

Post OP Nutrition Plan

MON

Chia Pudding
Vegetable Grain Bowl
Beetroot Risotto

TUE

Berry Bowl
Nutritious Salad
Minestrone

WED

Yoghurt with fruits
Vegetarian bowl with lentils
Stuffed oven paprika

THU

fresh smoothie
egg omlett
oven veggies with salmon or chicken

FRI

Acai bowl
Pasta with Avocado Pesto
scrambled eggs with avocado