

Purée Diet

Embrace your inner baby



Baby Food

Avoid the jar stuff & make your own Fine Dining Lovers has a delicious sweet potato & chicken purée (season to your taste).

Puréed White Fish & Cheese Sauce

Create a tasty meal by poaching fish in skim milk, then use the milk to create a flavourful "cheese sauce" using English mustard instead of cheese to lower the fat content.

Soft Scrambled Eggs

Mix a tsp of low-fat cream cheese & skim milk to create the creamiest scrambled eggs without all the calories.

Mashed Avocado

Doesn't need much explanation, add a little salt, pepper & some fresh lemon/lime juice for a zesty breakfast.

Pre-Op/Protein Shakes

Kicstart/Optifast/Formulite Gives you a complete meal packed with vitamins & minerals.

Home-Made Vegetable Soups

Lentil soup, thinned with bone broth or stock is great & full of fibre & protein.

Home-made Smoothies

Berries, high protein yoghurt & skim milk make a great low sugar smoothie.

Low-Fat cream soups

Mushroom & potato and leek soups are always a winner.

Refried Beans

Top with some light sour cream & mashed avocado, delicious & packed with flavour & fibre.

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