

## Liquid Diet Modified Plan

Below are meal suggestions for the 550-calorie lunch or dinner that is part of the Modified Low Calorie Diet (in addition to the meal replacement products recommended by your medical provider). It is important that your total food consumption is in a 24 hr period. The self prepared food should total about 550 calories.

### Suggested Dinners or Lunches (about 550 calories)

4-5 oz grilled chicken  
 1 cup grilled vegetables  
 Salad (vegetables only)  
 1 med baked potato  
 45 calories added fat (for salad or cooking)  
 1 piece of fruit (75 calories)

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2 eggs  
 1 slice Low Fat American cheese  
 1 cup vegetable  
 100 calorie yogurt  
 1 slice light toast  
 45 calories of fat (for salad or cooking)

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4-5 oz broiled flounder  
 2/3 cup brown rice  
 1 cup carrots  
 Salad  
 45 calories of fat (for salad or cooking)  
 1 piece of fruit (75 calories)

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4-5 oz hamburger (90% lean beef)  
 Large salad  
 1 whole wheat roll  
 45 calories fat (for salad or cooking)  
 1 piece of fruit (75 calories)

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3-4 oz lean steak  
 1 medium baked potato  
 1 cup string beans  
 45 calories fat (for salad or cooking)  
 Salad  
 1 piece of fruit (75 calories)

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4-5 oz salmon with herb rub  
 1 cup mixed vegetable (broccoli, mushrooms)  
 1 cup whole wheat pasta  
 45 calories fat (for a stir fry with pasta and veg)  
 1 piece of fruit (75 calories)

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5 egg whites or eggbeaters.  
 1 cup vegetables (can sauté and put in omelet)  
 2 slices diet bread  
 100 calorie yogurt  
 1 piece fruit (75 calories)  
 45 calories of fat (for salad or cooking)

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Med baked potato  
 3 oz Low Fat cheese melted  
 Large salad  
 45 calories of fat (for salad or cooking)  
 1 piece of fruit (75 calories)

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Home Made Chinese food  
 1 tbsp Low sodium soy sauce  
 Sesame seeds  
 1 tsp sesame oil  
 Mixed frozen vegetables  
 1 chicken breast cut up  
 2/3 cup brown rice  
 1 piece fruit (75 calories)

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Peanut butter and jelly sandwich  
 1 tbsp peanut butter  
 2 slices diet bread  
 100 calorie yogurt  
 Carrot sticks or grape tomato  
 1 piece of fruit (75 calories)

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1 slice pizza  
 Large salad  
 45 calories fat (for salad or cooking)  
 1 piece of fruit (75 calories)

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Notes:

4-oz tuna or other grilled fish  
 1 cup cooked vegetable  
 Salad  
 45 calories of fat (for salad or cooking)  
 2/3 cups brown rice  
 1 piece of fruit (75 calories)

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Restaurant grilled chicken sandwich on Whole Wheat roll with no sauce  
 45 calories fat (for salad or cooking)  
 Large salad  
 1 piece of Fruit (75 calories)

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4-5oz cooked shrimp  
 1 cup pasta (whole wheat best)  
 1 cup steamed vegetable like broccoli  
 ½ tomato sauce  
 45 calories of fat (for salad or cooking)  
 1 piece of fruit (75 calories)

4-5 oz broiled flounder  
 2/3 cup brown rice  
 1 cup carrots  
 Salad  
 45 calories of fat (for salad or cooking)  
 1 piece of fruit (75 calories)

All salads may include lettuce, tomatoes cucumbers, carrots, celery, onions and peppers