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 30 minutes prior and 30 minutes 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