

7-Day Liquid Diet Meal Plan with Calories

This 7-day liquid diet meal plan provides structured daily menus with approximate calorie counts. Each day includes smoothies, soups, and shakes to ensure balanced nutrition while maintaining a calorie deficit.

Day 1

Breakfast	Green Protein Smoothie (spinach, banana, protein powder, almond milk)	300 kcal
Mid-morning	Bone broth with turmeric	70 kcal
Lunch	Blended vegetable soup with protein powder	250 kcal
Afternoon	Berry yogurt smoothie	220 kcal
Dinner	Clear chicken broth + protein shake	200 kcal
Daily Total		1,040 kcal

Day 2

Breakfast	Strawberry oatmeal smoothie with whey protein	320 kcal
Mid-morning	Electrolyte drink + collagen protein	100 kcal
Lunch	Tomato-basil blended soup with tofu	280 kcal
Afternoon	Green juice + chia seeds	180 kcal
Dinner	Vegetable broth + vanilla protein shake	220 kcal
Daily Total		1,100 kcal

Day 3

Breakfast	Blueberry spinach protein smoothie	310 kcal
Mid-morning	Miso broth with ginger	80 kcal
Lunch	Carrot-beet blended soup with protein powder	270 kcal
Afternoon	Banana almond smoothie	230 kcal
Dinner	Vegetable broth + chocolate protein shake	210 kcal
Daily Total		1,100 kcal

Day 4

Breakfast	Mango kale smoothie + protein powder	320 kcal
Mid-morning	Herbal tea + protein shake	150 kcal
Lunch	Pumpkin blended soup + tofu	280 kcal
Afternoon	Mixed berry protein drink	200 kcal

Dinner	Clear broth + yogurt-based smoothie	220 kcal
Daily Total		1,170 kcal

Day 5

Breakfast	Cinnamon banana protein shake	310 kcal
Mid-morning	Green tea + bone broth	80 kcal
Lunch	Zucchini-carrot blended soup + protein powder	260 kcal
Afternoon	Strawberry oat smoothie	230 kcal
Dinner	Vegetable broth + vanilla protein shake	210 kcal
Daily Total		1,090 kcal

Day 6

Breakfast	Chocolate banana protein smoothie	330 kcal
Mid-morning	Electrolyte drink + protein bar shake	120 kcal
Lunch	Spinach lentil blended soup + protein powder	290 kcal
Afternoon	Peach yogurt drink	210 kcal
Dinner	Miso broth + berry protein shake	220 kcal
Daily Total		1,170 kcal

Day 7

Breakfast	Pineapple spinach smoothie with whey protein	320 kcal
Mid-morning	Herbal infusion + protein shake	130 kcal
Lunch	Sweet potato-carrot blended soup	280 kcal
Afternoon	Apple cinnamon protein smoothie	230 kcal
Dinner	Vegetable broth + vanilla yogurt drink	210 kcal
Daily Total		1,170 kcal

Disclaimer: This 7-day liquid diet plan is intended for short-term use only. Calorie counts are approximate. Consult a healthcare provider before starting, especially if you have medical conditions or take medications.