

Two weeks after surgery swelling will have settled. This creates space for meals to “slide & glide” past your staples. Very moist, mushy and wet foods slide and glide best. Prepare these using a stick blender and generous amounts of sauces & gravies.

Start with 1/2 cup of slide and glide foods and eat slowly over 20-30 minutes.

This slide and glide eating plan will meet almost all your nutritional needs including protein, fibre, calcium and iron.

## How to get started:

1. Review the label of your multivitamin to ensure it is a wise long-term choice to prevent vitamin B12 and iron deficiency. Read our multivitamin section to learn more.
2. Everyday sip, sip, sip enough hydrating fluids to avoid feeling thirsty. Sip a little more each day aiming for 1.5 litres (or more).
3. Choose a variety of protein rich meals, snacks and continue to use some **Nourishing protein drinks** and an **Enriching protein powder** to help you hit your daily protein target. Use the eating plan below as a guide.
4. Use the **What moist and mushy foods to eat** table for a list of allowed foods and the **Shopping for slide & glide foods** to shop with ease.
5. Download **Enlighten Nutrition’s recover and nourish recipes** beef and prune tagine, lentil dahl, and Spanish chicken to enjoy the flavours created by our chef (whose a dietitian too).

## What to drink everyday

<b>Daily</b>		or		Your easy to swallow multivitamin		Hydrating fluid (1.5 litres or more)	plus		Protein water (30 g protein)
<b>Breakfast</b>		baked beans (1/2 cup fork mashed)	or		oats (1/2 cup made with high protein milk)	or		1 Weet-Bix (moisten with high protein milk)	plus  10 g protein
<b>Morning Tea</b>		yoghurt (1/2 cup)	or		de-caf milky coffee (250 ml)				
<b>Lunch</b>		Lentil dahl (1/2 cup)	or		Spanish chicken (1/2 cup)	or		Beef & prune tagine (1/2 cup)	
<b>Afternoon tea</b>		Blueberry and lime smoothie (200 ml)	or		Mango lassi (200ml)				
<b>Dinner</b>		Spanish chicken (1/2 cup)	or		Beef & prune tagine (1/2 cup)	or		Lentil dahl (1/2 cup)	plus  10 g protein
<b>Supper</b>		yoghurt (1/2 cup)							

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