

Soft Diet Meal Plan

DAY 4

Breakfast: Yogurt parfait

Lunch: Moist salmon burger, Avocado

Dinner: Shepherds pie (grounded turkey)

DAY 5

Breakfast: Scrambled eggs, Sliced avocado

Lunch: Chicken soup, Soft noodles, Cooked veggies

Dinner: Soft chicken, Rice, Cooked green beans

DAY 6

Breakfast: Cream of wheat, Cooked peaches, Creamy cashew butter

Lunch: Chicken salad (no veggies)

Dinner: Shepherds pie (grounded turkey)

DAY 7

Breakfast: Yogurt parfait

Lunch: Couscous, Feta, Soft vegetable salad

Dinner: Broiled flounder, Soft-cooked beets, Mashed carrots

DAY 1

Breakfast: Scrambled eggs, Sliced avocado

Lunch: Chicken salad (no veggies)

Dinner: Meatloaf, Ground beef, Mashed sweet potatoes

DAY 2

Breakfast: Cream of wheat, Cooked peaches, Creamy cashew butter

Lunch: Chicken soup, Soft noodles, Cooked veggies, Shredded chicken

Dinner: Broiled flounder, Soft-cooked beets, Mashed carrots

DAY 3

Breakfast: Crustless quiche

Lunch: Couscous, Feta, Soft vegetable salad

Dinner: Soft chicken, Rice, Cooked green beans

