

Full Liquid Diet



A balanced & healthier version

The full liquid diet is for the person who's having difficulty chewing, swallowing or tolerating solid foods due to illness or surgery. Follow the full liquid diet as long as your physician recommends you to, then you will slowly proceed to a soft food diet if and when you are able.

A full liquid diet is consuming foods that are "liquidy", moist and without chunks. A typical full liquid diet that is recommended is full of high sugar foods that are low in protein and is nutritionally inadequate, especially if you've had surgery and are healing! This version of a full liquid diet is healthy and well-balanced when followed closely.

Please vary your meals from the following options, making sure your diet is balance in healthy fats, carbohydrates and proteins daily. Having a balance of these will make sure you get enough calories, overall nutrition, and also will keep you full between meals. This is not the time to lose weight!

The typical full liquid diet list has milkshakes, ensure and puddings and not enough fat and protein. Living on this will raise blood sugars which can increase inflammation, prolong healing and cause muscle loss. Talk to your doctor about a multivitamin if this is a long-term diet for you.



Full liquid foods & beverages



Eat 6-8 small meals daily

- Water, coffee, tea (if you've had GI surgery you will need to avoid carbonated drinks)
- Broth; clear or creamy as long as there are no chunks/solids (can add protein powder/fat)
- Soup or stew; any kind as long as it's well blended/without chunks. (can add protein powder/fat)
- Smoothies (follow instructions pg. 3- must contain protein, fat and veggies are preferred)
- Orgain is a very healthy alternative to Ensure or Boost products and can be found in Walgreens, Costco, Amazon, etc.
- Greek yogurt, regular yogurt or Kefir- full fat preferred, grass-fed preferred, without chunks
- Custard- homemade using pastured eggs and whole milk/cream or even milk substitutes will work
- Cream of rice/wheat/oatmeal (can add protein powder/fat)
- Very thin mashed potatoes
- Any meal can be blended to a liquid consistency and consumed



nutrition UPRISING

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Tips for blending foods

BE CREATIVE!

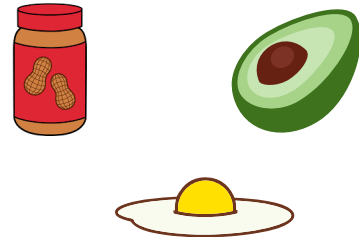
Almost anything can be liquefied in a blender or food processor.

- Start with a ratio of 1/4 cup of a liquid to 1 cup of solid food, add liquid to blender first. If this is too thick, continue to add liquid until consistency is creamy and can pour off of a spoon.
- Use liquids with flavor, such as gravy, milk, bone broth, or soup.
- 1 minute on low speed will give a pureed consistency of food, 2 minutes on high speed will liquefy food.
- Food may need to be strained to remove lumps.
- Prepare more than one serving at a time. Store blended food for 2-3 days in the fridge. Or, store individual servings in the freezer and defrost when ready to eat.
- Blenderized hot foods should be allowed to cool before serving to prevent burning the mouth.

Fat & protein addition options

FAT

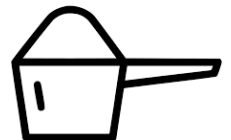
- Coconut oil, olive oil, avocado oil, flax seed oil
- Real butter, Kerry Gold preferred
- Nut butters (peanut, almond, etc.)
- Heavy cream or half and half
- Egg yolks
- Sour cream & cottage cheese
- Avocado, mashed



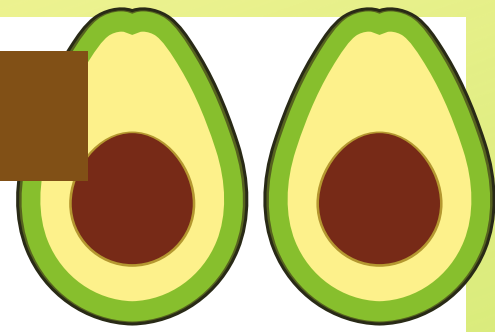
**All dairy products are healthiest when grass-fed and full fat. Eggs are best if pasture-raised.*

PROTEIN

- Collagen powder (Bulletproof and Vital Farms are grass-fed sources)
- Bone broth powders
- Hydrolyzed grass-fed beef protein powders (Designs for Health -Pure Paleo)
- Vegetarian or vegan powders, organic preferred
- Un-denatured whey protein powders (Bulletproof Whey Protein with collagen & MCT oil)
- Rice based protein powders
 - Metagenics Ultra Meal Rice- rice protein only
 - Garden of Life Raw Meal-sprouted rice, beans and seeds with probiotics
 - Metagenics Ultra Meal- pea and rice protein or Ultra Meal Advanced



Build The Best Smoothie



Balanced Ingredients

Smoothies made with fruit, milk and sweetener often become desserts more than a nourishing meal replacement! They taste great but since they're not balanced in macronutrients (protein, fat, carbohydrates), you won't be satisfied for very long and may find yourself under a chocolate fountain later in the day. When you're making your smoothie, aim for a ratio that is lower carbohydrate with moderate protein and higher fat.

Ingredients to Choose From

Use 1 ingredient from each category below to make a balanced drink!

base

Dairy: grass-fed whole milk.

Non-dairy: water, coconut water, unsweetened rice, hemp or any milk alternative.

protein

Dairy: un-denatured whey protein, grass-fed whole milk (counts as both) or yogurt.

Non-dairy: hydrolyzed grass-fed beef powder, grass-fed beef collagen, bone broth powder, or non-GMO/organic legume-grain blends.

fat

¼- ½ avocado, 1-2 tsp coconut oil, 1 tsp MCT oil, 1-2 tbs flax meal, 1-2 tsp chia seeds, 2 tbs preferred nuts or seeds, 2 tbs any nut or seed butter.

If you use whole milk dairy for your base or protein source, this will contain fat also.

carb

(Choose either whole food or sweetener if keeping carbs low)

Whole food: ½ c frozen fruit (allows you to avoid ice), 2-4 oz fresh juiced fruit.

Sweetener: 1 tsp raw honey, 1 tsp raw organic sugar.

Non-caloric sweetener: monk fruit, stevia or erythritol to taste.

veggie

A handful of any leafy or whole vegetable is ideal.



A Favorite Recipe

½ cup frozen bananas, 2 tbs peanut butter, 1-2 tbsp cocoa powder, 1 cup almond milk, 1 scoop collagen, handful spinach.