



# Fat Free Diet



Your doctor has prescribed a **No** fat diet (0 grams of fat per meal) due to chylous drainage. This diet will help decrease the chylous drainage and help your body heal

Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below.

## Breakfast

### Entrees

Cholesterol Free Scrambled Egg  
with Choice of:  
Onion/Tomato/Mushroom/Green Pepper

### Fruit

Apple	Applesauce
Orange	Peach Slices
Banana	Pear Halves
Fresh Fruit Cup	

### Cereals

Cream of Wheat	Corn Flakes
Grits	Cheerios
Rice Krispies	Special K

## Lunch/Dinner

### Entrees

Whole Wheat Pasta  
  
Garden Salad  
  
Fruit Plate

### On the Side

Green Beans  
Green Peas  
Broccoli  
Squash & Carrot Medley

### Soups

Tomato Soup  
Vegetable Broth

### Beverages

Coffee  
Hot/Iced Tea  
Skim Milk  
Lactaid Milk  
Juice: Grape, Orange, Apple, Cranberry  
Sodas: Cola, Lemon Lime, Orange,  
Ginger ale, Lemonade

### Desserts

Diet Vanilla Pudding  
  
Diet Chocolate Pudding  
  
Flavored Gelatin  
  
Sugar Free Italian Ice

### Supplements

Boost Breeze  
  
Juven