Florentine
Friday	Mushroom Barley Vegetable primavera
Saturday	Southwest Black Bean Beef Goulash
All Day	Vegetable Broth Beef Broth Chicken Broth