

Shopping List: Dysphagia Diet Day 1

Here is what you'll need have on hand to prepare meals of the dysphagia diet:

Dairy

- ½ Cup Vanilla Soymilk
- 1.5 Cups plain Greek Yogurt
- o 1 Egg
- o 3.5 cups fat free milk
- 1/2 cup parmesan cheese
- ½ Cup vanilla ice cream

Miscellaneous:

- 2 tsp honey
- ½ Cup crushed ice
- 1 tsp margarine
- Powdered thickener
- 1.5 tbsp extra virgin olive oil
- 1.5 tsp salt
- ½ teaspoon freshly ground pepper
- Dried or fresh rosemary
- 4 cups low-sodium vegetable broth
- Freshly grated nutmeg
- 4 tablespoons unsalted butter
- 1 can (10oz) cream of asparagus soup
- 1 can (10oz) cream of mushroom soup
- o 3 tbsp dark brown sugar
- o 2½ tsp rum
- ¼ tsp vanilla extract
- 1/8 tsp ground cinnamon

Grains/Starches

- 1 Slice of toast
- 1½ pounds medium Yukon Gold potatoes (4-5 potatoes)

Meats/Protein:

1 can (6.5oz) water packed tuna

Fruits

2 Bananas

Vegetables

- 2 C Baby Spinach
- o 2 heads of garlic
- o 1 onion
- o 2 leeks
- 1 head cauliflower