

## Stage 2: Full Liquids – Meal Idea Handout

### Tips for Success:

- Continue liquids for hydration and add protein from shakes and only allowed food sources (see guidelines book for allowed options).
- Stay hydrated! Aim for 48 to 64 ounces (6 to 8 cups) of fluids per day.
  - Keep sipping fluids throughout the day.
  - Avoid beverages with carbonation or caffeine.
- Aim for 60 to 70 grams of protein per day

### Recipe Ideas:

#### EGG WHITE/BEATERS:

Soft, scrambled egg whites or eggbeaters are allowed. Avoid hard boiled, fried, or yolk /whole eggs.

#### Scrambled Egg Whites ~6g protein

- 2 egg whites
- Seasonings of choice: salt, pepper, hot sauce, mustard, lemon pepper, garlic, plain yogurt

#### Directions:

1. Cook egg whites to a soft scramble
2. Add seasonings of choice
3. Mix and enjoy

#### Scrambled Egg Salad ~7g protein

- 2 egg whites
- 1 Tbsp plain yogurt
- A dash of salt and ground black pepper

#### Directions:

1. Cook and scramble egg whites, allow to cool.
2. Add plain yogurt, salt and pepper and mix

#### Egg Drop Soup ~7g protein/serving

- 1 cups chicken stock or vegetable stock
- 2 large egg whites, beaten
- ¼ tsp salt
- ½ tsp ground black pepper
- ½ tsp onion powder
- ½ tsp garlic powder

#### Directions:

1. In a pot, bring the chicken or vegetable stock to a boil. Remove from heat.
2. Pour beaten egg whites slowly into broth, beat mixture as you pour egg whites into the soup
3. Pour into bowls and serve 1 cup portion

\*Tip- use bone broth for a little extra protein!



**Chocolate Almond Bliss Greek Yogurt\* ~7g protein/serving!**

- ½ cup plain non-fat Greek yogurt (or Soy yogurt)
- 1 teaspoon of almond extract
- Pinch of unsweetened cocoa powder
- 1 packet or 1 tsp of the zero-calorie sweetener (Splenda, Equal, Stevia)

Directions:

1. Mix yogurt, almond extract, unsweetened cocoa powder, and zero-calorie sweetener together in a bowl and enjoy!

\*Tips for buying Greek yogurt:

- Find varieties with less than 7g added sugar
- Choose non-fat Greek yogurt and varieties without fruit chunks

**“MIX AND STIR” PROTEIN SHAKE RECIPES - contain 15g or more protein/serving**

**Mint Chocolate Delight Protein Shake**

- 8-11 oz premade chocolate protein shake
- 1 drop Pure Peppermint Extract

**Mocha Cinnamon Shake**

- 8 oz. milk (1% or skim milk, light soy milk, lactaid milk)
- 1 scoop of chocolate protein powder
- ½ tsp. cinnamon
- 1 tsp. decaffeinated instant coffee



**TEA -BASED PROTEIN DRINK RECIPES**

**Vanilla Chai Latte\*\***

- 2 bags of decaffeinated chai tea steeped in 4 oz hot water
- 4 oz of milk (skim milk or unsweetened milk alternative)
- 1 scoop of vanilla protein powder
- Dash of cinnamon and nutmeg

Directions:

1. Steep tea bags in hot water for about 10 minutes, allow to cool.
2. Mix with milk, vanilla protein powder, dash of cinnamon and dash of nutmeg.
3. Serve warm or cold in a mug or glass of your choosing

**\*\*Do not mix protein powders with fluids above 140°F, this will affect the texture of the protein powder**

**Berry Breeze\*\***

- 2 bags of caffeine-free berry flavored tea steeped in 8 oz hot water
- 1 serving unflavored protein powder
- 1 packet of the zero-calorie sweetener (Splenda, Equal, Stevia)

Directions:

1. Steep tea bags in hot water for about 10 minutes, allow tea to cool.
2. Mix with unflavored protein powder, and zero-calorie sweetener.
3. Serve over ice! Each cube of ice adds about 1 ounce of fluid.



**ADDITIONAL FLAVORING IDEAS:**

1. Use flavor extracts! You only need one or two drops to add flavor without any added sugar. Some examples are listed below:
  - McCormick's has many great options: Pure Vanilla, Cinnamon, Pure Peppermint, Imitation Coconut Extract, Pure Orange or Raspberry Extracts.
2. Use sugar-free syrups! Common sugar-free syrup brands:
  - Da Vinci Gourmet – Offers 40+ flavors and can be found right on Amazon.com
  - Torani – Offer 30+ sugar-free options! Also can be found right on Amazon.com
3. Try different spices!
  - Cinnamon, nutmeg, ginger, cloves, or pumpkin spice are all great options.
4. Try making popsicles with your favorite protein shake and additional flavorings or spices! Most grocery stores will have popsicle molds for purchase.
5. Create a ritual and enjoy your protein drink from special cup or glass or your favorite mug!
6. Unflavored or savory protein powder options:
  - Unjury: offers a Beef and Onion, Chicken Soup, French Onion Soup, or unflavored protein powder options (21 g protein per scoop for all powders)
  - BariatricPal: Protein Soup – Chicken Bouillon (15 g protein)

