

# 2-Week Liquid Meal Plan

Week 1	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	1c low-fat yogurt with 1 scoop protein powder 1c tomato juice	1c cream of mushroom soup (strained) 1c skim milk with 1 scoop protein powder	1c low-fat Greek yogurt with 1 scoop protein powder 1c cranberry juice	1/2c low-fat pudding	1c almond milk
Day 2	1c low-fat Greek yogurt with 1 scoop protein powder 1c V8 juice	1c almond milk with 1 scoop protein powder 1c tomato soup	1c cream of broccoli soup 1c watermelon juice with 1 scoop protein powder	1c V8 juice	1/2c low-fat pudding
Day 3	1c low-fat yogurt with 1 scoop protein powder 1c papaya juice	1c low-fat Greek yogurt with 1 scoop protein powder 1c almond milk	1c clam chowder, solids drained 1c skim milk with 1 scoop protein powder	1/2c low-fat pudding	1/2c skim milk with 1/2 scoop protein powder
Day 4	1c low-fat pudding with 1 scoop protein powder 1c grape juice	1c tomato soup 1c mango juice with 1 scoop protein powder	1c low-fat Greek yogurt with 1 scoop protein powder 1c almond milk	1/2c low-fat Greek yogurt	1c V8 juice
Day 5	1c low-fat yogurt with 1 scoop protein powder 1c peach juice	1c cream of mushroom soup (strained) 1c watermelon juice with 1 scoop protein powder	1c cream of chicken soup, solids drained 1c skim milk with 1 scoop protein powder	1/2c almond milk with 1/2 scoop protein powder	1c tomato juice
Day 6	1c low-fat pudding with 1 scoop protein powder 1c watermelon juice	1c cream of broccoli soup (strained) 1c mango juice with 1 scoop protein powder	1c low-fat Greek yogurt with 1 scoop protein powder 1c cranberry juice	1c V8 juice	1/2c low-fat yogurt
Day 7	1c low-fat Greek yogurt with 1 scoop protein powder 1c grape juice	1c low-fat pudding with 1 scoop protein powder 1c V8 juice	1c cream of mushroom soup (strained) 1c papaya juice with 1c protein powder	1c almond milk	1/2c low-fat pudding

# 2-Week Liquid Meal Plan

Week 2	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	1c low-fat Greek yogurt with 1 scoop protein powder 1c V8 juice	1c cream of chicken soup, solids drained 1c skim milk with 1 scoop protein powder	1c low-fat pudding with 1 scoop protein powder 1c grape juice	1/2c papaya juice with 1/2 scoop protein powder	1c skim milk
Day 2	1c low-fat Greek yogurt with 1 scoop protein powder 1c almond milk	1c cream of mushroom soup 1c mango juice with 1 scoop protein powder	1c cream of broccoli soup 1c watermelon juice with 1 scoop protein powder	1c V8 juice	1/2c low-fat pudding
Day 3	1c low-fat pudding with 1 scoop protein powder 1c watermelon juice	1c cream of mushroom soup (strained) 1c skim milk with 1 scoop protein powder	1c tomato soup 1c mango juice with 1 scoop protein powder	1c tomato juice	1/2c low-fat pudding
Day 4	1c low-fat yogurt with 1 scoop protein powder 1c papaya juice	1c cream of chicken soup, solids drained 1c skim milk with 1 scoop protein powder	1c low-fat Greek yogurt with 1 scoop protein powder 1c cranberry juice	1/2c low-fat yogurt	1/2c skim milk with 1/2 scoop protein powder
Day 5	1c low-fat Greek yogurt with 1 scoop protein powder 1c almond milk	1c cream of broccoli soup 1c watermelon juice with 1 scoop protein powder	1c skim milk with 1 scoop protein powder 1c tomato soup	1/2c low-fat pudding	1c V8 juice
Day 6	1c low-fat Greek yogurt with 1 scoop protein powder 1c cranberry juice	1c cream of mushroom soup (strained) 1c papaya juice with 1c protein powder	1c clam chowder, solids drained 1c skim milk with 1 scoop protein powder	1/2c grape juice with 1/2 scoop protein powder	1c almond milk
Day 7	1c low-fat yogurt with 1 scoop protein powder 1c peach juice	1c clam chowder, solids drained 1c skim milk with 1 scoop protein powder	1c low-fat pudding with 1 scoop protein powder 1c V8 juice	1/2c low-fat Greek yogurt	1c skim milk