



Bariatric Clear Liquid Diet

Numbers in () indicate grams of protein

BROTHS

Beef Broth (1) | Chicken Broth (1) | Vegetable Broth (0)

DESSERTS

Sugar Free Gelatin
Orange (0) | Strawberry (0)

Beverages

DECAF COFFEE 4 OZ (0)

DECAF TEA 4 OZ (0)
Iced | Hot

SUGAR FREE LEMONADE 4 OZ (0)

BOTTLED WATER (0)

PROTEIN SUPPLEMENTS

Beneprotein® (6)
Gelatein20® (20): Lime



Riverside

(614) 566 - FOOD (3663)

Breakfast - Available from 7 a.m. to 10:30 a.m.

Lunch - Available from 11 a.m. to 2:30 p.m.

Dinner - Available from 3 p.m. to 7 p.m.



Bariatric Full Liquid Diet

Menu Selection and Techniques

- Numbers in () indicate grams of protein
- Select 2 high protein options (10 grams protein/option)
- Select and add Beneprotein Powder to Soup
- Thin soups and yogurt to milk consistency with 4 oz of skim milk

SOUPS

Pureed Chicken Noodle (8)
Beef Broth (1) | Chicken Broth (1) | Vegetable Broth (0)

GREEK YOGURT

Peach (15) | Strawberry (15) | Vanilla (15)

SUGAR-FREE GELATIN

Orange (0) | Strawberry (0)

Beverages

COFFEE 4 OZ (0)

Decaf

DECAF TEA 4 OZ (0)

Iced | Hot

MILK

Skim (8)

SUGAR FREE LEMONADE 4 OZ (0) | BOTTLED WATER (0)

PROTEIN SUPPLEMENTS

Beneprotein® (6)

Optisource® (24): Strawberry | Caramel

Gelatein20® (20): Fruit Punch | Lime

Premier Protein® (30): Chocolate | Vanilla