

## Puree & Thickened Liquids

### DAY 1

\* = Recipe Below

BREAKFAST
<p><b>- 8oz Green Monster Smoothie*</b> Nutrition info (8oz): 145 Calories, 9gm protein, 0gm fat</p> <p><b>- 1 Poached Egg, 1 Slice of toast w/ 1 tsp margarine (pureed), 1 Cup warm skim milk</b> Directions: Place all ingredients in blender and blend until smooth Nutrition Information: Provides 305 Calories, 18.5gm protein, 9.8gm fat</p> <p><b>- 1 Cup water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</p>
<i>520 Calories, 27.5gm protein, 9.8gm fat</i>

SNACK
<p><b>- 1 Cup water (thickened)</b></p>
<i>70 Calories, 0gm protein, 0gm fat</i>

LUNCH
<p><b>- Parmesan Potato Leek Soup*</b> Nutrition info: 223 Calories, 10gm protein, 5.3 gm fat, 3gm fiber</p> <p><b>- Cauliflower Puree*</b> Nutrition info: 110 Calories, 5.2 gm protein, 8.5gm fat</p> <p><b>- 1 Cup water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</p>
<i>403 Calories, 15.2gm protein, 13.8gm fat</i>

SNACK
<p><b>- 1 Cup Applesauce</b> Nutrition Info: 167 Calories, 0gm protein, 0gm fat, 3gm fiber</p> <p><b>- 1 Cup water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</p>
<i>237 Calories, 0gm protein, 0gm fat, 3gm fiber</i>

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 tbsps 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

## Puree & Thickened Liquids

### DAY 2

\* = Recipe Below

#### BREAKFAST

- **8oz Green Monster Smoothie\***  
Nutrition info (8oz): 145 Calories, 9gm protein, 0gm fat
- **Pureed Corned Beef Hash\***  
Nutrition Info: 320 Calories, 15gm protein, 13gm fat, 3 gm Fiber
- **1 Cup Water (thickened)**  
Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*535 Calories, 24gm protein, 13gm fat*

SNACK
- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
- <b>1 Cup Cottage Cheese and Canned Peaches*</b> Nutrition Info: 150 calories, 14.6gm protein, 1.2gm fat
<i>220 Calories, 14.6gm protein, 1.2gm fat</i>

LUNCH
- <b>1 ½ Cup Tomato Soup with Blended Tofu and Spinach*</b> Nutrition Info: 230 Calories, 14gm protein, 8gm fat, 8gm fiber
- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
<i>300 Calories, 14gm protein, 8gm fat, 8gm fiber</i>

SNACK
- <b>Brown Rice Pudding*</b> Nutrition Info: 404 Calories, 6.7gm protein, 5gm fat, 3.5gm fiber
- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
<i>474, 6.7gm protein, 5gm fat, 3.5gm fiber</i>

DINNER
- <b>Chicken Tikka Masala* (1 Serving)</b> Nutrition Info: 404 Calories, 25 gm protein, 29gm fat
- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
<i>474 Calories, 25gm protein, 29 gm fat</i>

**Total Daily Intake: 2003 Calories, 84gm Protein, 56gm fat**

### Day 2 Recipes

Green Monster Smoothie Recipe
<i>Serving Size: 2C (16 oz)</i>
<i>Per serving: 290 Calories, 18gm protein, 0gm Fat</i>
<b>Ingredients:</b>

- 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.

### Pureed Corned Beef Hash

*Recipe yields one serving*

*Per serving: 320 Calories, 15gm protein, 13gm fat, 3 gm fiber*

**Ingredients:**

- ¼ Tsp Canola Oil
- ¼ Large Onion Diced
- 1 Cup Cooked potatoes
- ¼ Cup Chopped Lean Corned Beef Brisket
- 3 Tbsp Low Sodium Broth
- 2 Tbs Chopped Parsley
- 1 Large Egg

**Directions:**

- 1) Cook onions in a skillet on medium heat until browned, then add potatoes and cook for an additional 5-8 minutes
- 2) Stir in Corned Beef and Beef Broth and cook for 5-8 more minutes
- 3) Add egg and stir until egg is cooked
- 4) Place all items in a food processor and blend until smooth. Add beef or vegetable broth until desired consistency

### Cottage Cheese and Pureed Canned Peaches

*Serving Size: 1 Cup, Recipe yields 1 serving*

*150 calories, 14.6gm protein, 1.2gm fat*

**Ingredients:**

- ½ Cup 1% milk fat cottage cheese
- ½ cup canned peaches

**Directions:** Blend ingredients until smooth in blender or food processor.

### Cream of Tomato Soup with Blended Tofu and Spinach

*Serving Size 1 1/2 cup, Recipe yields 3 servings*

*Nutrition Info: 230 Calories, 14gm protein, 8gm fat, 8gm fiber*

**Ingredients:**

- 2 cups of tomatoes, diced
- ¼ onion, chopped
- 24oz fresh baby spinach, stems removed, finely chopped and cooked (yields 1 cup cooked)
- 1 ½ tsp olive oil
- ½ pkg (7oz) soft tofu
- 1 can (10.75oz) condensed tomato soup
- 3 Tbsp cream

- Black pepper to taste

**Directions:**

- 1) Saute onions and tomato over medium heat until onions become transparent
- 2) Combine canned soup and tofu and tomato and onion in a blender and blend until smooth.
- 3) Return soup to saucepan on medium heat until soup simmers, mix in finely chopped spinach and serve hot.

**Brown Rice Pudding**

*Serving Size: 1 ¼ cup, yields 4 servings  
404 Calories, 6.7gm protein, 5gm fat, 3.5gm fiber*

**Ingredients:**

- 2 cups cooked whole grain brown rice
- 1 ½ cup 1% milk
- ½ cup maple syrup or honey
- 1 cup dark raisins chopped in food processor
- 1 tbsp unsalted butter
- 1 tsp ground cinnamon or nutmeg

**Directions:**

- 1) Combine rice, milk, raisins and syrup in a medium saucepan and bring to a boil
- 2) Reduce heat and allow mixture to simmer for 20 minutes, stirring frequently
- 3) Remove from heat and stir in butter and cinnamon.

**Chicken Tikka Masalala**

*Recipe yields 4 servings  
Nutrition Info (one serving): 404 Calories, 25gm protein, 29gm fat*

**Ingredients:**

Puree Chicken:

- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 1 cup chicken broth

Marinade:

- 1 cup yogurt
- 1 tablespoon **lemon juice**
- 2 teaspoons ground cumin
- 1 teaspoon ground **cinnamon**
- 2 teaspoons **cayenne** pepper
- 2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 4 teaspoons salt, or to taste
- 4 long skewers

Sauce:

- 1 tablespoon margarine
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 teaspoons salt, or to taste
- 1 (8 ounce) can tomato sauce
- 1 cup heavy cream

**Directions:**

- 1) In a large bowl, combine yogurt, lemon juice, cumin, cinnamon, cayenne, black pepper, ginger, and salt (optional to taste). Stir in chicken, cover, and refrigerate for 1 hour.
- 2) Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.
- 3) Let chicken cool for slightly and then blend chicken and ~ 1 cup chicken broth (more or less to desired consistency) until smooth.
- 4) Melt margarine in a large skillet over medium heat. Sauté garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Mix pureed chicken, and simmer for 8-10 minutes.

**Puree & Thickened Liquids**

**DAY 3**

\* = Recipe Below

BREAKFAST
<ul style="list-style-type: none"> <li>- <b>Maple &amp; Brown Sugar Instant Oatmeal*</b> Nutrition Info: 400 calories, 16gm protein, 18gm fat</li> <li>- <b>1 Cup calcium fortified orange juice w/ added thickener</b> Nutrition Info: 120 calories, 0 protein, 0 fat</li> </ul>
<i>520 Calories, 16gm protein, 18gm Fat</i>

SNACK
<ul style="list-style-type: none"> <li>- <b>1 Cup Non-fat Greek Yogurt (flavored)</b> Nutrition info: 140 Calories, 14gm protein, 0gm fat</li> <li>- <b>1 Cup water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> </ul>
<i>210 Calories, 14gm protein, 0gm Fat</i>

LUNCH
<ul style="list-style-type: none"> <li>- <b>1 Cup Mashed Sweet Potatoes*</b> Nutrition Info: 440 Calories, 5.5gm protein, 9gm fat</li> <li>- <b>1 Serving Creamed Spinach*</b> Nutrition Info: 200 Calories, 9 gm protein, 13gm fat</li> </ul>
<i>640 Calories, 14.5gm protein, 22gm Fat</i>

SNACK
<ul style="list-style-type: none"> <li>- <b>1 Cup Water (thickened)</b></li> </ul>
<i>70 Calories, 0gm protein, 0gm fat</i>



DINNER
<ul style="list-style-type: none"> <li>- <b>Butternut Squash Soup*</b> Nutrition Info: 278 Calories, 13.5gm Protein, 14.7gm Fat</li> <li>- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> <li>- <b>Tropical Fruit Sorbet*</b> Nutrition Info: 150 Calories, 12.4gm protein, 0.4gm Fat</li> </ul>
498 Calories, 26gm protein, 15.1 gm fat

SNACK
- <b>1 Cup Water (thickened)</b>
70 Calories, 0gm protein, 0gm fat

**Total Daily Intake: 2008 Calories, 71gm Protein, 55.1gm fat**

### Day 3 Recipes

Maple & Brown Sugar Instant Oatmeal
<i>Recipe yields one serving</i>
<i>Per serving: 400 calories, 16gm protein, 18gm fat</i>
<b>Ingredients:</b>
<ul style="list-style-type: none"> <li>- 1 Packet of instant oatmeal (recommend maple and brown sugar)</li> <li>- 1 Cup whole milk</li> <li>- 1 Tbsp peanut butter</li> </ul>
<b>Directions:</b>
<ol style="list-style-type: none"> <li>1) Combine milk and oatmeal in a microwave safe bowl and heat for about 1 minute and 30 seconds.</li> <li>2) Stir in 1 Tbsp peanut butter</li> <li>3) Add additional milk to desired consistency</li> </ol>

Mashed Sweet Potatoes Recipe
<i>Recipe yields one serving</i>
<i>Per serving: 440 Calories, 5.5gm protein, 9gm fat</i>
<b>Ingredients:</b>
<ul style="list-style-type: none"> <li>- 1 Sweet potato boiled until soft, peeled, and cut into chunks</li> <li>- 2 tbsp whole milk</li> <li>- 1 tbsp margarine</li> <li>- Salt and pepper to taste</li> <li>- 2 tbsp maple syrup</li> </ul>
<b>Directions:</b>
Directions: Blend all ingredients in a food processor or blender. Add more or less milk until

desired consistency. *Optional:* mini marshmallows can also be sprinkled into mixture after blended and will melt into the sweet potato

### Creamed Spinach

*Recipe yields 1 serving*

*200 Calories, 9 gm protein, 13gm fat*

#### Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1/4 cup minced shallot, or red onion
- 10 ounces fresh spinach, tough stems removed and chopped finely
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/2 cup low-fat milk
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons grated Parmesan or Pecorino Romano cheese

#### Directions:

- 1) Heat oil in a large nonstick skillet over medium-high heat. Add shallot (or onion) and cook about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes.
- 2) *To make roux:* Heat butter in a small saucepan over medium-high heat. Add flour slowly while constantly stirring, until smooth and bubbling, about 30 seconds. Add milk, nutmeg, salt and pepper; whisking constantly, until thickened, about 1 minute. Stir the spinach into the sauce. Sprinkle with grated cheese and serve.

### Butternut Squash Soup

*Recipe yields one serving*

*Nutrition Info: 278 Calories, 13.5gm Protein, 14.7gm Fat*

#### Ingredients:

- 1 tablespoon chopped onion
- 2 teaspoons margarine
- 1 cup peeled and cubed butternut squash
- 1/2 cup water
- 5/8 cube chicken bouillon
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 3oz plain 0% fat Greek Yogurt
- 2 Tbsp cream cheese

#### Directions:

- 1) Saute onions in margarine in a saucepan until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
- 2) Puree squash, yogurt, and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

### Tropical Fruit Sorbet

*Recipe yields one serving*

*150 Calories, 12.4gm protein, 0.4gm Fat*

**Ingredients:**

- ¼ Cup Frozen Mango
- ¼ Cup frozen Papaya
- ¼ cup frozen pineapple
- ¼ cup frozen strawberries
- ½ Cup fat free greek yogurt (fruit flavored, eg mango)
- Splash of pineapple juice

**Directions:** Place all ingredients in blender and blend. Serve immediately

\* only use as much liquid as is necessary to blend

**Puree & Thickened Liquids**

**DAY 4**

\* = Recipe Below

**BREAKFAST**

- **Whole Grain Banana Pancake Smoothie\***

Nutrition Info: 303 calories, 7.8gm protein, 7.3gm fat, 3.4gm fiber

- **1 Cup calcium fortified orange juice w/ added thickener**

Nutrition Info: 120 calories, 0 protein, 0 fat

*423 Calories, 7.8gm protein, 7.3gm Fat*

**SNACK**

- **Ensure Plus Peanut Butter & Banana Smoothie\***

Nutrition info: 594 Calories, 21.7gm protein, 27.6gm fat, 4.3gm fiber

*594 Calories, 21.7gm protein, 27.6gm fat, 4.3gm fiber*

**LUNCH**

- **Lentil Soup\***

Nutrition Info: 235 Calories, 11gm protein, 12gm fat, 8.0gm fiber

- **1 Cup Water (thickened)**

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

- **4oz Chocolate Pudding**

Nutrition Info: 150 Calories, 2gm protein, 5gm fat

*440 Calories, 13gm protein, 17gm Fat*

**SNACK**

- **1 Cup Water (thickened)**

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

DINNER
<ul style="list-style-type: none"> <li>- <b>Mashed Potatoes with Smoked Salmon Puree*</b> Nutrition Info: 297 Calories, 12.4gm protein, 3.4gm fat, 6.9gm fiber</li> <li>- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> </ul>
<i>367 Calories, 12.4gm protein, 3.4gm fat</i>

SNACK
<ul style="list-style-type: none"> <li>- <b>1 Cup Water (thickened)</b></li> </ul>
<i>70 Calories, 0gm protein, 0gm fat</i>

**Total Daily Intake: 1964 Calories, 61gm Protein, 32gm fat**

### Day 4 Recipes

Whole Grain Banana Pancake Smoothie
<i>Recipe yields 12 pancakes</i>
<i>Per serving size (2 pancakes): 303 calories, 7.8gm protein, 7.3gm fat</i>
<b>Ingredients:</b> <ul style="list-style-type: none"> <li>- 1 cup wheat flour</li> <li>- 1 tablespoon white sugar</li> <li>- 2 teaspoons baking powder</li> <li>- 1/4 teaspoon salt</li> <li>- 1 egg, beaten</li> <li>- 1 cup milk 1%</li> <li>- 2 tablespoons vegetable oil</li> <li>- 6 bananas, cut into bite sized pieces</li> <li>- 1 Cup strawberries, frozen</li> <li>- 1.5 cups milk 1%</li> </ul>
<b>Directions:</b> <ol style="list-style-type: none"> <li>1) Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, and vegetable oil.</li> <li>2) Stir flour mixture into banana mixture.</li> <li>3) Using a lightly oiled griddle over medium heat, pour the batter onto the griddle, using about 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides</li> <li>4) For a single smoothie, blend 2 pancakes, ¼ cup milk, 1-2 frozen strawberries, and 1 banana in a blender</li> </ol>

Ensure Plus Peanut Butter & Banana Smoothie
<i>Recipe yields one serving</i>
<i>Per serving: 594 Calories, 21.7gm protein, 27.6gm fat, 4.3gm fiber</i>
<b>Ingredients:</b> <ul style="list-style-type: none"> <li>- 1 Bottle Ensure Plus Vanilla (chilled)</li> </ul>

- ½ frozen banana
- 1 tbsp peanut butter

**Directions:**

Directions: Blend all ingredients in a food processor or blender until smooth. Ice may be added if desired.

**Lentil Soup**

*Recipe yields 3 servings*

*Per serving: 235 Calories, 11gm protein, 12gm fat, 8.0gm fiber*

**Ingredients:**

- 1/2 onion, chopped
- 2 tablespoons olive oil
- 1 carrots, diced
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 bay leaf
- 1/2 teaspoon dried basil
- 1/2 (14.5 ounce) can diced tomatoes
- 1 cup dry lentils
- 4 cups water
- 1/4 cup spinach, minced
- 1 tablespoon vinegar
- salt and pepper
- 5 tbsp parmesan cheese

**Directions:**

- 1) In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
- 2) Transfer the cooked vegetables to a blender or food processor and puree. Return to pot and reheat until simmering.
- 3) Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired. Stir in Parmesan cheese

**Mashed Potatoes with Smoked Salmon Puree**

*Recipe yields six servings*

*Nutrition Info (per serving): 297 Calories, 12.4gm protein, 3.4gm fat, 6.9gm fiber*

**Ingredients:**

- 3 ½ cups low sodium chicken broth
- 5 large potatoes, cut into 1-inch pieces
- 2 teaspoons margarine or butter
- ½ cup nonfat plain Greek yogurt
- 4 oz smoked salmon
- 2 tbsp sour cream
- 1 tbsp capers, drained
- 1 tsp white horseradish
- 2 tbsp finely minced red onion
- salt, pepper, and dill to taste

**Directions:**

- 1) Prepare mashed potatoes: Heat broth and potatoes in a saucepan over high heat to a boil then reduce heat to medium. Cover and cook for 10 minutes or until potatoes are tender. Drain the potatoes, but reserve the broth.
- 2) Mash the potatoes with the greek yogurt, ¼ cup of the remaining broth, butter, and black pepper. Add additional broth until desired consistency.
- 3) Prepare Salmon Puree: In a food processor puree smoked salmon and sour cream. Add capers and horseradish and puree until smooth. Transfer to a bowl and stir in onion, salt and pepper.
- 4) Top each serving of mashed potatoes with a scoop of the Smoked Salmon Puree and serve.

**Dy Puree & Thickened Liquids**

**DAY 5**

\* = Recipe Below

BREAKFAST
<ul style="list-style-type: none"> <li>- <b>Pureed Eggs with Goat Cheese*</b> Nutrition Info: 190 Calories, 16gm protein, 13.3gm fat</li> </ul>
<ul style="list-style-type: none"> <li>- <b>4oz Natural Unsweetened Applesauce</b> Nutrition Info: 50 Calories, 0gm protein, 0gm fat</li> </ul>
<ul style="list-style-type: none"> <li>- <b>½ Cup Cottage Cheese, 1% Milk Fat</b> Nutrition Info: 82 Calories, 14gm protein, 1.2 gm fat</li> </ul>
<p><i>322 Calories, 30gm protein, 14.5gm Fat</i></p>

SNACK
<ul style="list-style-type: none"> <li>- <b>8oz Ensure Plus</b> Nutrition info: 355 Calories, 13gm protein, 11gm fat, 3gm fiber</li> </ul>
<ul style="list-style-type: none"> <li>- <b>1 Cup water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> </ul>
<p><i>425 Calories, 13gm protein, 11gm Fat</i></p>

LUNCH
<ul style="list-style-type: none"> <li>- <b>Hearty Chili*</b> Nutrition Info: 270Calories, 16.8gm protein, 9.4gm fat</li> </ul>
<ul style="list-style-type: none"> <li>- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> </ul>
<p><i>340 Calories, 16.8gm protein, 9.4gm fat</i></p>

SNACK
<ul style="list-style-type: none"> <li>- <b>Sweet Potato Shake*</b> Nutrition Info: 255 Calories, 2gm protein, 0gm fat, 3gm fiber</li> </ul>
<ul style="list-style-type: none"> <li>- <b>1 Cup Water (thickened)</b> Nutrition Info: 70 Calories, 0gm protein, 0 gm fat</li> </ul>

325 Calories, 2gm protein, 0gm fat

DINNER

- **Creamy Avocado Soup\***  
Nutrition Info: 170 Calories, 5.4gm protein, 13.7gm fat, 5.9gm fiber
- **1 Cup Water (thickened)**  
Nutrition Info: 70 Calories, 0gm protein, 0 gm fat
- **Fresh Raspberry Puree a la Mode\***  
Nutrition Info: 274 Calories, 2.3gm protein, 7.3gm fat

514 Calories, 7.7gm protein, 21 gm fat

SNACK

- **1 Cup Water (thickened)**

70 Calories, 0gm protein, 0gm fat

**Total Daily Intake: 1996 Calories, 70gm Protein, 56gm fat**

Day 5 Recipes

**Pureed Eggs with Goat Cheese**

*Recipe yields one serving*

*Per serving: 190 Calories, 16gm protein, 13.3gm fat*

**Ingredients:**

- 2 large eggs, beaten
- 1 oz Goat Cheese
- 2 Tbsp 1% milk
- Salt and pepper to taste

**Directions:** Combine all ingredients in a food processor and blend until smooth

**Hearty Chili**

*Recipe yields six servings*

*Per serving: 270Calories, 16.8gm protein, 9.4gm fat*

**Ingredients:**

- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 1/2 tablespoons chili powder
- 1 clove garlic, minced
- 1 bay leaf
- 1/2 teaspoon ground cumin
- 4 teaspoons finely chopped jalapeno chile peppers

- 1 (29 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (16 ounce) can chili beans, undrained
- salt and pepper to taste
- 2 tbsp plain fat free greek yogurt (per serving)

**Directions:**

- 1) In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Saute for about 5 minutes, or until beef is browned. Drain excess fat.
- 2) Add the chili powder, garlic, bay leaf, cumin, chile peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through.
- 3) In 2 cup portions, puree chili in a food processor or blender until smooth, serve hot. Top with 2 tbsp of greek yogurt.

**Sweet Potato Shake**

*Recipe yields 2 servings*

*Nutrition Info: 255 Calories, 2gm protein, 0gm fat, 3gm fiber*

**Ingredients:**

- ½ Cup Mashed cooked sweet potatoes
- 1 (12 oz) can apricot nectar, chilled
- 2 Tbsp Honey
- ½ Tsp vanilla extract

**Directions:** Using a food processor blend all ingredients until smooth and refrigerate.

**Creamy Avocado Soup**

*Recipe yields four servings*

*Nutrition Info: 170 Calories, 5.4gm protein, 13.7gm fat, 5.9gm fiber*

**Ingredients:**

- 2 Large Avocados, peeled & pit removed
- 1 tsp minced garlic
- 3 cups chicken broth
- ½ cup nonfat plain greek yogurt

**Directions:** Using a food processor blend all ingredients until smooth and refrigerate.

**Fresh Raspberry Puree a la Mode**

*Recipe yields 4-6 servings*

*Nutrition Info: 274 Calories, 2.3gm protein, 7.3gm fat*

**Ingredients:**

- 2 pints raspberries
- ½ cup sugar
- lemon juice to taste
- ½ cup vanilla ice cream

**Directions:**

- 1) Combine all ingredients but ice cream in a saucepan. Cook over medium heat, stirring occasionally. Bring to a boil until sauce becomes thickened
- 2) Place a fine meshed strainer over a bowl and pour the berry mixture through the strainer to



remove the seeds. When finished straining, refrigerate.  
 3) Serve over ½ cup vanilla ice cream.

### Puree & Thickened Liquids

#### DAY 6

\* = Recipe Below

#### BREAKFAST

- **Pomegranate breakfast smoothie w/ protein powder\***  
 Nutrition Info: 359 Calories, 29.2gm protein, 10.7gm fat, 3.8gm fiber

- **1 Cup water (thickened)**  
 Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*429 Calories, 29.2gm protein, 10.7 gm Fat*

#### SNACK

- **Brown Rice Pudding\***  
 Nutrition Info: 404 Calories, 6.7gm protein, 5gm fat, 3.5gm fiber

- **1 Cup water (thickened)**  
 Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*474 Calories, 6.7gm protein, 5gm Fat*

#### LUNCH

- **Tuna Salad Puree\***  
 Nutrition Info: 132 Calories, 14gm protein, 5gm fat

- **1 Cup Water (thickened)**  
 Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*202 Calories, 14gm protein, 5gm fat*

#### SNACK

- **Pumpkin Bread Pudding\***  
 Nutrition Info: 375 Calories, 8.5gm protein, 7.5gm fat, 8.0gm fiber

- **1 Cup Water (thickened)**  
 Nutrition Info: 70 Calories, 0gm protein, 0 gm fat

*445 Calories, 8.5gm protein, 7.5gm fat*

#### DINNER

- **Zucchini Soup\***  
 Nutrition Info: 217 Calories, 5.1gm protein, 13.7gm fat, 2.6gm fiber

- **1 Cup calcium fortified orange juice w/ added thickener**  
 Nutrition Info: 120 calories, 0 protein, 0 fat

337 Calories, 5.1gm protein, 13.7gm fat

SNACK

- 1 Cup Water (thickened)

70 Calories, 0gm protein, 0gm fat

**Total Daily Intake: 1957 Calories, 64gm Protein, 42gm fat**

Day 6 Recipes

**Pomegranate Breakfast Smoothie**

*Recipe yields two servings*

*Per serving: 359 Calories, 29.2gm protein, 10.7gm fat, 3.8gm fiber*

**Ingredients:**

- 1 cup pomegranate Juice
- 3/4 cup soy or almond milk
- 2 ice cubes
- 1 large banana
- 2 tablespoons silvered almonds
- 2 tablespoons protein powder
- 1 teaspoon honey
- 1 scoop plain or flavored protein powder (25gm protein)

**Directions:** In a blender combine all ingredients and blend until smooth.

**Brown Rice Pudding**

*Serving Size: 1 ¼ cup, yields 4 servings*

*404 Calories, 6.7gm protein, 5gm fat, 3.5gm fiber*

**Ingredients:**

- 2 cups cooked whole grain brown rice
- 1 ½ cup 1% milk
- ½ cup maple syrup or honey
- 1 cup dark raisins chopped in food processor
- 1 tbsp unsalted butter
- 1 tsp ground cinnamon or nutmeg

**Directions:**

- 4) Combine rice, milk, raisins and syrup in a medium saucepan and bring to a boil
- 5) Reduce heat and allow mixture to simmer for 20 minutes, stirring frequently
- 3) Remove from heat and stir in butter and cinnamon.

**Tuna Salad Puree**

*Recipe yields 3 servings*

*Nutrition Info: 132 Calories, 14gm protein, 5gm fat*

**Ingredients:**

- 1 Can (7oz) solid white tuna, drained

- ¼ Cup creamy salad dressing (eg, miracle whip)
- 1 Tbsp sweet pickle relish

**Directions:** Blend all ingredients in a food processor, additional water may be added to desired texture.

### **Pumpkin Bread Pudding**

*Recipe yields 8 servings*

*Nutrition Info: 375 Calories, 8.5gm protein, 7.5gm fat, 8.0gm fiber*

#### **Ingredients:**

- 6 Cups cubed french bread
- 1 Cup heavy cream
- 1 Cup vanilla soymilk
- 3 eggs
- 1 (16oz can) pumpkin puree
- 1 cup brown sugar
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 pinch of salt
- ½ cup raisins
- 1 cup nonfat milk

#### **Directions:**

- 1) Preheat an oven to 350 degrees F (175 degrees C).
- 2) Toss the bread cubes with the cream and soy milk in a large bowl until the liquid has been absorbed; set aside.
- 3) Beat the eggs in a separate bowl; whisk in the pumpkin puree, brown sugar, cinnamon, vanilla, and salt. Pour the pumpkin mixture and raisins over the bread cubes. Toss gently until evenly combined. Refrigerate 30 to 60 minutes.
- 4) Pour mixture into a pan and bake until the pudding has firmed and the top has turned golden brown, about 1 hour. Remove from the oven and allow to stand 30 minutes.
- 5) Place pudding in a food processor and add milk in small amounts, and puree. Additional milk may be needed for desired consistency.

### **Zucchini Soup**

*Recipe yields 6 servings*

*Nutrition Info: 217 Calories, 5.1gm protein, 13.7gm fat, 2.6gm fiber*

#### **Ingredients:**

- 3.5 Cups diced zucchini
- ½ cup chopped celery
- 1 cup diced carrots
- ½ cup diced onion
- ½ cup margarine
- 1 tbsp flour
- 1 ¾ cup milk
- 1 (10.75oz) can condensed cream of mushroom soup
- 1 ¼ cups water
- 2 cubes chicken bouillon
- ½ cup dry white wine

- ½ cup sour cream

**Directions:**

- 4) Sautee zucchini, celery, carrots, and onion in margarine until cooked (about 20min)
- 5) Separately combine milk and flour and mix until sooth, then add to pot of cooked vegetables
- 6) Cook soup until thickened then puree in a blender until smooth, return to pot
- 7) Add cream of mushroom, water, bouillon cubes and sour cream. Add white wine if desired and simmer until heated and serve.

**Puree & Thickened Liquids**

**DAY 7**

\* = Recipe Below

**BREAKFAST**

- **Apple Cinnamon Oatmeal\***

Nutrition Info: 320 Calories, 13.4gm protein, 8.7gm fat, 5gm fiber

320 Calories, 13.4gm protein, 8.7gm fat, 5gm fiber

**SNACK**

- **Ensure Plus**

Nutrition info: 355 Calories, 13gm protein, 11gm fat, 3gm fiber

- **1 Cup water (thickened)**

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

425 Calories, 13gm protein, 11gm Fat

**LUNCH**

- **Chicken Parmesan Puree\***

Nutrition Info: 662 Calories, 44.6gm protein, 33gm fat, 4.5gm fiber

662 Calories, 44.6gm protein, 33gm fat, 4.5gm fiber

**SNACK**

- **1 Cup Water (thickened)**

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

70 Calories, 0gm protein, 0gm fat

**DINNER**

- **Beef Stroganoff Puree\***

Nutrition Info: 493 Calories, 35gm protein, 35gm fat

- **1 Cup Water (thickened)**

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

563 Calories, 35gm protein, 35 gm fat

SNACK

- 1 Cup Water (thickened)

70 Calories, 0gm protein, 0gm fat

**Total Daily Intake: 2110 Calories, 105gm Protein, 88gm fat**

Day 7 Recipes

**Apple Cinnamon Oatmeal**

*Recipe yields one serving*

*Per serving: 320 Calories, 13.4gm protein, 8.7gm fat, 5gm fiber*

**Ingredients:**

- ½ cup Oats
- 1 cup 1% milk
- dash of ground cinnamon
- 1 tsp margarine
- ¼ cup unsweetened applesauce

**Directions:**

- 1) Heat milk until boiling in a saucepan over medium heat and add oats, stir occasionally until oats are finished cooking (about 5-7 minutes)
- 2) Stir in cinnamon, margarine, and applesauce

**Chicken Parmesan Puree**

*Recipe yields three servings*

*Per serving: 662 Calories, 44.6gm protein, 33gm fat, 4.5gm fiber*

**Ingredients:**

- 1 egg, beaten
- ½ cup grated parmesan cheese
- 3 ½ oz (1.5 Cups) seasoned breadcrumbs
- 3 skinless, boneless chicken breast halves
- 1 ½ tsp vegetable oil
- 6 oz pasta sauce
- 1/2 cup shredded Monterey jack cheese

**Directions:**

- 1) Preheat oven to 375 degrees F
- 2) In a bowl, mix grated parmesan and breadcrumbs. Dip chicken in egg and then in breadcrumb mixture to coat.
- 3) Heat oil over medium high heat in a large skillet and sauté chicken for 8-10 minutes on each side until chicken is cooked through
- 4) Cut chicken into cubes add to a food processor with tomato sauce. Blend until smooth and mix in Monterey jack cheese before serving

**Beef Stroganoff Puree**

*Recipe yields 4 servings*

*Nutrition Info: 493 Calories, 35gm protein, 35gm fat*

**Ingredients:**

- 1lb beef chuck roast
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 oz butter
- 2 green onions, sliced
- 2 tbsp all-purpose flour
- ½ (10.5oz) can condensed beef broth
- ½ tsp mustard
- ½ can (6oz) sliced mushrooms, drained
- 2 tbsp + 2 tsp sour cream
- 2 tbsp + 2 tsp white wine
- salt to taste
- ground black pepper to taste

**Directions:**

- 1) Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.
- 2) In a large skillet over medium heat, melt butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.
- 3) Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.
- 4) Before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste. Blend in a food processor and serve.  
Stroganoff can also be pureed with cooked egg noodles.

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