

12 MONTHS POST-OP

Meal Plan



Breakfast 1 Poached egg + 1/2 wholemeal toast

Morning Tea 1 Fruit

Lunch High Protein Salad
(1/2 cup mixed leaves + 1 canned fish/
turkey slices + low-fat cheese)

Afternoon Tea 1 High-protein yoghurt

Dinner 1/2 cup protein (meat/chicken/
fish/beans/ legumes/ tofu)
1/3 cup steamed vegetables
1 tbsp brown rice