

## Post Surgical Meal Suggestions

### **BREAKFAST**

Pancakes  
French Toast  
Oatmeal  
Cream Of Wheat  
Scrambled Eggs  
Cheese Omelets  
Biscuits & Gravy

### **DINNER**

Macaroni & cheese  
Bean & cheese burrito  
Plain or butter pasta  
Mashed potatoes  
Chicken/not crispy  
Pot roast  
Cooked vegetables  
Baked beans

### **PLEASE AVOID**

Crunchy Cereals  
Bacon  
Waffles  
Crusty bread  
Crackers  
Spicy foods  
Chips  
Pretzels

### **LUNCH**

Soups  
Soft sandwiches  
Grilled cheese  
Egg sandwich  
Thin sliced deli meats  
Creamy peanut butter and jelly

### **SNACK**

Banana  
Creamy peanut butter  
Fruit Smoothie  
Popsicles  
Ice cream  
Milk shakes  
Yogurt  
Applesauce

Nuts/Seeds  
Popcorn  
Spicy foods  
Chewy Meats  
Salads  
Croutons  
Hot liquids/foods  
Drinking from a straw for 48 hours

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