



Egg Drop Soup

About six 3oz servings/ recipe

Ingredients	Directions
16oz low sodium broth (chicken, vegetable, beef...) 1 tsp low sodium soy sauce 2 eggs, beaten	<ol style="list-style-type: none"> 1. Add broth and soy sauce in a large sauce pan, turn to medium high and bring to a simmer. 2. Beat eggs in a small cup. While stirring the simmering broth, slowly pour in a stream of the eggs until cooked.

Tip:

Add a few drops of toasted sesame oil for more flavor.

Optional:

Depending on where you are at after surgery you have several options for additional protein.

Full liquids (Days 4-7 RNY or days 4-14 SLEEVE): unflavored protein powder (add after soup has cooled down below 140 degrees F).

Soft proteins/ pureed foods (1 week RNY or 2 weeks SLEEVE): tofu

Soft proteins/ pureed foods (3 weeks): cooked shrimp or favorite soft seafood/ fish