

Phase II: Full Liquids and Protein Supplements



Phase II - Full Liquid with Protein Daily Food Record

DATE:	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Item and volume (fl. oz.)						
Protein (g)						
Total Protein (g)						
Fluid intake						

Tips:

- Sip at least 64 ounces of liquid a day (includes clear and full liquids). It is important to sip all of your liquids very slowly.
- Sip one to two ounces of fluid every 15 minutes.
- Use Full Liquids for your “meals” and “snacks” and sip clear liquids in between.
- Sip clear liquids 30 minutes before and after your “meals” and “snacks”.
- Avoid carbonated and caffeinated beverages.
- Full Liquid “meals” should be no more than one cup or eight ounces in volume. You will need to have three of these “meals” each day to meet your nutritional needs. It should take you an hour to drink this meal.
- Your full liquid “snacks” should be about 1/2 cup or four ounces and take 30 minutes to drink.
- Set aside regular meal and snack times.
- Take your vitamin once per day and your calcium twice per day.