

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 colors**

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)