

Full Liquid Menu Ideas

Full liquids are defined as liquid (you eat it with a spoon or straw or sip it). Full liquids may be creamy but should be low in fat.

No pieces, no chunks.

And nothing fizzy, like sparkling water or soda. And no liquids with stimulants or “metabolism boosters”.

Oh, yeah, no alcohol.

What you can drink:

Water

Broth, Soup – *any flavor as long as it is strained (try Better-Than-Bouillon: all the usual flavored bases plus ham, garlic, clam, mushroom, chili, vegetable, and lobster; plus organic and vegetarian options!). If homemade soup, be sure to puree (or strain it with a cheesecloth or other fine strainer), and refrigerate the broth so you can remove the fat layer after it rises to the top.*

Beverages – *skim milk or low-fat unsweetened nut milks (e.g. coconut milk, almond milk). Sugar-free beverage flavorings such Crystal Light®, sugar-free Kool-Aid®, and Mio®.*

Gelatin, Pudding or Yogurt – *any sugar-free flavor except red gelatin if you are having surgery or a colonoscopy (yes, it can look like bleeding at first glance. We don't want that!), any sugar-free pudding, any yogurt that is blended and without pieces of fruit, chia seeds, etc.*

Juice – *all*

Coffee or tea – *low-fat creamer if desired. Caffeine, sugar and sugar-free flavorings only if allowed by your doctor.*

Protein drinks – *low-fat, low in sugar. Acceptable sources include Unjury®, Isopure®, Bariatric Advantage®, Premier Protein®.*

Tip: *Unjury chocolate may be prepared warm or cold. To prepare as hot chocolate, heat water to barely warm and add protein mix. If it is so hot that it will burn your finger then the protein will lump together and you'll have a mess!*

