

# PRE-SURGERY BEST MENU



Eating foods high in protein before surgery will impact how well your body performs during and recovers after surgery. We created this menu to assist you in consuming the B.E.S.T. foods. We recommend you follow this menu for at least two weeks prior to your surgery. Log your food using the B.E.S.T. Tracking EAT log.

This menu is not a substitute for physician orders. Please be sure to follow any dietary restrictions outlined by your physician.

▶ DAY 1	
<b>Breakfast</b>	<b>Protein (g)</b>
1½ cup whole grain cereal	15
½ cup 1% milk	8
¾ cup egg whites	18
1 medium orange	1
<b>Lunch</b>	
¾ cup hummus	14
1 serving whole grain flat bread	6
10 baby carrots	0
1 medium apple	0
<b>Dinner</b>	
1 serving, baked haddock	20
½ cup whole grain brown rice	2
2 cups brussels sprouts	10

▶ DAY 2	
<b>Breakfast</b>	<b>Protein (g)</b>
1½ cups low fat cottage cheese	42
1 cup raspberries	1
½ cup slivered almonds	3
½ cup granola	1
<b>Lunch</b>	
3 cups spring mix salad greens	2
1 pouch low sodium albacore white tuna in water	21
1 cup sliced cucumber	1
1 sliced sweet pepper	2
¼ cup sliced carrots	0
¼ cup feta cheese	5
2 tsp balsamic vinegar	0
1 tsp olive oil	0
5.3 oz cup low fat greek yogurt ( <i>any flavor</i> )	15
1 medium apple	0
<b>Dinner</b>	
1 filet baked salmon	29
2 cups whole green beans	3
½ c whole grain brown rice	1
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0

▶ DAY 3	
<b>Breakfast</b>	<b>Protein (g)</b>
Microwave Egg & Vegetable	25
Breakfast Sandwich: <i>whole egg, ½ cup egg whites, ¼ cup spinach, ½ red pepper, 2 slices whole wheat bread</i>	
1 medium apple with 1 Tbsp peanut butter	4
<b>Lunch</b>	
3 slices turkey deli meat, low sodium if possible	21
1 slice American cheese	4
1 slice tomato	0
2 slices avocado	1
1 cup spring mix salad greens	1
2 slices whole wheat bread	6
1 medium pear	1
5.3 oz cup low fat greek yogurt ( <i>any flavor</i> )	15
<b>Dinner</b>	
Shrimp Stir-Fry: <i>6-7 shrimp, spinach, snow peas, red bell pepper, mushrooms, broccoli</i>	24
1 medium orange	1
½ cup brown rice	2



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## ▶ DAY 4

Breakfast	Protein (g)
1 cup oatmeal	6
1 oz walnuts	5
8 oz skim milk	8
1 cup blueberries	1
<b>Lunch</b>	
3–4 oz grilled chicken breast, cut into strips	26
1 cup sliced cucumber	1
1 sliced sweet pepper	2
1 slice tomato	0
2 Tbsp reduced fat ranch dressing	0
1 medium 8" whole wheat tortilla	4
1 cup cubed melon ( <i>honeydew, cantaloupe, etc</i> )	1
1 bag 100 calorie popcorn	2
<b>Dinner</b>	
6 oz broiled flank steak	36
½ cup whole grain brown rice	2
asparagus spears	2

## ▶ DAY 5

Breakfast	Protein (g)
Turkey Sausage & Egg White Scramble: <i>½ cup of egg whites, add veggies of your choice</i>	23
8 oz orange juice	2
1 medium apple with 1Tbsp peanut butter	4
<b>Lunch</b>	
Chicken Quinoa Bowl: <i>3 oz chicken, ½ cup quinoa, ⅛ cup Kalamata® olives, ¼ cup diced cucumber, ¼ cup feta cheese, add seasonings to taste</i>	17
1 medium orange	1
1 bell pepper cut into strips with 2 Tbsp Reduced-fat ranch dressing	1
<b>Dinner</b>	
6–7 shrimp with feta & tomatoes	24
¼ cup garden vegetable quinoa	6
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0

## ▶ DAY 6

Breakfast	Protein (g)
1½ cup high protein cereal	19
1 cup 1% milk	8
1 cup blueberries	1
1 medium peach	1
¾ cup liquid egg whites	18
<b>Lunch</b>	
Tuna pita and fresh arugula salad	19
1 bell pepper cut into strips with 2 Tsp reduced-fat ranch dressing	1
½ cup mango	1
<b>Dinner</b>	
1.5 serving grilled chicken with spinach	46
1 medium sweet potato	2
2 cups frozen veggie Italian blend	5
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0

## ▶ DAY 7

Breakfast	Protein (g)
Goat Cheese & Egg White Omelet: <i>½ cup egg whites, 2 oz goat cheese, ½ cup spinach</i>	27
1½ cup raspberries	2
1½ cup strawberries, sliced	2
½ cup plain low-fat yogurt	6
<b>Lunch</b>	
2 cups low sodium vegetable soup	6
2 slices whole wheat bread	6
1 slice American cheese	4
4 slices lean roast beef deli meat	7
1 slice tomato	0
1 serving multigrain pita chips with 1 Tbsp hummus	4
<b>Dinner</b>	
Spicy-Sweet Pork Tenderloin: <i>4 slices pork, 1 Tbsp salsa</i>	32
1 medium sweet potato	2
2 cups broccoli, carrots, cauliflower	4
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0

## ▶ DAY 8

Breakfast	Protein (g)
1 serving whole grain bagel	5
¼ Tbsp unsalted margarine	0
1½ cup liquid egg whites	36
1 medium banana	1
1 Tbsp peanut butter	4
<b>Lunch</b>	
Grilled Chicken & Chickpea Salad: <i>3 oz Chicken, ¼ cup chickpeas, 1 cup salad greens, add veggies, orange slices</i>	36
1 serving multigrain pita chips	3
<b>Dinner</b>	
5-6 oz grilled chicken breast	39
½ cup whole grain brown rice	2
2 cups whole green beans	3
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0

## ▶ DAY 9

Breakfast	Protein (g)
Greek Yogurt Parfait: <i>6 oz cup plain greek yogurt</i>	17
½ cup walnuts	10
¼ cup granola	3
1 banana	1
<b>Lunch</b>	
½ cup chicken salad on whole wheat bread	21
1 tbsp hummus	4
<b>Dinner</b>	
5–6 oz grilled chicken breast	39
½ cup whole grain brown rice	2
2 c whole green beans	3
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
1 tsp olive oil	0



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## ▶ DAY 10

Breakfast	Protein (g)
4 oz smoked salmon	20
1 serving whole grain bagel or whole wheat flat bread	5
¼ Tbsp unsalted margarine	0
2 cups blackberries	4
<b>Lunch</b>	
3 cup watermelon, 1 cup arugula & 3 oz chicken	24
1 medium orange with 1 oz raw nuts (20 almonds)	7
<b>Dinner</b>	
4 oz boneless skinless porkchop	23
½ cups whole grain brown rice	2
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
2 tsp olive oil	0

## ▶ DAY 11

Breakfast	Protein (g)
½ cup egg whites, scrambled (or add in veggies of your choice & and make it an omelet)	15
1 piece of whole grain or whole wheat toast with 2 Tbsp peanut butter	11
1 cup strawberries	1
1 cup skim milk	8
<b>Lunch</b>	
Greens of your choice Add additional veggies such as tomato, cucumber, broccoli, snow peas, etc.	0
3 oz of grilled chicken breast	27
1 apple, sliced up	0
1 oz walnuts, almonds or sunflower seeds	5
1 Tbsp balsamic vinaigrette	0
8 oz cranberry juice	0
<b>Dinner</b>	
3 oz haddock, baked	20
½ cup brown rice	2
1 tsp margarine	0
1 cup vegetable medley	3
1 medium peach	1
1 cup of skim milk	8

## ▶ DAY 12

Breakfast	Protein (g)
Oatmeal cooked with 2% milk & ½ cup almond slices	14
½ apple with 2 Tbsp peanut butter	8
1 medium banana	1
<b>Lunch</b>	
3 cups spinach	3
1 cup strawberries, sliced	1
3–4 oz grilled chicken breast, cut into strips	26
¼ cup feta cheese	5
2 tbsp light poppyseed dressing	0
1 serving low fat spreadable cheese	3
1 serving reduced fat crackers	2
<b>Dinner</b>	
1 serving lemon-garlic salmon with green beans & new potatoes	22
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
2 tsp olive oil	0

## ▶ DAY 13

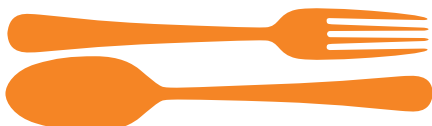
Breakfast	Protein (g)
Chia Seed Pudding ( <i>make the night before</i> ): 2 Tbsp chia seeds in ½ cup of milk, top with berries before eating	18
¾ cup liquid egg whites	18
1 slice of whole grain bread	5
1 medium banana	1
<b>Lunch</b>	
1 lean turkey burger	21
1 slice of whole grain bread	6
¾ serving (2oz) sweet potato fries	1
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
2 tsp olive oil	0
1 tbsp hummus with 1 cup carrot slices	2
<b>Dinner</b>	
Garlic Shrimp over Quinoa: 7-8 shrimp, ½ cup quinoa, add a cooked vegetable if desired	28
1 cup spring mix salad greens	0
2 tsp balsamic vinegar	0
2 tsp olive oil	0

## ▶ DAY 14

Breakfast	Protein (g)
2 eggs, whole grain toast, top with avocado	22
5.3 oz cup low fat greek yogurt ( <i>any flavor</i> )	15
1 cup strawberries, sliced	2
<b>Lunch</b>	
4 oz grilled salmon	22
1 serving reduced fat crackers with ¼ cup salsa	2
½ cup greens topped with sliced apple & 1 oz nuts	7
<b>Dinner</b>	
Flank steak with mushrooms	37
1 cup brussels sprouts	5
1 cup spring mix salad greens	1
2 tsp balsamic vinegar	0
2 tsp olive oil	0



IF YOU WOULD LIKE TO  
SUBSTITUTE PROTEIN  
FOODS, YOU CAN FIND  
MORE OPTIONS IN THE  
“BOOST YOUR DAILY  
PROTEIN INTAKE” GUIDE.



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