



Stage 3A: Smooth Textures

Tofu for Beginners

- Tofu can be found in the refrigerated section of your local grocery store in a square package. Some popular brands include Nasoya, Soy Boy, and Wildwood.
- It comes in different textures:
 - **Extra Firm:** best for stir-fry, marinating, pan-frying, and baking
 - **Firm:** best for making tofu scramble
 - **Silken:** blended for sauces, dips, and smoothies
- Tofu needs spices, a light sauce or dressing, or a marinade! It does not have much flavor on its own but it acts as a sponge to absorb other flavors around it.

Sweet Tofu Recipes

- **Chocolate Pudding** – Use food processor or blender to combine 16 oz silken tofu (drained), 2 Tbsp unsweetened cocoa powder, ¼ cup zero-calorie sweetener, ¼ tsp salt, and 2 tsp vanilla extract. Puree until smooth. Store in refrigerator.
- **Banana Pudding** – Use food processor or blender to combine 16 oz silken tofu (drained), 2 bananas, and 1 tsp vanilla. Puree until smooth. Add zero-calorie sweetener to taste. Store in refrigerator.

Savory Tofu Recipes

- **Tofu Scramble** – Crumble firm tofu in a bowl and stir in favorite seasonings (e.g., salt, pepper, garlic powder, seasoned salt, etc.). Pour mixture into a heated non-stick skillet (can use non-stick spray too) and stir. Continue stirring every minute or so until tofu is cooked to preferred level.
- **Pan-Fried or Baked Tofu Cubes** - Slice a block of extra firm tofu in half to make two ½-inch thick squares. Place between 2-3 layers of paper towels and lightly press out excess water. Cut into cubes.
 - **If pan-frying:** Preheat pan on medium heat and spray generously with non-stick cooking spray. Pan-fry tofu for 15-20 minutes until browned and crispy; stir every few minutes to avoid sticking. When tofu has been cooked to preferred level, splash with 1 tablespoon soy sauce. Add additional seasonings if desired or serve with dipping sauce (e.g., hot sauce, BBQ sauce, sriracha sauce, etc.).
 - **If baking:** Marinate tofu cubes in your preferred low-fat, low-sugar marinade for at least 30 minutes or as long as overnight. Marinade ideas include salad dressings, teriyaki, thinned-out BBQ sauce, and soy sauce. There are also tons of healthy marinade recipes on-line. Preheat oven to 375 degrees. Prepare baking sheet with parchment paper, non-stick cooking spray, or use non-stick pan. Place single layer of cubes on a non-stick baking dish and bake for 20-25 minutes or until lightly brown. Turn cubes about halfway through cooking time.

Pre-Marinated Tofu

In a pinch? Grab some pre-marinated tofu that is ready-to-eat. Microwave or heat up in a skillet if you prefer it warm or enjoy it cold right from the package. Pre-marinated tofu is an excellent protein option for sandwiches.

- Nasoya “TofuBaked” Marinated Baked Tofu: Chipotle, Sesame Ginger, Teriyaki
- Trader Joe’s Marinated and Ready to Eat Organic Baked Tofu: Savory or Teriyaki
- Wildwood Organic Baked Tofu: 11 different varieties

Vegetarian Refried Beans

- Refried beans are a great option for Stage 3A because they are soft in texture and packed with protein and fiber.
- Easy & quick- open a can of refried beans, heat up in a pan, and enjoy! Add in some hot sauce or other seasonings for some extra flavor (lime juice, cumin, pepper, etc.)
- Add a scoop of Greek yogurt for some added protein!

Sweet Recipes

- **"Ice Cream"** – Mix Greek yogurt, cottage cheese, or ricotta cheese with any of the following:
 - 1 teaspoon of vanilla or almond extract and sprinkle of cinnamon
 - Pinch of unsweetened cocoa powder and Splenda
 - Extracts (almond, peppermint, orange, vanilla, etc.)
 - Sugar-free syrups (Torani, Da Vinci Gourmet)
 - 1 T PB-2 (powdered peanut butter)
- **Chocolate Almond Bliss** – Mix 1 teaspoon of almond extract, pinch of unsweetened cocoa powder, and SF sweetener into Greek yogurt, cottage cheese, or ricotta cheese.
- **Strawberry Ricotta Gelatin**- Use a fork to fluff up the ricotta cheese. Prepare four dishes to pour mixture into. Put gelatin package into a medium mixing bowl. Add 1 cup boiling water to gelatin and whisk together until gelatin is dissolved. Stir in ricotta. Add cold water and mix all together. Pour into the 4 dishes. Cover and refrigerate for minimum 2 hours or until set. Remove and discard the top layer of the gelatin until you see the more dense and deeper colored gelatin.

Savory Recipes

- **Try any of the following mix-ins for your Greek yogurt, cottage cheese, or ricotta cheese:**
 - Spicy: Black pepper, ground red pepper, chili powder, curry powder
 - Mrs. Dash seasoning blends
 - Other Seasonings: Onion powder, garlic powder, cumin, paprika
 - Dried herbs: Italian seasoning, oregano, dill, chives
 - Lemon or lime juice
- **Tangy Dill** – Mix ½ teaspoon of dried dill, ½ teaspoon of cumin, a very small pinch of salt, and ½ teaspoon of lemon juice into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.
- **Fiesta Lime** – Mix ½ teaspoon of lime juice and ½ teaspoon of chili powder into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.
- **Chives and Onions** – Mix ½ teaspoon of dried chives (or finely minced fresh chives) and ½ teaspoon of dried onion flakes into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese. Let sit for at least an hour to allow flavors to blend.

Egg White/Beaters-Based Recipes

Egg-whites and egg-beaters are a great option packed with quality protein!

- Soft, scrambled egg whites or egg beaters are allowed on this stage. Please refrain from hard boiled, fried, or regular eggs with yolk.
- **Scramble** – mix egg whites with ricotta and salt and pepper, seasonings of choices (e.g., hot sauce, mustard, lemon pepper, garlic, plain yogurt, etc., and cook in a pan. Option to add tofu. Note: Mayonnaise and ketchup are not generally tolerated at this stage.
- **Pureed Classic Egg Salad**
 - Start with scrambled egg whites. Add light mayo, plain yogurt, and salt and pepper and mix together.

Spicing Up Your Non-Protein Foods

Remember: Always get in your protein foods and shakes first!

- **Banana “Ice Cream”**- blend 1-2 frozen bananas and blend in any of the following options:
 - ¼ tsp vanilla extract, 3 T cocoa powder, and a pinch of salt
 - 1-2 T of PB2
 - 1/8 tsp mint extract
 - ½ -1 scoop protein powder*** limit banana “ice cream” to ½ cup per day*
- Sprinkle cinnamon, nutmeg, or pumpkin pie spice on your banana, apple sauce, pears, peaches, oatmeal, cream of wheat, or farina.

