

Eating Schedule – Full Liquids Phase

Time	Suggested Daily Schedule
6 a.m.	Wake up. Drink water (4 oz).
6:30 a.m.	Get ready for the day.
7 a.m.	Breakfast 1-3 oz light Greek yogurt, thinned out (30 minutes).
7:30 a.m.	Drive to work.
8 a.m.	Work, drink water (8 oz. over 1 hour).
9 a.m.	Work, drink protein supplement (8 oz. over 1 hour).
10 a.m.	Work, drink water (8 oz. over 1 hour)
11 a.m.	Work
12 p.m.	Lunch 2-3 oz. strained cream soup with unflavored protein powder (30 min.).
12:30 p.m.	Work
1 p.m.	Work. Drink water (8 oz. over 1 hour).
2 p.m.	Work
3 p.m.	Work. Drink a protein supplement (8 oz. over 1 hour).
4 p.m.	Work. Drink water (8 oz. over 1 hour).
5 p.m.	Drive home.
5:30 p.m.	Dinner 2-3 oz. homemade egg drop soup (30 minutes).
6 p.m.	Relax.
6:30 p.m.	Drink water (8 oz. over 1 hour).
7:30 p.m.	Go for a walk .
8 p.m.	Drink a protein supplement (8 oz. over 1 hour).
9 p.m.	Drink water (4 oz. over 30 min.).
10 p.m.	Go to bed.

