

**Bariatric
Phase 1
Clear Liquid Diet**

Breakfast

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carbs</u>
7:00 am	¼ - ½ cup water	0	0	0
8:00 am	½ - ¾ cup decaf coffee/tea w/2 pkt Sweet n Low	0	0	0
9:00 am	1/2 cup broth	0	0	0
10:00 am	SF Popsicle	0	0	0
11:00 am	1 cup Fruit Flavored Pedialyte®	25	0	6
18 - 22 fluid oz.		25Cal	0gP	6g

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Lunch

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carb</u>
12:00pm	½ - ¾ cup decaf coffee/tea w/2 pkt Sweet n Low	0	0	0
1:00pm	1/2 cup broth	0	0	0
2:00 pm	SF Popsicle	0	0	0
3:00 pm	1 cup Strawberry Pedialyte®	25	0	6
4:00 pm	¼ - ½ cup water	0	0	0
18 - 22 fluid oz.		25Cal	0gP	6g

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Dinner

Instructions:

Drink 1 – 2 oz. liquid every 10-15 minutes.

<u>Time</u>	<u>Menu</u>	<u>Cal</u>	<u>Pro</u>	<u>Carb</u>
5:00pm	½ - ¾ cup decaf coffee/tea w/2 pkt Sweet n Low	0	0	0
6:00pm	1/2 cup broth	0	0	0
7:00pm	SF Popsicle	0	0	0
8:00pm	1 cup Grape Pedialyte®	25	0	6
9:00pm	¼ - ½ cup water	0	0	0
18 - 22 fluid oz.		25Cal	0gP	6g

16 oz. bottle of Water will be provided daily.

Aug-24

NAME: _____ ROOM # _____

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Daily menus provides: 75 cal 0g Pro 18g Carbs