

## Puree & Thickened Liquids

### DAY 1

\* = Recipe Below

#### BREAKFAST

**- 8oz Green Monster Smoothie\***

Nutrition info (8oz): 145 Calories, 9gm protein, 0gm fat

**- 1 Poached Egg, 1 Slice of toast w/ 1 tsp margarine (pureed), 1 Cup warm skim milk**

Directions: Place all ingredients in blender and blend until smooth

Nutrition Information: Provides 305 Calories, 18.5gm protein, 9.8gm fat

**- 1 Cup water (thickened)**

Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*520 Calories, 27.5gm protein, 9.8gm fat*

#### SNACK

**- 1 Cup water (thickened)**

*70 Calories, 0gm protein, 0gm fat*

#### LUNCH

**- Parmesan Potato Leek Soup\***

Nutrition info: 223 Calories, 10gm protein, 5.3 gm fat, 3gm fiber

**- Cauliflower Puree\***

Nutrition info: 110 Calories, 5.2 gm protein, 8.5gm fat

**- 1 Cup water (thickened)**

Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*403 Calories, 15.2gm protein, 13.8gm fat*

#### SNACK

**- 1 Cup Applesauce**

Nutrition Info: 167 Calories, 0gm protein, 0gm fat, 3gm fiber

**- 1 Cup water (thickened)**

Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*237 Calories, 0gm protein, 0gm fat, 3gm fiber*

DINNER

- **1 Cup Tuna Bisque\***  
Nutrition Info: 200 Calories, 15.5gm protein, 8.3gm fat
- **1 Cup water (thickened)**  
Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
- **Mashed Bananas Foster with vanilla ice cream\***  
Nutrition Info: 518 calories, 3.4gm protein, 19.3gm fat

788 Calories, 19gm protein, 27.6gm fat

**Total Daily Intake: 2018 Calories, 62gm Protein, 51gm fat**

Day 1 Recipes

**Green Monster Smoothie Recipe**

*Serving Size: 2C (16 oz)*

*Per serving: 290 Calories, 18gm protein, 0gm Fat*

**Ingredients:**

- ½ Banana
- 2 Cups baby spinach
- ½ Cup Vanilla Soymilk
- ½ Cup Greek Yogurt
- 2 Tsp honey
- ½ Cup crushed ice

**Directions:** Place all ingredients into blender and blend until smooth. Add more or less ice and/or milk until desired consistency.

**Parmesan Potato Leek Soup**

*Serving Size: 1 Cup, Recipe yields 5 servings*

*Per Serving: 223 Calories, 10gm protein, 5.3 gm fat, 3gm fiber*

**Ingredients:**

- 1 head garlic
- 1 ½ tablespoons extra virgin olive oil
- 1 ½ pounds medium Yukon Gold potatoes, peeled and chopped (4-5 potatoes)
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground pepper
- Pinch of dried or chopped fresh rosemary
- ½ cup diced yellow onion

- 1 clove garlic, minced
- 2 leeks, white part only, chopped
- 4 cups low-sodium vegetable broth
- ¼ cup parmesan cheese
- Freshly grated nutmeg, for garnish
- ¾ cup plain greek yogurt

**Preparation:**

- 1) Preheat the oven to 325 degrees. Roast head of garlic: cut the top off the head of garlic and drizzle with 1 teaspoon of the olive oil. Wrap the garlic in a square of parchment paper and then in a slightly larger piece of aluminum foil. Bake for 45 minutes, or until soft and golden. Remove from the oven to cool.
- 2) Adjust oven temperature to 400 degrees.
- 3) Toss the potatoes with 1 Tablespoon of the olive oil, 1/2 teaspoon salt, pepper, and rosemary. Roast for 30 minutes on a sheet pan, or until tender. Transfer to a bowl, mash by hand and set aside.
- 4) While the potatoes are roasting, in a 6 - 8 quart pot, heat the remaining olive oil over medium heat. Add the onions and a pinch of salt and saute for 5 minutes. Add the minced garlic and leeks, decrease the heat, and saute until both the leeks and the onions are golden. Add the roasted garlic by squeezing about half of it from its skin and saute for 30 seconds. Add 1/2 cup of the broth. Once the liquid evaporates, add 3.5 cups of the stock and simmer for 25 minutes. Mix in parmesan cheese.
- 5) In a blender or using an immersion stick blender, puree the potatoes and broth until smooth. Return the soup to the pot and taste; you may need to add a pinch of salt or a squeeze of lemon. If you prefer a thinner consistency, add more broth or water. To serve, ladle the soup into bowls and garnish with a pinch of nutmeg.
- 6) Mix in greek yogurt

**Cauliflower Parmesan Puree**

Serving Size: 1 Cup, recipe yields 6 servings  
 110 Calories, 5.2 gm protein, 8.5gm fat

**Ingredients:**

- 1 head cauliflower, 2 to 2 1/2 pounds [leaves and core removed, head separated into florets about 1.5 inches each]
- 3 tablespoons unsalted butter
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tbsp Parmesean cheese

**Directions:**

- 1) Bring ~ 1 inch of water to a boil in a steamer and steam the florets for about 15 minutes or until tender.

- 2) After steaming, place about ½ of the florets in a food processor along with ¾ cup of the water from steaming and puree. Then add the remaining cauliflower and additional 1/3 cup of the steaming water and puree. Additional liquid can be added to the puree until the desired consistency is reached.
- 3) Add in butter, salt and pepper to taste, and parmesan cheese and puree once more. Serve hot.

### **Tuna Bisque**

*Serving Size: 1 Cup, Yields 5 Cups*

*200 Calories, 15.5gm protein, 8.3gm fat*

#### **Ingredients:**

- 2 ½ cups skim milk
- 1 can (10oz) cream of asparagus soup
- 1 can (10oz) cream of mushroom soup
- 1 can (6.5oz) water packed tuna

#### **Directions:**

- 1) Blend together all ingredients until smooth except 1 ½ cups of milk.
- 2) Pour mixture into a saucepan on medium heat. Gradually add 1 ½ cups of milk

### **Mashed Bananas Foster**

*Recipe yields 1 serving*

*518 calories, 3.4gm protein, 19.3gm fat*

#### **Ingredients:**

- 1 tbsp butter
- 3 tbsp dark brown sugar
- 2.5 tsp rum
- ¼ tsp vanilla extract
- 1/8 tsp ground cinnamon
- 1 small banana peeled and sliced lengthwise
- ½ Cup vanilla ice cream

#### **Directions:**

- 1) Mash bananas until puree consistency
- 2) In a small skillet over medium heat, melt butter and stir in sugar, rum, vanilla, and cinnamon. When mixture begins to bubble add mashed bananas, cook for one minute.
- 3) Serve immediately over vanilla ice cream

*This menu was created by Rachel J. Wong, R.D., C.S.O., L.D.  
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