

SUGGESTED FOOD LIST



SHOPPING LIST

FOODS FOR THE FIRST FEW DAYS!

Soups

Milkshakes

(Overcooked) Pasta

Spaghetti's

Cut up Hot Dog pieces

Scrambled Eggs

Yogurt

Pudding / Jell-O / Applesauce

Tuna on soft bread

Macaroni and Cheese

Chili

Muffins



SHOPPING LIST

EXAMPLES OF FOODS TO AVOID!

Gum, Caramel, Jelly Beans, Gummy Bears

Lollipops, Life Savers or Hard Candy

Soda or any Carbonated Beverages

Hard Rolls, Pretzels, Popcorn, Nachos,

Bagels or Pizza Crust

Ribs + Meats on the bone

Beef Jerky + Slim Jims

Raw Carrots, Celery or any Hard Fruit
should be sliced.

Frozen Ice Cream Pops, Popsicles or Ice