

**DRINK TO
YOUR HEALTH**

**NUTRITIONAL AND TASTY
RECIPES
FOR BLENDED DIETS**

You are undergoing jaw surgery (or TMJ surgery) and this requires special diet considerations. With jaw surgery, you may have your jaws held together (wired) for a period of two days to eight weeks, depending upon the type of surgery performed and recommendations of your surgeon. During the time your jaw are wired, and for several additional weeks, you should be eating a special liquid diet that will provide essential nutrients to maintain health, promote healing, and minimize weight loss. After you are unwired, it is important to remain on a soft diet to allow the repositioned bones to heal adequately.

Your Diet

For work, carry hot soup in a thermos bottle, or take Instant Breakfast powders to mix with milk. Supplemental drinks, such as Sege, Slender, Ensure, Metrecal, Nutrament, etc., are also convenient.

Physical activity should be minimized for 2-3 months following surgery, or as recommended by your surgeon. This includes all activities where the jaws would have a tendency to be hit or jarred. Strenuous work, such as lifting heavy objects, could cause stress and displacement of the healing jaw segments.

If you are having surgery on your TMJ joints, it is essential that you follow a soft diet for about 3 months following surgery. The joints take a long time to heal, and undue stress on the joints from biting on hard foods, or opening the mouth too wide, can cause a terrific amount of pain. Do not become overconfident about the healing ability of your joints one month after surgery and begin eating raw vegetables. Go Slowly!

Almost anything you are accustomed to eating and drinking can be blended and thinned to the right consistency for you. Some foods may require the use of a metal strainer as well. Bon Appetit!

Nutritionally Speaking

It is helpful to know a few nutritional terms and their functions.

Protein functions in the growth and maintenance of tissues. Calcium is important in bone formation and blood clotting. Vitamin A is vital in the formation and maintenance of skin. Vitamin C is important in the development of bone matrix, cartilage, and collagen. Potassium helps maintain the body's water balance. Iron is essential in maintaining the blood supply and is absorbed better when eaten with foods containing vitamin C.

Continue taking vitamins if you do so. Whole vitamins can be smashed in a cloth with a hammer and dissolved in juice or soup. Prescribed liquid vitamins may also be taken.

Raw eggs may be used if rinsed carefully before cracking and the egg mixture is used within two hours. Egg shells may be the source of salmonella and other harmful bacteria.

Bowel movements may become less frequent. Do not be alarmed. Rather, try adding bran or wheat germ to your diet for needed bulk.

If you have any pre-existing conditions, such as diabetes, high blood pressure, heart conditions, etc., whereby a specific diet plan has been prescribed continue to follow the diet recommendations of your physician.

Negative pressure can be harmful for healing if you have had maxillary (upper jaw) surgery. To avoid negative pressure, sneeze and cough through your nose if you must blow your nose, do so gently by placing both hands firmly over your cheeks. Also, don't sip through a straw.

Highly acidic and sweetened foods may cause decalcification and discoloration of your teeth over a long period of time. So, when eating these foods, such as fruit juices, carbonated beverages, milkshakes, etc., practice good oral hygiene.

Daily Requirements

Every day you need foods from each of the four food groups (meat, milk and milk products, fruits and vegetables, and breads and cereals) to help insure good nutrition and maintain normal weight. Below are listed suggested foods and amounts for each group to meet the daily requirements.

Milk & Milk Products - 2 or more cups/day

Whole milk, buttermilk, cream, half-n-half, milkshakes, floats, eggnog, ice cream, cheese sauces, blended cottage cheese, pudding, cream soup, Instant Breakfast, Sego, Ensure.

Fruits and Vegetables - 4 or more servings/day

1 serving = $\frac{1}{2}$

Orange juice, grapefruit juice, pineapple juice, strained baby fruits, mashed bananas, fruit added to milkshakes, tomato or V-8 juice, blended vegetable soups, baby food vegetables added to cream soup or broth, boil-in-the-bag vegetables thinned with broth and blended.

Meats - 2 or more servings/day 1 serving = 3 oz.

Tuna, salmon, chili, stew, peanut butter, eggs, baby food, meats, peas, beans

Breads and Cereals - 4 or more servings/day

1 serving = $\frac{1}{2}$

Refined cereals, mashed potatoes, cream soups, rice baked beans, corn, pudding

Extras - to fulfill calorie needs

Gravy, salad dressings, liquid jello, popsicles, jelly, syrups, soft drinks, honey coffee, tea, mustard, catsup, mayonnaise, spices

Oral Hygiene Consideration

1. Following each meal, clean your mouth properly. Child-size toothbrushes are small and can get in tight spots for better cleaning.
2. A water pik may be used beginning one week after jaw surgery. A good solution is made of 4 parts water and/or mouthwash to 1 part hydrogen peroxide.
3. Avoid relying solely on food containing high amounts of sugar. Sugar increases the chance for cavities and contains few nutrients.
4. If the teeth are sensitive to extreme temperatures, serve foods either lukewarm or slightly chilled.

Soups

To increase calories, protein and calcium, add nonfat dry milk to any soup.

Asparagus Soup

good source of protein, calcium, vitamin A, iron

1 10 3/4 oz can cream of asparagus soup
1 cup milk

1 Tbsp. mayonnaise
dash of Worcestershire sauce

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.

450 calories

Avocado-at Sea

good source of protein, calcium & vitamin A

1 cup condensed clam chowder from a can
1 10 3/4 oz can chicken broth

1/2 cup half and half
1/2 ripe avocado, mashed

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.

600 calories

Avocado Chicken Soup

good source of protein, potassium

1 10 3/4 oz can cream of chicken soup
(reconstituted with 3/4 oz cup water)
3 cups chicken bouillon
1 ripe avocado, mashed

1/2 cup celery, finely chopped
1 Tbsp. liquid vegetable oil
1/2 tsp onion salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.

765 calories

BBQ Soup

good source of protein, calcium

1 cup beef bouillon
3/4 oz cup cooked rice
1/2 cup milk

1/2 tsp barbecue sauce
1/2 tsp chili sauce
1/4 tsp prepared mustard

1 Tbsp liquid vegetable oil dash each of salt, pepper and Tabasco
1/2 tsp onion juice

Heat all ingredients in saucepan. Blend until smooth.

375 calories

Baked Potato Soup

good source of protein, calcium, vitamin C

1 cup milk
1/2 cup mashed potatoes
1/4 cup shredded sharp cheddar cheese

2 Tbsp sour cream
1 drop onion juice
salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.

475 calories

Bean Soup

good source of protein, vitamin C, vitamin A

3/4 cup chicken bouillon
1/2 cup canned pinto beans, drained
1/2 cup canned carrots, drained
1 8" stalk celery, finely chopped

1 Tbsp deviled ham
1/2 tsp. onion juice
dash garlic powder
salt pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.

200 calories

Borsch	good source of iron
1½ cups beef bouillon	1 tsp onion juice
1 cup canned beets, chopped	1 tsp lemon juice
1 Tbsp sour cream	2 drops garlic juice
1 tsp liquid vegetable oil	dash each of hot pepper sauce, salt, pepper
Blend until smooth. serve cold.	205 calories
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Cauliflower Soup	good source of protein, calcium, vitamin A, Vitamin C potassium
1 10 oz pkg frozen cauliflower, cooked	1 tsp flour
1 cup half and half	1 tsp butter
¾ cup milk	dash of Worcestershire
3 slices American cheese	
Heat butter and flour in a saucepan until smooth. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth.	755 calories
=====	
Cheddar Cheese Soup	good source of all nutrients due to Ensure
1 11 oz can cheddar cheese soup	1 tsp Worcestershire sauce
½ cup vanilla Ensure	salt, pepper to taste
½ cup water	
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	480 calories
=====	
Cheese Broccoli Soup	good source of protein, calcium, vitamin A, iron
1 11 oz can cheddar cheese soup	½ of 10 oz pkg frozen
1 cup milk	broccoli, cooked
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	500 calories
=====	
Chicken Asparagus Soup	good source of iron
¾ cup chicken broth soup	1 Tbsp deviled ham
½ cup mashed white asparagus	1 tsp flour
1 Tbsp sour cream	salt, pepper to taste
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	315 calories
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Cold Squash Soup	good source of protein, vitamin A, vitamin C
1 cup cooked summer squash, diced	1 tsp sugar
1 cup chicken bouillon	½ tsp liquid vegetable oil
1/3 cup half and half	dash each of nutmeg, salt, pepper
Blend until smooth. Serve cold.	175 calories
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Corny Chicken Soup good source of protein, calcium, vitamin A

1 10 3/4 oz can cream chicken soup	1 drop hot pepper sauce
1 1/4 cups milk	dash each of salt, pepper,
1/2 cup creamed corn	poultry seasoning
1/2 cup water	

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.

575 calories

Crabmeat Soup good source of protein, calcium, vitamin A, iron

2 Cups half and half	1 cup chopped Crabmeat
1 10 3/4 oz can cream of mushroom soup	1/2 cup water
1 10 3/4 oz can cream of asparagus soup	dash of white pepper

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.

1200 calories

Cream Cheese Soup good source of protein, vitamin A

1 3 oz pkg cream cheese, softened	dash each of curry powder,
1 1/2 cups beef bouillon	garlic powder, pepper

Blend until Smooth. May be served hot or cold.

300 calories

Creamed Curry Soup good source of protein, calcium

1 cup plain yogurt	1/4 tsp curry powder
1 cup beef bouillon	dash of garlic salt
1 tsp liquid vegetable oil	

Heat all ingredients in saucepan. Do not boil. Pour in blender. Blend until smooth.

200 calories

Cucumber Soup good source of protein, calcium

2/3 medium cucumber, peeled, seeded, chopped	1 tsp cottage cheese
1/4 cup milk	1 tsp sour cream
1/2 cup chicken bouillon	1 tsp minced onion
	dash salt, pepper

Blend until smooth. May be served hot or cold.

160 calories

Gazpacho good source of vitamin C, Vitamin A

2 cups chicken bouillon	1/2 tsp sugar
1 large tomato, peeled, seeded, chopped	1/4 tsp salt
1/2 cucumber, peeled, seeded, chopped	1 drop hot pepper sauce
1 tsp vinegar	dash of pepper
1/2 tsp garlic juice	

Put all ingredients in blender. Blend until smooth. May be served hot or cold.

210 calories

Ham and Cheese Soup	good source of protein, calcium
1½ cups milk	2 Tbsp mayonnaise
¼ cup pimento cheese spread	dash of Tabasco
¼ cup deviled ham	dash of salt
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	
	700 calories
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Lobster Bisque	good source of protein, calcium, vitamin A
1 cup half and half	2 Tbsp flour
2/3 cup chopped lobster meat	½ tsp onion juice
2/3 cup chicken bouillon	¼ tsp salt
1 Tbsp liquid vegetable oil	
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	
	585 calories
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Mushroom Soup	good source of protein, calcium
1 10½ oz can cream of mushroom soup	1 Tbsp sauteed onions
½ cup milk	dash salt
½ cup chicken bouillon	
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	
	335 calories
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New England Clam Chowder	good source of protein, calcium, vitamin A, iron
1 10 oz can minced clams, completely drained	1 Tbsp. vegetable oil
½ cup milk	½ tsp onion juice
½ cup half and half	salt, pepper to taste
¼ cup mashed potatoes	
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	
	500 calories
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Potato Salad Soup	good source of protein, calcium, vitamin A, vitamin C, potassium
1 10 ¾ oz can chicken broth	1 tsp pickle juice
1 cup canned potato salad	dash of smoke-flavored salt
½ cup half an half	
Heat all ingredients in saucepan. Pour in blender. Blend until smooth.	
	560 calories
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Shrimp Soup	good source of protein, calcium, iron
1 cup milk	1 tsb butter
1 4½ oz can broken shrimp, drained	dash of Tabasco
1 tsb flour	
Heat butter and flour in saucepan until smooth. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth.	
	525 calories
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Tomato-Cheese Soup good source of protein, calcium, vitamin C, vitamin A

1 10½ oz can tomato soup (reconstituted with 1/3 cup water)
 1 cup milk
 ½ cup shredded cheddar cheese
 1 Tbsp mayonnaise
 1 tsp. pepper juice
 dash of Worcestershire sauce
 salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. 675 calories

Tomato Juice Cocktail good source of vitamin C, iron

2 cups tomato juice
 1 cup crushed ice
 1 cucumber, peeled, seeded, chopped
 1 8" stalk celery, finely chopped
 1 tsp lemon juice
 ½ tsp salt
 ¼ tsp Worcestershire

Put all ingredients in blender. Blend until smooth. Served cold. 150 calories

Tomato-Rice Soup good source of protein, calcium, vitamin C

1 10½ oz can tomato soup
 ½ cup milk
 ½ cup chicken bouillon
 1/3 cup cooked rice
 1 Tbsp. sauteed onion
 1/8 tsp salt
 dash pepper

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. 400 calories

V-8 Cocktail good source of vitamin C, Vitamin A

1½ cups chilled V-8
 1 Tbsp sour cream
 2 drops Worcestershire sauce

Put all ingredients in blender. Blend until smooth. Served cold. 100 calories

Vegetable Broth good source of vitamin A, vitamin C

1 cup beef bouillon
 ¾ cup canned chicken broth
 ½ cup cucumber, peeled, seeded, chopped
 ½ cup tomato, peeled, seeded, chopped
 ¼ ripe avocado, mashed
 1 tsp sour cream
 ¼ tsp onion juice
 ¼ tsp wine vinegar
 salt, pepper to taste

Put all ingredients in blender. Blend until smooth. May be served hot or cold. 210 calories

Vegetable Soup good source of protein, calcium, vitamin A

1 cup mashed potatoes
 1 cup milk
 1 cup beef broth
 1 4½ oz jar strained baby food carrots
 1 3½ oz jar strained baby food beef
 salt pepper to taste

Heat all ingredients in saucepan. Stir until smooth. 475 calories

Milkshakes

Almost any concoction with milk can be called a "milkshake." Don't overlook the value of cottage cheese. It adds protein, calcium, and calories, plus makes a creamier shake.

Apple Pie A La Mode

good source of protein, calcium

1 cup apple pie filling	½ cup milk	
1 cup vanilla ice cream	dash of cinnamon	
Put all ingredients in blender. Blend until smooth.		525 calories

Banana Berry

good source of vitamin C, protein, calcium, potassium

1½ cups strawberries	2 Tbsp sugar	
1 cup half and half	1 Tbsp peanut butter	
1 cup crushed ice	1 tsp wheat germ	
1 ripe banana	½ tsp vanilla extract	
¼ cup dry milk powder		
Blend.		785 calories

Berry-Berry Shake

good source of protein, calcium, vitamin C

1 10 oz pkg frozen strawberries (unsweetened)	¼ cup half and half	
1 cup vanilla ice cream	1 Tbsp honey	
1 cup crushed ice	1 tsp lemon juice	
2/3 cup canned pitted cherries, drained	2 drops vanilla extract	
Blend.		625 calories

Best Banana Bisque

good source of protein, calcium, vitamin A, potassium

1½ cups crushed ice	2 Tbsp sugar	
1 cup half and half	1 tsp vegetable oil	
1 large ripe banana, peeled	dash of cinnamon	
½ cup vanilla ice cream	drop of almond extract	
1 slice crustless white bread, diced		
Blend.		625 calories

Buttermilk Yogurt

good source of protein, calcium

1 cup vanilla yogurt	1 Tbsp sugar	
¾ cup club soda	2 drops vanilla extract	
¾ cup crushed ice	dash of salt	
Blend.		625 calories

Cantaloupe Shake

good source of protein, calcium, vitamin C, vitamin A

1½ cups vanilla ice cream	1 Tbsp sugar	
½ ripe medium cantaloupe, peeled, seeded, chopped	2 tsp lemon juice	
¼ cup milk	¼ tsp vanilla extract	
Blend until smooth.		620 calories

Cherry Shake	good source of protein and calcium
1½ cups ice cream	½ cup milk
1 cup cherry pie filling	
Put all ingredients in blender. Blend until smooth. May require straining.	750 calories
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Chocolate Mint Shake	good source of protein and calcium
1½ cups chocolate ice cream	1 drop peppermint extract
¾ cup milk	
Put all ingredients in blender. Blend until smooth.	550 calories
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Creamy Fruit Salad	good source of vitamin C, protein, calcium, vitamin A
¾ cup fruit cocktail	⅓ cup liquid gelatin (any flavor)
½ cup milk	⅓ cup cottage cheese
½ cup half and half	
Blend.	1275 calories
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Creamy Lime Sherbert	good source of protein, calcium, vitamin A
1 cup half and half	¼ cup sugar
1 cup crushed ice	2 drops lime extract
⅓ cup lime juice	1 drop green food coloring
Put all ingredients in blender. Blend until smooth.	550 calories
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Hawaiian Shake	good source of protein, calcium, vitamin C, potassium
1½ cups vanilla	1 medium banana
⅓ cup pineapple juice	
Blend until smooth.	650 calories
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Honey Shake	good source of protein, potassium, calcium, vitamin C
2 small bannanas	1 pkg instant breakfast (any flavor)
1½ cups ice cream	3 Tbsp honey
1 cup milk	
Blend	650 calories
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Italian Cream Berries	good source of protein, calcium, vitamin C
1¼ cups strawberries	3½ tTbsp sugar
1¼ cups milk	1 Tbsp chocolate chips
1 cup crushes ice	½ tsp. vanilla extract
½ cup ricotta cheese	
Blend	660 calories
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Lemon Lift	good source of protein, potassium, calcium
1 cup lemon yogurt 1/3 cup milk Blend	1 bananas few drops vanilla extract 450 calories
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Lime Whip	good source of protein, calcium, vitamin C
1 cup liquid lime gelatin 1/2 cup pineapple juice 1/2 cup cottage cheese Blend	1/2 cup half and half 2 drops vanilla extract 480 calories
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Malted Milk	good source of protein, calcium, vitamin A
1 cup milk 1/2 cup vanilla ice cream 1/4 cup half and half Blend until smooth.	2 Tbsp malted milk powder 1/2 tsp vanilla extract 520 calories
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Mocha Orange Cream	good source of vitamin A, protein, calcium, vitamin C
1 cup crushed ice 1/2 cup heavy cream 1/2 cup orange juice 1/2 cup milk Blend	1/4 cup sugar 1 egg yolk 1 Tbsp instant coffee 2 drops orange extract 770 calories
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Nutty Chocolate Milk	good source of protein and calcium
1 cup milk 2 Tbsp chocolate syrup Blend	2 Tbsp creamy peanut butter 1 tsp wheat germ 430 calories
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Orange Foam	good source of protein, vitamin C calcium
1 cup orange juice Blend until smooth.	1/3 cup vanilla ice cream 350 calories
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Peach Pillow	good source of vitamin C, protein, calcium, vitamin A
1 cup vanilla yogurt 1 jar strained baby food peaches Blend	1/2 cup milk 375 calories
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Peaches a L'Orange Juice	good source of protein, calcium vitamin C vitamin A, potassium
3 canned peach halves 1 cup crushed ice 5/8 cup half and half Blend	1/4 cup orange juice 1 Tbsp brown sugar 1/2 tsp lemon juice 375 calories
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Peaches and Cream good source of protein, calcium, vitamin A

1 cup milk ¼ tsp salt
 1 cup canned peaches in it syrup 2 drops vanilla extract
 1 cup vanilla ice cream
 Blend until smooth. 630 calories

Pepper-Upper good source of all nutrients due to Ensure

1 cup Dr. Pepper ½ cup vanilla Ensure
 ¾ cup vanilla ice cream
 Blend until smooth. 450 calories

Strawberry-Pear Cooler good source of protein, calcium, potassium

2 canned pear halves ½ cup milk
 ½ cup cottage cheese 1 Tbsp sugar
 ½ cup strawberry yogurt 2 drops almond extract
 Blend 400 calories

Vanilla Milkshake good source of protein, calcium, potassium, vitamin A

3 cups vanilla ice cream 1 egg
 1¼ cups milk ½ tsp vanilla extract
 1 banana
 Blend until smooth. For variation, add ¼ cup chocolate syrup or 1 cup canned peaches. 1500 calories

Yankee Malted good source of all nutrients due to Ensure

2 cups milk 1 egg
 1½ cups chocolate ice cream 2 Tbsp. malted milk powder
 ½ cup vanilla Ensure
 Blend until smooth. 1150 calories

Yogurt Nog good source of protein, vitamin C, vitamin A, potassium, calcium

1 cup vanilla yogurt 1 small banana
 ½ cup orange juice 1 Tbsp sugar
 1 egg
 Blend until smooth. 450 calories

Fruit Punches

Fruit has little protein, so whenever possible combine it with yogurt, and egg, or half and half.

Apple Fizzy good source of protein, calcium, potassium

¾ cup club soda 3 oz frozen apple juice concentrate
 ½ cup vanilla yogurt
 Blend until smooth. 190 calories

Banana Daiquiri	good source of vitamin C, potassium
2 cups apple juice	1 Tbsp sugar
1 ripe banana	½ tsp cinnamon
15 raisins	
Blend	395 calories
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Cranberry-Fruit Punch	good source of vitamin C
1½ cups orange sherbet	½ cup water
1½ cups cranberry juice cocktail	1 Tbsp sugar
1½ cups crushed pineapple	
Blend until smooth.	900 calories
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Fruit Punch	good source of vitamin C, potassium
1 cup ginger ale	½ cup tea
½ cup applesauce, unsweetened	1/3 cup sugar
½ cup orange juice	1/3 cup lemon juice
Mix all ingredients.	390 calories
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Orange Berry Punch	good source of vitamin C
1¼ cups orange juice	1 cup orange sherbet
1 10 oz pkg sweetened strawberries (slightly frozen)	
Blend until smooth.	770 calories
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Orange Julie	good source of protein, vitamin C, iron
2 cups orange juice	2 Tbsp honey
½ cup crushed ice	¼ tsp vanilla extract
1 raw egg	
Blend	400 calories
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Orange Sherbert Punch	good source of vitamin C
1 pint orange sherbert	½ cup pineapple juice
¾ cup ginger ale	¼ cup grapefruit juice
Blend	400 calories
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Pear Icy	good source of potassium
4 canned pear halves, drained	¼ cup sugar
1 cup crushed ice	1 Tbsp lemon juice
Blend until smooth.	380 calories
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Strawberry Crush	good source of vitamin C, potassium
2 cups frozen strawberries, unsweetened	6 Tbsp sugar
½ cup crushed pineapple	¼ cup lemon juice
½ cup water	2 Tbsp honey
½ medium banana	
Blend until smooth	640 calories

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Tooty Fruits good source of vitamin C, potassium

2 cups apple juice	2 Tbsp sugar	
3/4 cup cranberry juice	1/2 Tbsp sugar	
1/2 cup orange juice	1/2 tsp cloves	
Mix well. Serve hot or cold.		490 calories

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Virgin Pina Colada good source of protein, calcium, vitamin C potassium

1 cup crushed ice	3 Tbsp milk	
1/2 cup pineapple juice	3 Tbsp cottage cheese	
1/4 cup cream of coconut	1 drop vanilla extract	
Blend		350 calories

By themselves, tea and coffee have little nutritional value. Try to incorporate fruit juices or heavy cream to increase the caloric and nutrient content.

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Cafe Ole good source of vitamin A

1 cup hot coffee	1 tsp brown sugar	
1 Tbsp heavy cream	1 drop vanilla extract	
1 tsp chocolate syrup	dash of cinnamon	
Heat and stir.		90 calories

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Cappucino good source of protein, calcium, vitamin A

3/4 cup coffee	1 tsp sugar	
3/4 cup half and half	1/2 tsp cocoa	
Heat and stir.		265 calories

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Cranberry Tea good source of vitamin C

1 cup cranberry juice	1 tsp honey	
3/4 cup tea	dash of cinnamon	
1 Tbsp lemon juice	pinch of cloves	
Mix all ingredients. Serve hot or cold.		160 calories

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Mexican Cocoa good source of protein, calcium

1 cup milk	2 Tbsp chocolate syrup	
1/2 cup coffee	dash of cinnamon	
Heat and stir.		260 calories

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Tropical Tea good source of vitamin C

3/4 cup strong tea	1 Tbsp sugar	
3/4 cup orange juice	dash of cinnamon	
1/4 cup pineapple juice		
Mix all ingredients. Serve hot or cold.		260 calories

Tea for Me

good source of vitamin C

1 cup strong tea
 ½ cup pineapple juice
 ¼ cup orange juice
 ¼ cup grapefruit juice

1 Tbsp honey
 dash of cinnamon
 1 drop of orange extract

Mix all ingredients. Serve hot or cold.

165 calories

Sample Menu

Breakfast:	Mexican Cocoa	260 calories
Mid-morning:	Pear Icy	380 calories
Lunch:	Vegetable Soup	475 calories
Mid-afternoon:	Apple Fizzy	190 calories
Dinner:	Lobster Bisque	600 calories
Snack:	Lemon Lift	<u>450 calories</u>
		2355 calories

