

COOL SOFT FOODS:

For the first 12 to 24 hours after surgery.

Jello
Gatorade
Pudding
Popcicles
Ice Cream
Milk Shakes
Cottage Cheese
Protein Shakes
Ensure
Slimfast
Boost

Diced Fruit, peaches, pears
bananas, applesauce * baby foods are an option

PROTEIN FOODS :

Let warm foods cool to room temperature.

Eggs (any style)
Refried Beans w/ Cheese
Grilled Cheese Sandwich (cut in small bites)
Pinto Beans, Navy Beans, Lentils etc...
Taco Bueno Party burritos (NO hot sauce)
Fish, tender chicken (cut into small bites)

Soups

Macaroni and Cheese
Pastas (Avoid the red sauces, try white sauces
like alfredo and cheese sauces)
Baked or Mashed potatoes
Soft steamed or boiled veggies

NOTE: NOTHING spicy or crunchy for 7 to 10
days. NO popcorn, nuts, chips,
salsas or sesame seeds. Eat a lot of protein and
several mini meals while
continuing medications as directed. Drink lots of
fluids!!

Avoid Sodas and Carbonated Drinks for 7 to 10
days.

**DO NOT TAKE MEDS ON AN EMPTY
STOMACH**

NO STRAWS FOR A FEW DAYS.