

In the first 14 days after surgery sip only RUNNY, THIN fluids. Drinking anything thicker can be painful.

This is due to the pressure being placed on swollen tissues that are still healing from surgery.

This nourishing drinking plan will meet almost all your nutritional needs including protein, fibre, calcium and iron.

How to get started:

1. **Everyday** continue to take your **Easy to swallow multivitamin** to avoid thiamine deficiency.
2. **Everyday** sip, sip, sip enough hydrating fluids to avoid feeling thirsty. In these early weeks you'll feel full quickly and drinking enough to stay hydrated may be difficult. Just do your best, sipping a little more each day aiming for 1 litre (or more) of hydrating fluid.
3. Choose a variety of high quality nourishing protein drinks including a protein water. Use our **Nourishing protein drinks** list to choose products high in protein (5 g or more in 100 ml) and low in carbohydrate (8 g or less in 100 ml). Then follow the drinking plan below.
4. Your daily drinking plan requires the use of a protein powder. Use our **Enriching protein powders** list to choose a high quality product to help meet your daily protein target. Add enough to your breakfast, lunch and dinner nourishing protein choice to boost them all by 10 g of protein and sip on protein water between meals.
5. Use our **What to drink to recover and nourish** table for a list of allowed foods and the **Shopping to recover and nourish** to shop with ease.
6. Download **Enlighten Nutrition's recover and nourish recipes** blueberry and lime smoothie, mango lassi, Mexican taco soup, and pea and mint soup to enjoy the flavours created by our chef (whose a dietitian too).

What to drink everyday

Daily		Your easy to swallow multivitamin		Hydrating fluid (1 litre or more)
Breakfast	20 g of protein from a nourishing protein choice			
		Protein drink (10 g protein)	plus	 10g protein
Morning tea	20 g of protein from a nourishing protein choice			
		Mango lassi (200ml)	or	
			plus	 Protein water (10 g protein)
Lunch	20 g of protein from a nourishing protein choice			
		Pea and mint soup (200 ml)	or	
			or	
			plus	 10 g protein
Afternoon tea	20 g of protein from a nourishing protein choice			
		Blueberry and lime smoothie (200 ml)	or	
			plus	 Protein water (10 g protein)
Dinner	20 g of protein from a nourishing protein choice			
		Mexican taco Soup (200 ml)	or	
			or	
			plus	 10 g protein
Supper	20 g of protein from a nourishing protein choice			
		Protein water (20 g protein)		

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.