

# NUTRITIONAL PLAN

## RECOVERY KIT

<b>Meet protein goals</b>	After surgery you will be required to supplement with protein shakes. As you progress into the pureed or soft food stages, count your protein intake and add MyProgressMD protein powder to liquids or foods to boost your protein intake.
<b>Supplements</b>	<p>May be taken whole, mixed in, or blended in a shake, or as directed by your surgeon.</p> <p>1- Take these early in the morning:</p> <ul style="list-style-type: none"><li>• 1 Essential Nutrition Multi capsule</li><li>• 1, up to 2 Multi-Flora probiotic capsule</li></ul> <p>2- Take two (2) tablets with lunch or at least two (2) hours after the multivitamin and take two (2) tablets with dinner. Separating their intake improves their absorption.</p> <ul style="list-style-type: none"><li>• 4- Cal-Mag Citrate Complex tablets</li></ul> <p>3- Dissolve one lozenge in the mouth right before or after any meal, once daily.</p> <ul style="list-style-type: none"><li>• 1 Methyl B12 lozenge</li></ul> <p>If in doubt, please refer to the suggested use indicated on the bottle.</p>
<b>How to prepare your protein shake</b>	<p>MyProgressMD Whey protein shake, any flavor. Include at least one choice of any of the following:</p> <ul style="list-style-type: none"><li>• 1 teaspoon of MCT (medium-chain triglycerides) oil or coconut oil</li><li>• 1 teaspoon of nut butter (peanut, almond, cashew, etc.)</li><li>• 1/8 avocado</li></ul> <p>You may also include:</p> <ul style="list-style-type: none"><li>• 1 tablespoon of your favorite seedless jam or marmalade</li><li>• ½ banana or ½ cup of papaya, cooked apple or pears</li></ul> <p>Mix with 2 ice cubes with your choice of water, chilled green tea, or plant-based unsweetened milk alternatives (almond milk, coconut milk, Ripple, hemp milk, etc.)</p>
<b>Liquids</b>	Aim for 64 oz of water, infusions, herbal teas, unsweetened and low-sodium electrolytes.

Drink plenty of liquids. All body systems are impaired with dehydration.

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AVOID ALCOHOL.

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Increase physical activity and exercise regularly -at least 30 minutes per day.

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Get enough sleep each night to promote cellular repair.

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These recommendations are not intended to be a substitute for professional medical advice. Always inform your doctor of the supplements you are taking. Do not use this plan if you are pregnant or nursing. Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication. Use as directed. Not intended for children. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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