

POST SURGICAL MEAL PLAN

BREAKFAST

- SCRAMBLED EGGS OR EGG WHITES WITH WHOLE-WHEAT TOAST
- OATMEAL WITH BERRIES AND NUTS
- GREEK YOGURT WITH FRUIT AND GRANOLA
- SMOOTHIE MADE WITH FRUIT, YOGURT, AND PROTEIN POWDER

LUNCH

- CHICKEN OR FISH SOUP WITH WHOLE-WHEAT BREAD
- TUNA OR CHICKEN SALAD SANDWICH ON WHOLE-WHEAT BREAD
- VEGETABLE AND LENTIL SOUP WITH A SIDE SALAD
- CHICKEN OR TOFU STIR-FRY WITH BROWN RICE

DINNER

- BAKED SALMON WITH ROASTED VEGETABLES
- CHICKEN BREAST WITH MASHED POTATOES AND STEAMED GREEN BEANS
- TURKEY CHILI WITH CORNBREAD
- LENTIL STEW WITH WHOLE-WHEAT BREAD

SNACKS

- FRUITS (APPLE, BANANA, BERRIES, GRAPES)
- VEGETABLES (CUCUMBERS, CARROTS, CELERY STICKS)
- YOGURT
- HARD-BOILED EGG
- HUMMUS WITH WHOLE-WHEAT CRACKERS
- PROTEIN SMOOTHIE



TUMMY TUCK SUPPLY LIST

RECLINER

PILLOWS/TRAVEL PILLOW

SIDE TABLE

ARNICA TABLETS

ACETAMINOPHEN

PRESCRIPTIONS

SCAR GEL/BIO OIL

WATER BOTTLE

LONG PHONE CHARGER

WALKER

COMFORTABLE CLOTHES

SHOWER CHAIR

BINDER/FAJA

LANYARDS (FOR DRAINS)

ALARMS ON PHONE FOR MEDICATION REMINDER



BBL

SUPPLY LIST

BABY WIPES

FEMININE WIPES

ANTIBACTERIAL BODY SOAP

SCENT FREE LOTION

ARNICA GEL

MILD LAXATIVE/STOOL

CHUX PADS (2 LARGE BAGS EXTRA THICK)

2 SHOWER CURTAIN LINERS

1 PK ABD PADS (SURGICAL PADS)

1 ROLL PAPER SURGICAL TAPE

2 LARGE BOTTLES OF PEROXIDE

HAND SANITIZER

ANTI-BACTERIAL SOAP (DIAL IS FINE)

DEPENDS

BENADRYL TABLETS

1 BOTTLE EXTRA STRENGTH TYLENOL (SPECIFIC TO ACHES & PAINS)

COUGH DROPS (VERY IMPORTANT)

2 BOTTLES OF PEDIALYTE (ANY FLAVOR)