

Shopping List: Pureed Foods

(All foods must be the consistency of baby food)

- Non-fat or low-fat yogurt
- Non-fat Greek yogurt
- Low-fat cottage cheese
- Soft, scrambled eggs, egg substitute or egg whites
- Non-fat refried beans
- Puree chicken, fish, or poultry
- Tuna (packed in water) with just enough light mayo to moisten
- Tomato soup made with skim milk
- Low-fat, Low-sodium cream soups made with skim milk
- Pureed fruits (please do not include the skins or seeds)
- Pureed, steamed vegetables
- Cream of wheat, grits or baby oatmeal made with skim milk (NO BUTTER)
- Natural applesauce (no added sugar)
- Sugar-free pudding (make with skim milk)
- Mashed potatoes made with skim milk (NO BUTTER)
- Egg drop soup
- Baby food
- Mild spices (no garlic, pepper, or chili pepper for 3 weeks)
- Protein powder
- Non-fat dry powdered milk

Liquids:

- Water
- Sugar-free Kool-Aid
- Crystal Light
- Powerade Zero or Propel Zero
- Diet cranberry juice
- Decaffeinated coffee and tea
- Sugar-free Jell-O
- Sugar-free popsicles
- Low-sodium chicken or beef broth
- Skim milk, non-fat lactose free milk, or light soy milk
- Protein shakes

Remember to get 75-100 grams of protein each day! Always eat your protein first!