

## Full Liquid menu : Day 1- 10

	<b>Day 1 &amp; 6</b>	<b>Day 2 &amp; 7</b>	<b>Day 3 &amp; 8</b>	<b>Day 4 &amp; 9</b>	<b>Day 5 &amp; 10</b>
<b>Breakfast</b>	Nutren –Yogisip (350ml)  <i>~ AB cultures in yogurt improve colonic health (1)</i>	Nutren Banana –Shake  <i>~ Bananas are high in Magnesium and Energy (3)</i>	Drinkable Pronutro  <i>~ Pronutro is high in Energy en Protein, but also in vitamins and minerals (11)</i>	Nutren Peanut Shake  <i>~ This drink is energy-dense and also high in protein (5)</i>	Drinkable Pronutro  <i>~ Pronutro is high in Energy en Protein, but also in vitamins en minerals (11)</i>
<b>Late morning Snack</b>	Clifton drink with Nutren (300ml)  <i>~ Clifton is enriched with vitamins and minerals (8)</i>	Nutren (250ml)  <i>~ Nutren is high in all the nutrients needed for recovery</i>	Royal Instant pudding with Nutren (250ml+)  <i>~ This recipe produces a high energy feed (6)</i>	Fruit juice (250ml)  <i>~ Fruit juice contains vitamins</i>	Nutren Jelly (125ml)  <i>~ This jelly is high in Energy and vitamin C (2)</i>
<b>Lunch</b>	Instant soup: <u>Beef &amp; Vegetable</u>  Fruit juice (250ml)	Instant soup: <u>Country Vegetable</u>	Instant soup: <u>Tomato</u>	Instant soup: <u>Hearty Beef Soup</u>	Instant soup: <u>Mushroom</u>
<b>Late Afternoon Snack</b>	Nutren Coffee- shake  <i>~ This drink is very energy dense (7)</i>	Royal Instant pudding with Nutren (250ml+)  <i>~ This recipe produces a high energy feed (6)</i>	Nutren Jelly (250ml +)  <i>~ This jelly is high in Energy and vitamin C (2)</i>	Nutren-Custard (250ml)  <i>~ Nutren- custard provides high energy for quick recovery (4)</i>	Nutren Chocolate Shake  <i>~ This milkshake is high in energy and all nutrients (9)</i>
<b>Dinner</b>	Instant soup: <u>Chicken Broth</u> (Double portion)	Instant soup: <u>Oxtail</u>	Instant soup: <u>Chicken Broth</u>	Instant soup: <u>Minestrone / Vegetable</u>	Instant soup: <u>Oxtail</u>

<b>Late Evening Snack</b>	Milo/ Ovaltine with Nutren (250ml) <i>☞Milo is enriched with several vitamins and minerals (12)</i>	Yoghurt (175ml) <i>☞AB cultures in yogurt improve colonic health</i>	Milo/ Ovaltine (250ml) <i>☞ Milo is enriched with several vitamins and minerals (12)</i>	Nutren-Jelly (250ml+) <i>☞ This jelly is high in Energy and vitamin C (2)</i>	Nutren-Custard (250ml) <i>☞Nutren- custard provides high energy for quick recovery (4)</i>
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