

6 WEEKS POST-OP

Meal Plan



Breakfast

1 Weetbix + 1/2 cup low-fat milk +
1-2 tbsp tasteless protein powder

Morning Tea

1 Small tub of High-protein
Yoghurt

Lunch

1/3 canned fish + 1/3 cup
vegetables (all blended)

Afternoon Tea

1/2 cup puree fruit OR
puree baked beans

Dinner

1 egg scrambled with low-fat
cottage cheese