

# Stage 2: Full Liquids - Meal Idea Handout

# **Tips for Success:**

- Continue clear liquids and add in protein from shake and 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 on this stage. Refrain from hard boiled, fried, or regular eggs with yolk.

# Scrambled Egg Whites ~6g protein

- o 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

- o 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

# Scrambled Egg White with Ricotta ~7g protein/serving

- o 2-3 egg whites
- 1 Tbsp ricotta cheese

## Directions:

- 1. Cook scrambled egg white until almost done. Remove from heat, but continuing cooking in the hot pan until the egg is set.
- 2. Add 1 tablespoon of ricotta cheese, allow the heat to soften the ricotta cheese.

5 2023 1

# Brigham and Women's Hospital

Founding Member, Mass General Brigham

# Egg Drop Soup ~7g protein/serving

- 1 cups chicken stock or vegetable stock
- 2 large egg whites, beaten
- o 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

# 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 SHAKES 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
- o ½ tsp. cinnamon
- o 1 tsp. decaffeinated instant coffee

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

# 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)
- o 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

5 2023 2

<sup>\*</sup>Tip- use bone broth for extra protein!

# Brigham and Women's Hospital Founding Member, Mass General Brigham

# **Berry Breeze\*\***

- o 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:**

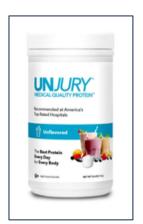
- 1. Use flavor extracts! You only need one or two drops to add flavor without any added sugar. Some examples are listed below:
  - McCormick's has many great options: Pure Vanilla, Cinnamon, Pure Peppermint, Imitation Coconut Extract, Pure Orange or Raspberry Extracts.
- 2. Use sugar-free syrups! Common 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)











5 2023 3