

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

No solid foods allowed

Sip, sip, sip thin & runny nourishing protein choices *

Replace all meals and snacks with nourishing protein drinks or soups

Choose a high quality product from our **Nourishing protein drinks** list

Prepare tasty **high protein** soups and smoothies using **Enlighten Nutrition's nutritious & delicious recipes**

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 and hydrating fluids to increase their protein content

Dairy foods Limited choices

a pouch of drinking yoghurt	lactose free milk (lite)	low fat milk (lite or skim)	skim milk powder
high protein milk	low fat yoghurt used in a fruit smoothie	milky coffee (caffeine free)	

Vegetables & legumes Limited choices

V8 vegetable juice (strained)	vegetables & legumes blended smooth into a thin & runny soup
-------------------------------	--

Fruit Limited choices

dilute juice (max 200ml a day) (add 50 ml of pulp free juice to 150 ml of water)	fresh fruit sliced to flavour water (don't eat the fruit)	prune juice (no added sugar) (50 ml sipped over 1 hour, max 100 ml a day)
fruit blended smooth into a thin & runny smoothie	lemon & lime (juice or zest)	

Grain (cereal) foods Daily (optional)*

Benefibre (2 teaspoons twice a day)	psyllium husk (2 teaspoons once a day)
-------------------------------------	--

* 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 smoothies & soups

artificial sweeteners	essences	miso soup	spices (all dried or fresh)
bone broth (10 g protein per serve)	extra virgin olive oil (1 tablespoon)	mustard	stock (reduced salt)
canola oil (1 tablespoon)	garlic & ginger	sesame oil	tomato paste
cooking spray	herbs (all dried or fresh)	soy sauce	Worcestershire sauce

'Easy to swallow' multivitamin that contains Daily

thiamine (12mg or more)	zinc (8-14mg)	vitamin C (40mg or more)
-------------------------	---------------	--------------------------

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)	low sugar sports drinks (100 kj or less per serve)	sugar free cordial tap water
coffee (caffeine free)			

Enlighten Nutrition's nutritious & delicious recipes** Sip, sip, sip

blueberry and lime smoothie	mango lassi	Mexican taco soup	pea and mint soup
-----------------------------	-------------	-------------------	-------------------

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