

Bariatric Full Liquid Diet Menu (Sample PDF)

The bariatric full liquid diet is an essential stage after bariatric surgery. It helps patients transition safely from clear liquids to soft foods while supporting healing and protein intake. Below is a sample menu you can use as a guideline. Always follow your surgeon or dietitian's recommendations.

Meal	Options
Breakfast	Protein shake (20–25g protein) blended with unsweetened almond milk
Mid-Morning	Strained Greek yogurt (low-fat, sugar-free) or protein-enriched pudding
Lunch	Strained cream soup (low-fat, blended) + unflavored protein powder
Afternoon Snack	Sugar-free protein drink or bone broth
Dinner	Pureed vegetable soup (strained) with added protein powder
Evening	Sugar-free pudding or protein shake

Tips for Success:

- Aim for 60–80 grams of protein daily.
- Sip slowly and avoid using straws.
- Space out meals every 2–3 hours.
- Stay hydrated with water or sugar-free beverages.