






1 Week After Surgery Full Liquids – Approved Foods

	Dairy			Serving	Protein
	Milk, skim or 1% (higher-protein milk: Fairlife)			1 cup	8g
	Low-fat/low sugar yogurt (<i>no chunks, and thinned</i>)			6 oz	8g
	Low-fat/low sugar Greek yogurt (<i>no chunks, and thinned</i>)			6 oz	12-16g
	Non-fat milk powder (<i>add to sugar free liquids</i>)			1/3 cup	8g
	Unsweetened almond/cashew milk (higher-protein: Orgain)			1 cup	1-10g
Unsweetened soy milk			1 cup	7g	
	Protein Supplements			Serving	Protein
	Protein powders (<i>20-40 g protein, < 5 g sugar</i>) **Whey protein isolate is best absorbed**			1	15-30g
	Ready-to-drink protein shakes (<i>20-40 g protein, < 5 g sugar</i>)			1	15-30g
	Premier Protein Clear, biPro Clear, Protein 2.0 Clear			1	20g
	Soups			Serving	Protein
	Broth, bouillon, consommé, <i>strained</i> broth-based soup, Low-fat cream soups (<i>thinned</i>) Optional – add unflavored protein powder for protein soup **Soups must be thinned, low-fat, and strained. Avoid potato and bean soups**			Varies	Varies
	High-protein soup mixtures – Unjury, Proti DIET, Bariatric Choice, Opti Source, BariWise, Pantry Selections			Varies	Varies
	Other			Serving	Protein
	Sugar-free gelatin / Jell-O			½ cup	1g
	Sugar-free popsicles			1	0g
	Sugar-free pudding (<i>thinned</i>)			½ cup	4g
	Clear Liquid - Sugar-Free drink suggestions				
	Hint	Fruit 20	Lemonade Light	Diet Snapple	
	Propel	Unsweetened-	Crystal Light Pure	Nestle Splash	
	Bai	Decaf tea	Sugar-free Kool-Aid	Crystal Light	
	Mio	Dasani Drops	Vitamin Water Zero	Powerade Zero	
	Sobe Lean SF	Wylers light	Propel Water		