

Clear Liquid Diet Meal Suggestions

Acceptable Clear Liquids:

- Water.
- Black coffee (no added creamer or dairy products)
- Herbal or black tea (no added creamer or dairy products, no reds or purples).
- Fruit juice without pulp (apple, white grape, white cranberry).
- Gatorade (yellow, green or clear).
- Regular or diet soda pop.
- Fat-free chicken or beef broth/bouillon (all solids removed).
- Bone broth (all solids removed).
- Popsicles (yellow, green or clear).
- Gelatin (yellow, green or clear).
- Ensure Clear (Apple).
- **NO dairy or dairy substitutes.**
- **NO red, orange, blue, or purple color.**

Breakfast:

- 1 cup coffee or tea (sugar and lemon is okay, no milk or cream).
- 1 cup juice w/o pulp (apple, white grape, white cranberry).
- 1 cup gelatin (yellow, green or clear).
- 1 Ensure Clear (Apple).

Lunch:

- 1 cup fat free broth/bouillon.
- 1 cup juice w/o pulp (apple, white grape, white cranberry).
- 1 cup regular or diet soda pop.
- 1 Ensure Clear (Apple).

Dinner:

- 1 cup fat free broth/bouillon.
- ½ cup juice w/o pulp (apple white grape, white cranberry).
- 1 cup gelatin (yellow, green or clear).
- 1 Ensure Clear (Apple).

Snacks:

- 1 Popsicle (green, yellow or clear).
- ½ cup Gatorade (yellow, green or clear).
- 1 cup gelatin (yellow, green or clear).
- 1 Ensure Clear (Apple).