

2-Week Pureed Food Meal Plan

Week 1	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	1c scrambled egg whites 1/2c pureed sweet potatoes	1c pureed cream of chicken soup 1/2c applesauce	1/3c pureed black beans with 1/3c pureed chicken 1/2c pureed carrots	1/2c cottage cheese	1/4c pureed tuna
Day 2	1/2c scrambled egg whites 1c Greek yogurt mixed with 1/4c pureed strawberries	1/3c pureed salmon 1/2c pureed kidney beans	1c pureed clam chowder with 1/3c chicken 1/2c pureed peas	1/2c pureed chickpeas	1/4c mashed banana with 1/4c Greek yogurt
Day 3	1/2c pureed oats topped with 1/4c pureed apples 1/2c cottage cheese topped with 1/4c pureed peaches	1c scrambled egg whites 1/2c applesauce	1/3c pureed lean beef with 1/4c ricotta cheese 1c tomato soup	1/2c pureed lima beans	1/2c applesauce
Day 4	1c scrambled egg whites 1/2c pureed eggplant	1/3c pureed tuna with 1tsp fat free mayo 1/2c pureed potato	1/3c pureed lean beef with 1/3c pureed lentils 1/2c pureed peas	1/4c cottage cheese with 1/4c pureed mango	1/2c pureed soy beans
Day 5	1c Greek yogurt with 1/2c pureed blueberries 1/2c pureed butternut squash	1c cream of mushroom soup pureed with 1/3c turkey	1/3c pureed turkey 1/2c pureed green lentils	1/4c pureed chicken with 1/8c melted cheese	1/2c pureed sweet potato
Day 6	1c scrambled egg whites 1/2c pureed papaya	1/3c pureed chicken 1/2c pureed beets	1/3c pureed beef with 1tsp sour cream and 1/4c melted cheese 1/3c pureed black beans	1/2c Greek yogurt	1/2c pureed chickpeas
Day 7	1/2c pureed oats topped with 1/4c pureed pears 1/2c Greek yogurt	1/3c pureed whitefish with 1c tomato soup	1c scrambled egg whites 1/2c pureed carrots	1/2c applesauce	1/4c yogurt with 1/4c pureed raspberries

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Week 2	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	1/2c grits 1/2c scrambled egg whites	1/3c pureed lean beef with 1/4c ricotta cheese 1c tomato soup	1c cottage cheese with 1/2c pureed cantaloupe 1/2c pureed peas	1/2c Greek yogurt	1/4c pureed chicken with 1/8c melted cheese
Day 2	1/2c scrambled egg whites 1/2c pureed sweet potatoes	1c cream of mushroom soup pureed with 1/3c chicken	1/3c pureed tuna with 1tsp fat free mayo 1/2c pureed potato	1/2c pureed soy beans	1/4c cottage cheese with 1/4c pureed cranberries
Day 3	1c scrambled egg whites 1/2c applesauce	1/3c pureed turkey 1/2c pureed green lentils	1/3c pureed salmon 1/2c pureed beets	1/2c pureed sweet potato	1/4c pureed lean beef
Day 4	1/2c pureed oats topped with 1/4c pureed apples 1/2c scrambled egg whites	1/3c pureed beef with 1tsp sour cream and 1/4c melted cheese 1/3c pureed black beans	1/3c pureed whitefish with 1c tomato soup	1/2c applesauce	1/4c Greek yogurt with 1/4c pureed persimmons
Day 5	1/2c grits 1/2c cottage cheese topped with 1/4c pureed peaches	1c pureed cream of chicken soup 1/2c applesauce	1c scrambled egg whites 1/2c pureed blueberries	1/4c pureed tuna	1/2c pureed chickpeas
Day 6	1/2c pureed oats topped with 1/4c mashed bananas 1c Greek yogurt mixed with 1/4c pureed strawberries	1/3c pureed black beans with 1/3c pureed chicken 1/2c pureed carrots	1/3c pureed salmon 1/2c pureed kidney beans	1/2c pureed butternut squash	1/2c cottage cheese
Day 7	1c scrambled egg whites 1/2c pureed mango	1c pureed clam chowder with 1/3c chicken 1/2c pureed peas	1c Greek yogurt mixed with 1/4c pureed peaches 1/2c pureed eggplant	1/4c yogurt with 1/4c pureed blackberries	1/4c scrambled egg whites