

## [LIQUID MEAL RECIPES](#)



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<http://ebookslibrary.club/Best-25--Liquid-diet-ideas-on-Pinterest-Banana-recipes--.pdf>

### **Liquid Diet Recipes for Jaw Surgery HealthHearty**

The recipes chosen should be such that the body's nutritional requirements are met. Hence, it is important to select nutritious foods while selecting a meal plan. The diet must allow a person to have at least two quarts of liquids in a day.

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### **How to Make Liquid Meal Replacements Healthy Eating SF**

Liquid meal replacements, generally smoothies or milkshakes, contain enough calories and nutrients to be substituted for a meal. This means that they provide as many carbohydrates, proteins and fats to nourish your body as would eating a balanced meal.

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