



Liquid Diet - Drink Ideas

Clear or Nearly Clear Liquids - Sweet

- Coconut juice (Harness Harvest brand is awesome! Refrigerated juices section)
- Lemon Electrolyte Drink (water, a couple squeezed lemon or lime wedges, honey and sea salt)
- Soy milk / coconut cream w honey / cinnamon powder, sea salt
- Cooked fruit broth (from apples, pears, berries etc)
- Fresh juices (store bought or homemade)
- Herbal teas (hot or iced)
- Organic Pedialyte
- High alkaline water
- Water w lemon juice and honey

Clear or Nearly Clear Liquids - Savory

- Cooked greens (like spinach, chard, collard) broth w oil and sea salt
- Miso soup broth (spoonful of miso paste and cup of hot water)
- Sweet potato / potato / rice / oatmeal / pasta / quinoa cook liquid w sesame / coconut oil and sea salt
- Green split peas cook broth, lemon juice, sesame oil and sea salt (sounds weird but tastes really good if you are recovering from surgery / illness)
- Black bean cook broth w oil, cumin, black pepper and sea salt
- Mung bean soak water (for sprouting) w sea salt

Slightly Thicker

- Hot water, carob powder, honey & ground flaxseed - like hot chocolate!
- Smoothies
- Chia seeds in juice or in soy / rice milk w honey and sea salt
- Soy / cashew / coconut yogurt in juice (orange or pineapple juice w Forager brand plain organic cashew yogurt from ETs or WFs tastes like pina colada!)
- Boiled sweet potato / potato / winter squash / carrots, mashed or pureed w extra water, oil and sea salt

Hope this helps! Let me know of any other favorites you discover :)

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