



CLEAR LIQUID DIET

THESE ITEMS ARE ALLOWED:

- * Water (may use coconut water as well)
- * Chicken, beef, vegetable or bone broths
- * 7UP, Sierra Mist and Sprite
- * Tea and coffee (NO DAIRY including cream or milk)
- * Yellow or green jello (without fruit or topping)
- * Artificial sweeteners
- * Juice (NO PULP, you should be able to see through them)
 - * Apple juice
 - * White grape juice
 - * Lemonade
- * Gatorade (green, blue, white, and orange)