

BEST MENU SHOPPING LIST



Welcome to the St. Luke's B.E.S.T. Program

The items included here are all good food choices leading up to (at least 2 weeks before) and following your surgery. We recommend them because they are rich in nutrients. You can select foods from the shopping list, sample menus and/or from the "Boost Your Daily Protein Intake" guide. You don't have to eat all of these foods. We are suggesting them as good options.

You might find that you do best with a high protein supplement to reach the daily suggested intake. Examples of this are Ensure Enlive®, Boost®, and Carnation Instant Breakfast® and can be found in most grocery stores.

VEGETABLES

- sweet potatoes
- arugula
- spring mix salad greens
- tomatoes
- cucumbers
- broccoli
- snow peas
- baby carrots
- new potatoes
- green beans
- mushrooms
- red bell peppers
- asparagus

FRUIT

- mangoes
- peaches
- pears
- apples
- bananas
- avocados
- melons (cantaloupe, honeydew, watermelon)
- oranges
- strawberries
- blackberries
- blueberries
- raspberries

DAIRY

- low fat cottage cheese
- low fat greek yogurt (any flavor)
- 6 oz. cup plain greek yogurt
- dozen eggs
- liquid egg whites
- skim milk or lowfat milk of your choice
- low fat spreadable cheese
- unsalted margarine
- feta cheese

DELI

- American cheese
- lean roast beef deli meat
- turkey deli meat, low sodium if possible

MEAT, POULTRY, FISH

- chicken breast
- haddock
- frozen shrimp
- salmon filet (plain, lemon garlic)
- smoked salmon
- flank steak
- boneless skinless porkchop
- spicy-sweet pork tenderloin
- low sodium albacore white tuna in water

PANTRY

- whole grain cereals
- oatmeal
- granola
- whole grain brown rice
- quinoa
- balsamic vinaigrette
- olive oil
- reduced fat wheat crackers
- light poppyseed dressing
- low fat ranch dressing
- salsa of choice
- multigrain pita chips
- garden vegetable quinoa
- 100 calorie popcorn
- Kalamata olives
- low sodium vegetable soup
- low fat granola

BREAD

- whole grain bread
- whole wheat flat bread
- whole grain bagel
- whole wheat tortilla

NUTS, SEEDS, LEGUMES

- walnuts
- almonds
- sunflower seeds
- chia seeds
- peanut butter
- hummus, plain
- roasted red pepper hummus
- chick peas
- slivered almonds

FROZEN

- sweet potato fries
- lean turkey burger
- steamable brussel sprouts
- steamable whole green beans
- steamable broccoli, carrots & cauliflower
- steamable vegetable Italian blend
- frozen spinach

BEVERAGES

- cranberry juice
- orange juice



Your
BEST SURGERY

St Luke's
UNIVERSITY HEALTH NETWORK