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## SAMPLE *PUREED* MENU

For  
Gastric Bypass Patients

### **BREAKFAST:**

4 – 6 Tbsp of hot cereal with  
2 – 4 Tbsp milk + 1 scoop of Protein Powder

AM SNACK:            1/2 cup Protein Drink  
                             2 Tbsp pureed fruit

### **LUNCH:**

2 – 3 Tbsp scrambled egg, or 1 soft poached egg  
¼ cup diluted juice (optional)

PM SNACK:            1/2 cup Protein Drink  
                             2 – 4 Tbsp yogurt + Protein Powder

### **DINNER:**

2 – 4 Tbsp of pureed meat or fish + 1 scoop Protein Powder  
2 Tbsp mashed potato  
2 Tbsp pureed / mashed vegetable  
½ cup milk

Evening SNACK:            1 cup of Protein Drink  
                                     Sip slowly, 2 oz every 15 minutes



Try to drink 4 - 6 (1 – 1 1/2 Liter) of water throughout the day.

## **BYPASS RULES FOR PUREED DIET**

- Follow this diet for 2 weeks.
- You may now eat food from all food groups, but it must be blended
- Crackers are an exception – ie. Saltines / melba toast
- Use a blender to prepare the food, or ‘baby food’ for convenience



- We recommend 2 – 4 Tbsp (1 - 2 oz) every 15 minutes
- Be prepared to spend 60 – 90 minutes with your meal
- STOP eating if you feel discomfort / pain of any kind
- Aim for 2 Protein Drinks a day.
- Choose a Protein Drink that has 20 – 30 gms of protein;  
0- 10 gms carbohydrate
- Add 100 % whey protein powder to your food three times a day
- Separate your fluids from solids, by at least ½ hour interval
  
- Take your time – eat slowly
- Sip – do not use straws
- Avoid carbonated beverages
- Take an adult chewable vitamin



**AVOID DURING THIS 2 WEEK PERIOD:**

Bread, of any kind; muffins, cakes, cookies

Cereals with nuts, seeds, dried fruit, and sugar coated cereal

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