

POST-OPERATIVE DIET

MAIN COURSE

- Slow Cooker Foods
- Pulled Pork/Beef/Chicken
- Meatballs
- Lasagna
- Enchiladas
- Quesadillas
- Mac and Cheese
- Sloppy Joes
- Ground Beef/Turkey/Sausage Dishes
- Soft Pasta
- Ravioli
- Stroganoff
- Spaghetti/Spaghetti-Os®
- Stews
- Casseroles
- Meat Loaf
- Crab Cakes
- Soft Fish
- Scallops
- Quiche
- Tofu
- Soufflés
- Refried Beans
- Egg Salad/Tuna Salad/Chicken Salad
- Soups (nothing too hot/room temperature)
- Anything Blended
- Soft Vegetables
- Mashed Potatoes/Sweet Potatoes
- Soft Beets

BREAKFAST

- Soft or Scrambled Eggs & Cheese
- Muffins
- Soft Rolls/Breads
- Oatmeal
- Cream of Wheat®/Hot Cereals
- Yogurt, Cottage Cheese
- Crêpes
- Quiche
- Hash Browns
- Deviled Eggs

FRUITS

- Applesauce
- Banana
- Watermelon
- Canned Fruit

SPREADS

- Hummus
- Guacamole
- Cheese Dips
- Cheese Spreads
- Cream Cheese
- Pâté
- Fondue/Dips
- Smooth Peanut Butter/Nutella®
- Jelly/Jam (without seeds)

DESSERTS

- Pudding
- Custard
- JELL-O®
- Cakes
- Ice Cream/Soft Ice Cream
Sandwiches/Sorbet
- Shakes (NO STRAWS)
- Shaved Ice
- Frozen Yogurt
- Crêpes
- Cheesecake

DRINKS (NO STRAWS OR SEEDS)

- Smoothies
- Slurpee®
- Protein Drinks, Ensure®, Boost®
- Juices

BABY FOOD

- Jars
- Pouches