



Stage 3B: Soft Textures

Tips for Tolerating Foods

- Keep meats tender and moist.
 - Use a slow cooker.
 - Poach meat in broth.
 - Marinate meats in lemon juice or vinegar to tenderize.
 - Don't overcook; use a meat thermometer to cook chicken and poultry to 165 degrees and fish to 145 degrees.
- Using seasonings and spices are a great way to add flavor to your food!
- Use condiments to flavor and moisten your foods (ketchup, mustard, light mayo, hummus).
- It is important to eat mindfully after surgery. This means making a conscious effort to eat slowly.
 - Take tiny bites the size of a dime.
 - Chew, chew, chew! Count for at least 20 chews; a goal of 40 chews is even better.
 - Pause 10-15 seconds after each bite; observe how you feel after the food has reached your stomach.



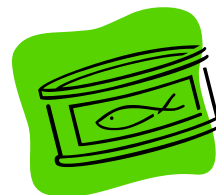
Eggs- a great option packed with quality protein!

- ***Scrambled, poached, or hard-boiled*** - don't overcook!
- ***Fried*** - Fry over easy or sunny side up using a healthy fat-based cooking spray (olive oil, canola oil).
- ***Frittata***
 - Mix eggs and seasoning (e.g., salt, pepper, onion powder, paprika, etc) in a bowl. Add 1 oz reduced-fat cheese per serving of eggs. Pour mixture into muffin pan which has been greased with Pam cooking spray. Bake at 350 degrees for 30 min (or until toothpick comes out clean). Store in fridge. Reheat in microwave.
- ***All-American Scramble***
 - Using cooking spray, fry 1 slice crumbled turkey bacon and ¼ cup egg beaters. Add 1 oz reduced-fat shredded cheddar cheese/feta/goat cheese and/or red peppers+mushrooms and cook until done. Can top with black bean salsa.
- ***Vanilla Egg Custard***
 - One 12-ounce can evaporated milk, 4 large eggs, ⅔ cup low-cal sweetener, 2 tsp vanilla extract, nutmeg. Preheat oven to 325 degrees. Combine the milk, evaporated milk, eggs, sweetener and vanilla in the blender and pulse 3 or 4 times until smooth. Pour into the custard cups and grate a generous amount of nutmeg over each one. Pour enough hot water in the roasting pan to come about halfway up the sides of the custards and bake 25 to 35 minutes.

Protein Salads (Tuna, Chicken, or Egg Salad)

Flavor with:

- 1 Tbsp light mayo or Plain Greek Yogurt
- 1 tsp oil and lemon
- Salsa (chunks of veggies strained and removed)
- Mustard
- Hummus
- 1/8 medium avocado, onion powder, garlic powder, salt, pepper, lime juice and smooth salsa, buffalo sauce



Greek Yogurt, Cottage Cheese, or Ricotta Cheese

Flavor with

- Splenda or 1 tsp SF jelly
- ½ sliced banana
- ½ cup unsweetened applesauce
- 1 tsp vanilla extract or cinnamon
- Add salt, pepper, or any other seasoning like chives or garlic



Frozen yogurt

- Mix Greek yogurt with 1 tsp SF jelly or 2 tsp unsweetened cocoa powder and Splenda. Freeze overnight.

Meat and Fish

- Roll up 2 oz freshly sliced chicken with 1 slice cheese
 - Heat on stove top for a couple minutes for a melted roll-up.
- ***Turkey Chili***
 - Add sautéed 93% lean ground turkey to tomato sauce. Season with garlic, chili powder and salt (to taste).
- ***Baked Cod***
 - Place cod on aluminum foil-lined baking sheet sprayed with Pam. Drizzle cod with 1 tsp olive oil, juice from 1 squeezed lemon wedge and ½ tsp old bay seasoning. Bake at 350 degrees for about 8 minutes (or until baked through). Can also use salmon or tilapia with BBQ sauce or a lemon pepper spice.
- Make meatballs or meatloaf using ground turkey or ground chicken.
- Try shredded/pulled chicken with Mexican seasonings or BBQ sauce.
- Try a Trader Joe's Salmon Burger from the frozen food section
- On the Run? Try a small chili from Wendy's.
- ***Baked Salmon Cakes***
 - Season salmon with salt and pepper. Heat a large sauté pan to medium-high heat and cook salmon four minutes on each side. Let cool. Add fish seasoning and let cool. Preheat oven to 400F. Flake the salmon into a large bowl. Add parmesan cheese, Greek yogurt, mustard and egg. Spray a non-stick baking sheet with cooking spray or use baking stone. Shape the batter into 12 cakes and place on sheet. Bake 10-12 minutes per side.
- ***Grilled Parmesan Turkey Burgers***
 - Combine turkey, egg white, 3 tbsp parmesan cheese, salt and pepper. Add other seasonings as desired and form small patties then grill or cook in pan.
- ***Lemon Rosemary Chicken***
 - 2 lemons- 1 zested and juiced & 1 thinly sliced, 1 Tbsp dijon mustard
 - 2 cloves garlic, minced or pressed, 1 lb boneless, skinless chicken thighs, 4 sprigs fresh rosemary OR 1 Tbsp dried rosemary.
 - Preheat oven to 425F. In a small bowl, whisk the lemon zest, lemon juice, mustard and garlic; season with salt and pepper. On a rimmed baking sheet, toss the chicken, rosemary and sliced lemon with the mustard mixture. Arrange the chicken in a single layer and spread lemons over the top. Roast for 20-25 minutes or until internal temperature reads 165 F.





Vegetarian Meals

- ***Soy-Based Veggie Burger***
 - Heat up a frozen veggie burger and enjoy! A small amount of ketchup, hummus, or mustard is a great topping!
 - You can also cook the veggie burger and then crumble it up on a plate to make a vegetarian version of ground meat. Optional: add a sprinkle of reduced-fat cheese for some extra flavoring.
- ***Meatless Meatballs***
 - Microwave 2-3 meatless “meatballs” with ½ cup smooth tomato sauce until heated through.
 - You can find meatless “meatballs” at many supermarkets (Trader Joe’s, Whole Foods, Stop and Shop, etc.)
 - Optional: sprinkle with 1 oz parmesan or reduced-fat mozzarella cheese.
 - Optional: Add sautéed garlicky mushrooms as a side dish
- ***Baked Ricotta***
 - Mix 8 oz ricotta cheese, 1 ½ oz grated parmesan, 1 beaten egg, 1 tsp Italian seasoning, and salt and pepper to taste. Place in oven proof dish. Pour ½ cup marinara sauce on and top with 2 oz shredded mozzarella. Bake in the oven at 450 degrees for about 20-25 minutes or microwave in oven until hot and bubbly. Recipe makes 8 servings.
- ***Refried Beans***
 - Heat ½ c refried beans in the microwave. Season with hot sauce or cayenne pepper or 1 oz reduced-fat cheese if desired.
 - Mix 1 can refried beans, ¼ cup marinara/red sauce, 1 can/14.5 oz of vegetarian broth, and any spices of your choice; bring to a boil and simmer covered for 10-15 minutes. Optional: top with a sprinkle of reduced-fat shredded cheese blend and a small scoop of low-fat sour cream or Greek yogurt.

Oatmeal, Cream of Wheat or Farina (Non-Protein Foods)

- Cook oatmeal with ½ cup milk or soy milk into oatmeal. Add cinnamon, nutmeg, PB2, and/or Splenda for flavor.
 - Add 1 scoop of protein powder or 3 Tbsp liquid eggs. You can also try cooking your hot cereal in a protein shake.