

7-Day Pureed Meal Plan

Day 1

Breakfast:

Smooth oatmeal with mashed banana

Lunch:

Pureed chicken with mashed sweet potatoes

Dinner:

Creamy butternut squash soup with pureed fish

Snack:

Applesauce with cinnamon

Day 2

Breakfast:

Greek yogurt with pureed peaches

Lunch:

Pureed turkey with mashed carrots and potatoes

Dinner:

Blended lentil soup with soft tofu

Snack:

Smooth peanut butter blended with banana

Day 3

Breakfast:

Pureed scrambled eggs with soft avocado

Lunch:

Blended chicken and vegetable stew

Dinner:

Creamy pureed spinach and potato soup

Snack:

Pureed mango with yogurt

Day 4

Breakfast:

Blended cottage cheese with mashed pears

Lunch:

Pureed salmon with mashed cauliflower

Dinner:

Smooth tomato soup with blended rice

Snack:

Pureed mixed berries with cream

Day 5

Breakfast:

Mashed banana with thickened almond milk

Lunch:

Blended beef stew with soft potatoes

Dinner:

Pureed pumpkin soup with tofu

Snack:

Mashed avocado with smooth hummus

Day 6

Breakfast:

Blended fruit smoothie with yogurt

Lunch:

Pureed tuna salad with soft boiled eggs

Dinner:

Creamy blended chicken and rice soup

Snack:

Smooth peanut butter pudding

Day 7

Breakfast:

Soft scrambled eggs blended with cheese

Lunch:

Pureed beef with mashed peas and carrots

Dinner:

Blended vegetable soup with chicken broth

Snack:

Mashed pears with cottage cheese