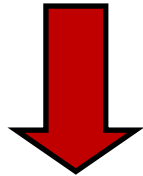


Ten Day Pouch Reset and Beyond

Day 1 : Clear Liquids Only

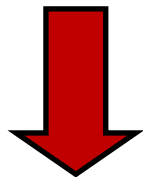
Water—Broth—Decaf Tea—Decaf Coffee—SF Popsicles—
Non-Carbonated SF Drinks



Day 2 &3: Full Liquids Only

Protein powder or drinks—Low fat Milk— Almond/Coconut Milk—
Soups (no, chunks noodles or rice)—Very Thin Creamed Soups

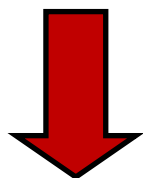
*Make sure to eat/drink these in small amounts 4oz or less.



Day 4—6: Pureed foods

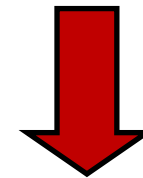
Cottage Cheese—Plain Greek Yogurt—Soups (no chunks)—Hummus

* You can puree food as long as it is healthy, low in carbs and easily digested.



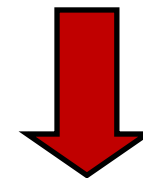
Day 7—9 : Soft Foods

Soft Cooked Vegetables—Soft Cheese (limit to 1 serving/day)— Lean
Ground Meats—Scrambled Eggs—Soft Fish— Canned Tuna, Salmon
or Chicken— Mashed Avocado



Day 10 and Beyond: Nutrient Dense Foods

Protein— Non-Starchy Vegetables— Fruits are okay in moderation
* Keep portions down to 4—8oz per meal or a 1/2 — 1 Cup and stay
away from sugar.



Tips: To keep from Stretching

Use a food scale to keep portions down— Drink liquids 30min prior
and 30 min after eating— Eat Slowly and CHEW well— Stay away
from Nutrient less Carbohydrates like pasta and bread — Don't eat
foods that absorb a lot of water like rice— Do NOT consume any
type of Carbonated beverages— Eat your protein first, vegetables
second and fruit/starch last