

3 MONTHS POST-OP

Meal Plan



Breakfast

1 Boiled egg + 1 coffee/tea with
1-2 tbsp tasteless protein powder

Morning Tea

1 small tub of High-protein
yoghurt

Lunch

1 small low-carb wrap with protein
& salad mixed leaves

Afternoon Tea

1 Soft fruit (banana, peach,
canned fruit)

Dinner

1 small fish + 1 cup mashed
potatoes with 1-2 tasteless
protein powder