

6 MONTHS POST-OP

Meal Plan



Breakfast

1 Weetbix + 1 cup high protein yoghurt + 1 small banana

Morning Tea

Small bag of popcorn

Lunch

4 Vitaweat Crackers + 1 canned fish or low-fat cottage cheese

Afternoon Tea

1 small protein bar

Dinner

1 cup of shredded chicken and vegetable soup