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CLEAR LIQUID DIET

Tea (Hot or Cold)
Water
Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)
Bouillon or Clear Broth
Jell-O Plain, no fruit added and any flavor (NO RED)
Popsicles (**NO RED**)
Apple Juice
Gatorade (**NO RED**)
Black Coffee – **no creamer added**
Cranberry juice – this juice is okay because it's a natural red
Grape Juice
Kool-Aid any flavor but **NO RED**
Crystal Light any flavor but **NO RED**

FIBER FREE DIET

NO SUBSTITUTIONS TO ANY OF THE FOODS!

BREAKFAST

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)
(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)
½ cup of milk, ¼ loaf of white bread (4 slices – WHITE BREAD ONLY)
1 tbsp of olive oil or butter (used to cook with)

LUNCH

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)
½ cup cooked white rice
½ cup of ice cream
2 tbsp of olive oil (used to cook with)

DINNER (to be eaten before 6 PM when starting Bowel Prep)

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)
1 cup of Jell-O
½ cup of milk, yogurt OR pudding
1 tbsp of olive oil (used to cook with)

PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!