

Lanap Food Schedule

Days 1-7: Liquid diet only (bone broth, protein drinks, smoothies, foods put through a blender or food processor)

- Days 8-14: Mushy diet (liquid diet plus: eggs, pudding, mashed potatoes, applesauce, bananas, jell-o, ice cream, oatmeal, cream of wheat, cottage cheese, steamed mashed veggies)

- Days 15-30: Soft Food Diet (mushy diet plus: pasta, fish, ground meat, canned fruit, pancakes)

- Days 30+: Continue smart food choices

* Until final release after 30 days:

Avoid seeds, nuts, or anything with a sharp edge like chips. Avoid anything that can get lodged under the gum line or between the teeth like shredded meats, jerky, popcorn, or salad.

*If there is something you want to eat earlier on the schedule it must be cut TINY and mashed to where you can just spoon and swallow each tiny bite without chewing.