

5-DAY SOFT DIET MEAL PLAN

MONDAY

BREAKFAST

- Hard-boiled egg
- Greek (or soy) yogurt
- Sliced banana

SNACK

- Applesauce with cinnamon
- Protein drink (Orgain)

LUNCH

- Potato, lentil, & veggie soup
- Soft bread

DINNER

- Steamed fish
- Mashed potatoes & gravy
- Boiled or pureed carrots

TUESDAY

BREAKFAST

- Smoothie with strawberries, banana, oats, & choice of milk

SNACK

- Hummus with soft bread

LUNCH

- Egg salad sandwich
- Soft bread
- Fruit smoothie

DINNER

- Boiled sweet potato boats covered in chili

WEDNESDAY

BREAKFAST

- Scrambled eggs (or tofu)
- Grits
- Orange juice

SNACK

- Cottage cheese with pureed fruit of choice

LUNCH

- Mac and cheese with small beef crumbles
- Steamed broccoli

DINNER

- Beef stew with carrots, celery, potatoes
- Garlic sourdough bread

THURSDAY

BREAKFAST

- Oatmeal with nut butter, cinnamon, pureed fruit, & choice of milk

SNACK

- Homemade ice cream: frozen bananas & pineapple, Greek yogurt, & vanilla extract

LUNCH

- Burrito bowl with soft Mexican rice, black beans, avocado, lime, & salsa

DINNER

- Tomato soup
- Soft cheesy garlic breadsticks

FRIDAY

BREAKFAST

- Chocolate Peanut Butter Smoothie

SNACK

- Yogurt with pureed fruit of choice

LUNCH

- Tuna salad sandwich

DINNER

- Mexican polenta with soft pinto (or refried) beans, salsa, & guacamole