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**SAMPLE MEAL PLAN**

**BREAKFAST IDEAS**

Scrambled Eggs w/ Melted Cheese  
Pancakes w/ Maple Syrup  
Cream of Wheat  
Oatmeal  
Carnation Instant Breakfast

**SNACKS**

Applesauce  
Yogurt  
Cottage Cheese  
Pudding  
Jello  
Ice Cream  
Popcicles

**LUNCH – DINNER IDEAS**

Tomato, Pea or Chicken Soup  
Chowder  
Tuna Fish  
Spaghettio's  
Macaronni & Cheese  
***SOFT*** Flaky Fish

**BEVERAGES (W/OUT STRAWS)**

Milkshakes  
Boost  
V-8 Juice  
Orange Juice  
Eggnog  
Cranberry Juice

**VEGETABLE IDEAS**

Mashed Potatoes  
Creamed Corn  
Peas  
Butternut Squash  
Cranberry Sauce  
Sweet Potatoes (Mashed)  
Spinach Souffle

*Use your imagination.* Many foods can be put in a blender to allow for easy swallowing.  
Example: Blend yogurt with fresh fruit – such as strawberries, bananas with any juice. You may also blend hamburger and melted american cheese.

***NOTE:*** Please always remember, a good nutrition is essential to your health and healing!