

## Lean meat, chicken, fish, eggs, tofu, nuts, seeds & legumes

### No solid foods allowed

#### Limit choices to those made smooth and lump free\*

baked beans (forked mashed)	Nourishing protein drinks (see the <b>Nourishing protein drinks</b> list)
hummus	soft and smooth silken tofu
meat, chicken and fish casseroles, stews or other wet dishes (blended smooth using generous amounts of gravy or sauce)	VLED milkshakes or soups

\* To hit your daily protein target use the **Enriching protein powder** list to choose a high quality protein powder  
Protein powders can be dissolved into soups, smoothies, wet dishes and hydrating fluids to increase their protein content

## Dairy foods Limit choices

a pouch of drinking yoghurt	high protein milk	low fat yoghurt (lump free)	mousse (low fat)
cheese mornay (no pasta)	lactose free milk (lite)	low fat milk (lite or skim)	smooth ricotta cheese
custard	light & creamy evaporated skim milk	milky coffee (caffeine free)	skim milk powder

## Vegetables & legumes Limit choices

V8 vegetable juice (strained)	vegetables & legumes blended smooth
-------------------------------	-------------------------------------

## Fruit Limit choices

avocado (well mashed)	dilute juice (max 200 ml a day)	fruit puree	stewed fruit
banana (well mashed)	fresh fruit sliced to flavour water (don't eat the fruit)	lemon & lime (juice or zest)	

## Grain (cereal) foods Limit choices

Benefibre*	pysllium husk (2 teaspoons once a day)*	Weet-Bix (moisten with high protein milk)
creamed rice	steel cut oats (cook with high protein milk)	

\* Use one of these fibre sources daily to prevent constipation once you are drinking 1200ml (or more) of hydrating fluids

## Herbs, spices and condiments Use in blended foods & soups

artificial sweeteners	jelly (low joule)	sauces & gravies	stock (reduced salt)
bone broth (10 g protein per serve)	essences	sesame oil	tomato paste
canola or olive oil (1 tablespoon)	garlic & ginger	soy sauce	vinegars (all types)
capers	herbs (all dried or fresh)	spices (all dried or fresh)	Worcestershire sauce
cooking spray	mustard		

## 'Easy to swallow' multivitamin that contains Daily

iron (18 – 60 mg )	thiamine (12 mg or more)	vitamin B12 (100 mcg or more)	zinc (8 – 22)*
--------------------	--------------------------	-------------------------------	----------------

\* Warning: 40 mg (or more) of zinc can be toxic & for every 1 mg of copper have 8 – 15 mg of zinc

## Hydrating fluids (low caffeine, no fizz) Sip, sip, sip all day and avoid feeling thirsty

bone broth (10 g protein per serve)	herbal tea (caffeine free)	miso soup	tap water
coffee (caffeine free)	low sugar sports drinks (100 kj or less per serve)	sugar free cordial	

## Enlighten Nutrition's nutritious & delicious recipes\*\* Eat slowly over 20 – 30 minutes

beef and prune tagine	lentil dahl	Mexican taco soup	Spanish chicken
blueberry and lime smoothie	mango lassi	pea and mint soup	

\*\*These recipes provide more than 10 g of protein per serve