Recovery Kitchen *Grocery List*

Soft, simple and high in protein. Shop the week before surgery, and ask your surgeon about any diet you follow for a medical reason.

Protein

- [ ] Eggs
- [ ] Greek yogurt or cottage cheese
- [ ] Rotisserie chicken
- [ ] Ready-to-drink protein shakes
- [ ] Unflavored protein powder
- [ ] Tofu or beans
- [ ] String cheese

Soft & easy

- [ ] Oatmeal
- [ ] Bananas
- [ ] Applesauce pouches
- [ ] Soup and bone broth
- [ ] Mashed potatoes
- [ ] Rice or pastina
- [ ] Avocados

Hydration

- [ ] Water, lots of it
- [ ] Electrolyte drink mix
- [ ] Coconut water
- [ ] Herbal or ginger tea
- [ ] Ice pops
- [ ] Sparkling water

Gentle digestion

- [ ] Prunes or prune juice
- [ ] Berries and pears
- [ ] High-fiber cereal
- [ ] Ginger chews
- [ ] Plain crackers
- [ ] Anything your surgeon recommends

Freezer meals

- [ ] Soup or chili portions
- [ ] Egg muffins
- [ ] Smoothie packs
- [ ] Pasta bake
- [ ] Turkey meatballs
- [ ] Breakfast burritos

Easy reach

- [ ] Straws
- [ ] Pre-cut fruit and vegetables
- [ ] Single-serve snacks
- [ ] Paper plates and napkins
- [ ] Lower-shelf pantry setup

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