

Pureed (IDDSI Level 4 Pureed Diet) version of your Week 1 meal plan, adapted for diabetes management while ensuring all foods are smooth, lump-free, pudding-like in consistency (no chewing required), and safe for swallowing difficulties (dysphagia). This follows guidelines from sources like IDDSI, Memorial Sloan Kettering, and dysphagia resources: blend everything to a uniform, moist texture using a blender/food processor, adding minimal liquid (e.g., low-sodium broth, unsweetened milk/alternative, gravy, or water) just enough for smoothness without making it runny. Test with the **Fork Drip Test** (food holds shape on fork but drips slowly when tilted) and **Spoon Tilt Test** (holds shape on spoon without sliding off quickly).

For diabetes:

- Keep carbs moderate (~30-45g breakfast, ~45-55g lunch as main meal, ~15-25g dinner/light) using portion control.
- Prioritize low-GI options: limit added sugars, use whole-grain bases where possible (pureed), add protein/fiber/fats to slow absorption.
- Use unsweetened beverages; thicken liquids if recommended by your SLP (speech-language pathologist).
- Boost nutrition/calories if needed (e.g., add Greek yogurt, nut butters, olive oil, or powdered milk) without spiking blood sugar—consult your doctor/dietitian.
- Season with herbs, spices, low-sodium bouillon, garlic, or lemon for flavor.

Preparation Tips

- Cook foods first (e.g., boil/steam/bake), then puree in batches.
- Add moisture: broth for savory, unsweetened almond milk or thinned Greek yogurt for sweet.
- Avoid: Dry breads (puree poorly), corn (hard to smooth), tough skins/seeds, chunks.
- If too thin: Thicken with mashed potato flakes, Greek yogurt, or commercial thickener.
- Serve warm/room temp; small frequent meals if appetite is low.

Monday

- **Breakfast** (moderate): Pureed oatmeal (cooked plain oats blended smooth with unsweetened milk + scrambled eggs blended in) + pureed fruit (e.g., blended berries or soft apple). Beverages: Coffee/tea (black or with limited unsweetened milk), no juice.
- **Lunch** (main, largest): Pureed grilled chicken sandwich (blend cooked lean chicken + whole-grain bread moistened with broth/milk + veggies) + pureed side salad (blended greens/cucumber/tomato with olive oil) + pureed tomato soup (smooth, no chunks). (Boost volume with extra pureed chicken/veggies for satiety.)
- **Dinner** (light): Pureed baked cod (blend cooked fish with broth) + pureed green beans (smooth, moistened). Beverages: Water, decaf.

Tuesday

- **Breakfast** (moderate): Pureed yogurt parfait (plain Greek yogurt blended smooth + pureed banana + moistened whole-grain toast blended in). Beverages: Coffee/tea, limited unsweetened milk (no juice).

- **Lunch** (main, largest): Pureed turkey & cheese wrap (blend cooked turkey + cheese + veggies + soft wrap moistened with broth) + pureed carrot sticks + pureed veggie soup + small pureed dinner roll (moistened and blended). Dessert: Pureed sugar-free pudding (smooth, no lumps).
- **Dinner** (light): Pureed light beef stew (blend cooked lean beef + veggies + minimal potatoes if any, veggie-heavy) + pureed broccoli. Beverages: Herbal tea, water.

Wednesday

- **Breakfast** (moderate): Pureed pancakes (blend cooked whole-grain pancakes + fruit topping) + pureed lean sausage. Beverages: Coffee/tea, limited unsweetened milk (no juice).
- **Lunch** (main, largest): Pureed veggie stir fry (blend cooked non-starchy veggies + moderate brown rice or cauliflower rice) + pureed salad + pureed small sweet potato (or extra veggies for lower carbs).
- **Dinner** (light): Pureed roast pork slice (blend lean pork with broth) + pureed peas (smooth; or swap for lower-carb greens like spinach if preferred). Beverages: Limited milk, water.

Thursday

- **Breakfast** (moderate): Pureed cereal (high-fiber, low-sugar blended with unsweetened milk) + pureed eggs + pureed orange (seedless, smooth). Beverages: Coffee/tea, limited juice (diluted or skip).
- **Lunch** (main, largest): Pureed tuna salad sandwich (blend tuna + moistened whole-grain bread + veggies) + pureed fruit + pureed side salad (skip chips or use pureed veggie alternative).
- **Dinner** (light): Pureed pasta with marinara + small meatball (use whole-grain or veggie noodles blended smooth; extra sauce/veggies). (Skip garlic bread or puree very small moistened portion.) Beverages: Tea, water.

Friday

- **Breakfast** (moderate): Pureed French toast (blend cooked whole-grain bread soaked in egg + pureed berries) + pureed lean bacon/turkey bacon. Beverages: Coffee/tea, limited unsweetened milk (no juice).
- **Lunch** (main, largest): Pureed cheeseburger (blend lean patty + moistened bun/lettuce + salad) + pureed small corn (or extra non-starchy veggies) + pureed fries (bake cauliflower first, then blend).
- **Dinner** (light): Pureed chicken pot pie (smaller portion: blend filling + soft crust moistened, veggie-heavy). Beverages: Herbal tea, water.

Saturday

- **Breakfast** (moderate): Pureed omelet (blend eggs + veggies + moistened toast) + pureed fruit. Beverages: Coffee/tea, limited unsweetened milk (no juice).
- **Lunch** (main, largest): Pureed pizza slice (blend thin crust + toppings + sauce, load with pureed veggies) + pureed salad + pureed soup.
- **Dinner** (light): Pureed ham slice (blend lean ham with broth) + pureed asparagus. Beverages: Limited milk, water.

Sunday.

- **Breakfast** (moderate): Pureed waffles (blend cooked whole-grain waffles + fruit + eggs). Beverages: Coffee/tea, limited unsweetened milk (no juice).
- **Lunch** (main, largest): Pureed soup & half sandwich (blend soup + moistened whole-grain bread/lean protein) + pureed potatoes (small, or cauliflower mash) + pureed carrots.
- **Dinner** (light): Pureed roast beef slice (blend lean beef with broth) + pureed light veggies (extra non-starchy like broccoli/zucchini). Beverages: Tea, water.

This maintains the large lunch focus for better blood sugar timing while making everything safe and swallowable. Pureed foods can taste great with added flavors—experiment! If appetite/calories are low, enrich with olive oil, avocado puree, or nut butter (smooth). Track blood sugar and consult your healthcare team (SLP, dietitian, doctor) for exact liquid thickening or carb adjustments.