



B.Y.O.B.

Build Your Own Blend

Homemade Blenderized Tube Feeding 1000 Calorie Blend Template

FLUIDS

2 Cups

Water
Skim Milk
2% Milk
Whole Milk
Goat Milk
Pea Protein Milk
Almond Milk
Soy Milk
Rice Milk
Hemp Milk
Coconut water
Tomato Juice
Vegetable Juice
Fruit Juice
Pedialyte

FATS

3 Teaspoons

Olive Oil
Peanut Oil
Sunflower Oil
Flaxseed Oil
Walnut Oil
Flaxseed Oil
Coconut Oil
Avocado Oil
Butter
Avocado
Peanut Butter
Flaxseed
Walnuts
Seeds
Hemp Seeds

CARBS

1 Cup

Oats / Oatmeal
Pasta
Corn
English Muffins
Bread
Rice
Barley
Muffins
Sweet Potato
Cream of Wheat
Breakfast Cereal
Polenta / Grits
Potato
Pancakes
Waffles

VEGGIES

1 Cup

Kale
Broccoli
Asparagus
Beets
Onions
Carrots
Peas
Tomato
Peppers
Eggplant
Parsnip
Green Beans
Brussels Sprouts
Kohlrabi
Mushrooms

FRUIT

1 Cup

Plum
Papaya
Grapefruit
Banana
Pomegranate
Blueberry
Pineapples
Kiwi
Grapes
Lemon
Avocado
Pear
Apple
Apricot
Peach

PROTEIN

2 Ounces

Beef
Chicken
Eggs
Tuna/Salmon
Cheese
Cottage Cheese
Yogurt
Black Beans
Chickpeas
Almonds
Pumpkin Seeds
Peanut Butter
Hemp Seeds
Quinoa
Tofu



This chart is based on the 1000 calorie meal plan from MyPlate.gov and assumes the liquid is 2 cups of dairy milk. The calories in your specific blend will vary depending on the ingredients you use. Always check with your dietitian or healthcare team to be sure your blends fit your specific dietary needs. For recipes and more information visit www.cookingfortubies.com. 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved