

Soft-Sloppy/Minced-Mashed Diet

Time to remember how to chew



Spaghetti Meat Sauce

Enjoy a childhood favourite minus the pasta. Go all out and top with some grated parmesan.

Shepherds or Cottage Pie

Amazing comfort food, to make you feel human again. Make it low-carb by topping with cauliflower mash.

Eggs Benedict

Go on treat yourself to a delicious eggs benny. Skip the hollandaise if fat doesn't agree with your new tummy.

Zucchini Slice

We all have that one delicious zucchini slice recipe, now's the time to make it. Bake in mini muffin tins for the perfect tiny tummy sized treat.

*if you need a recipe [this one](#) is delicious.

Seafood (My Fave Since Soft Food)

Prawns, scallops, or maybe treat yourself to a sushi date & have a little sashimi (go easy on the wasabi if your tummy is sensitive).

High Protein Egg Salad

Mix a hardboiled egg with a little high protein cottage cheese or Greek yoghurt, salt, pepper, onion powder & a dash of smoked paprika to give it a little something extra.

Chicken Enchiladas

This great if you're cooking for the family, you can eat the same meal minus the tortilla. Or check out this delicious [enchilada casserole](#).

Home-made Smoothie Bowls

If you're looking for a little something sweet. Blend a small, ripe frozen banana with some berries, skim milk & protein powder until it reaches a soft serve consistency.

*Add tasteless or unflavoured protein powder to any of these options to up the protein content by up to 15g per scoop.