

2-Week Soft Food Meal Plan

Week 1	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	1c cottage cheese with 1c pureed blackberries 1/2 mashed banana with 1T nut butter	4oz cod (baked with 1T olive oil) 1 cup pureed cauliflower	3oz chicken breast 1c steamed spinach, 1/2c cooked butternut squash, 1/4c feta cheese	1/2c edamame	1 hard-boiled egg
Day 2	2 scrambled eggs 1/2c cottage cheese	Hearty stew (2c coconut milk, 1oz beef, 1oz chicken, 1oz turkey, 1/2c black beans, 1/2c carrots, 1/2c celery)	4oz scallops 1/2 mashed sweet potato	1c steamed mushrooms with 2T hummus	1/2c Greek yogurt topped with 1/2 apricot puree
Day 3	1/2 avocado 1/2c Greek yogurt with 1/4c blueberry puree	4oz salmon 1c sautéed spinach	3oz duck breast 1c baked balsamic tomatoes	1/2c steamed carrots with 1T nut butter	1 hard-boiled egg
Day 4	1 cup egg whites	3 shrimp skewers (each has 3 medium shrimp, 3 cherry tomatoes, and 3 mushrooms)	2c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce	1/2c cottage cheese with 1/4c applesauce	Strawberry banana smoothie (1c whole milk, 1/2c strawberries, 1/2c banana)
Day 5	Chocolate banana chia seed pudding (1c coconut milk, 1/4c chia seeds, 1T cocoa powder, 1/2 banana)	Potato leek soup (2c coconut milk, 2oz turkey breast, 1/2c potato chunks, 1/4c leeks, pinch of thyme)	Mushroom pizzas (3 large Portobello mushrooms with 1/3 cup mozzarella cheese, two tomato slices, and 1oz ground beef per mushroom, can top with basil if desired, baked in oven until cheese is melted)	1 hard-boiled egg	1/2c Greek yogurt with 1/4c peach puree
Day 6	2 egg muffins (each is 1 egg, 1/4c whole milk, 1/8c cheese, and 1.5oz turkey breast)	Tomato lobster bisque (1c tomato soup, 4 slices tomatoes, 1/4c coconut cream, 3oz lobster)	Hawaiian omelet (3 eggs with 2oz pork and topped with 1/2c pineapple)	Berry smoothie (1c skim milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)	1c steamed spinach with 1/8c goat cheese
Day 7	Breakfast taco (1 corn tortilla, 1/4c potatoes, 1 egg, 1/4c black beans)	Veggie stir fry (2 scrambled eggs, 1/2c bell peppers and onions, 1/2c broccoli and carrots, 1/2c green beans and snap peas, 1c zucchini noodles)	Fish soup (2c coconut milk, 1/2c kidney beans, 3oz whitefish, 1/4c onions, 1/4c red peppers)	1/2c edamame	1/2c cottage cheese with 1/4c blueberry puree

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Week 2	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
Day 1	Breakfast burrito (1 corn tortilla filled with 2 scrambled eggs, 1/8c shredded cheese, and 1/4c black beans)	3oz tuna sashimi 1/2c brown rice with 1/2c peas and carrots	Tomato-baked halibut (3oz halibut baked with 1/2c tomatoes)	Berry smoothie (1c whole milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)	1/2c edamame
Day 2	3 scrambled eggs 1c orange juice	Squash salad (2c steamed spinach, 1/4c butternut squash, 1/2c pumpkin, 3oz chicken, 1/4c bleu cheese)	3oz tuna sashimi over 2c steamed spinach 1c baked carrots	1/2 avocado	1/2c Greek yogurt with 1/4c raspberry puree
Day 3	1c cottage cheese with 1/2c strawberry puree 1/2c applesauce	Buddha bowl (1/2c red beans, 1/2c chickpeas, 1c roasted squash, 1/2c cooked bell peppers and onions, 1T olive oil)	Black bean salad (1/2c black beans, 1/2c corn, 1/2c bell peppers and onions, 3oz ground turkey breast, all well-cooked and topped with cilantro)	1 hard-boiled egg	1c steamed mushrooms with 2T hummus
Day 4	1c Greek yogurt with 1/2c pear puree 2 scrambled eggs	1/2c black beans topped with egg salad (2 hard-boiled eggs, 1T mayo, 1t mustard, 1/4c chopped onion, 1 stalk celery chopped)	3oz pork over 1/2c black beans with 1/4c onions	1/2c roasted chickpeas	1/2c cottage cheese with 1/4c mashed banana
Day 5	Veggie scramble (3 eggs, 1c spinach, 1/2c bell peppers and onions, 1/4c mushrooms)	Turkey wrap (1 corn tortilla with 2T hummus, 3oz turkey breast, 1/4 avocado)	Scallop stir fry (1c cauliflower rice, 4oz scallops, 1/2c broccoli and carrots, 1/2c bell peppers and onions, 1/4c green beans, 1/2c zucchini and yellow squash, 1 scrambled egg)	1/2c roasted bell peppers with 2T hummus	Berry smoothie (1c whole milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)
Day 6	1 small banana with 2T nut butter 1 hard-boiled egg	1 small potato, baked then filled with 1c cooked spinach, 1/4 cup cottage cheese, and 3oz browned ground chicken breast)	4oz cod (baked with 1T olive oil) 1/2c cooked pumpkin	1/2c cooked carrots with 1T nut butter	1/2 avocado
Day 7	2 poached eggs over 1c green lentils	Shrimp quesadilla (2 corn tortillas with 1/2 cup Mexican blend cheese, 3oz tiny shrimp, 1/2c bell peppers and onions, topped with 1/4c guacamole)	2c spiralized zucchini topped with 3oz ground beef and 1/4c tomato sauce	1 hard-boiled egg	1/2c edamame