



Lindsey Pennington, MD

F A C I A L P L A S T I C S

RECOVERY MEALS BY DALIA

Breakfast

- _____ Greek Yogurt bowl with berries \$12
- _____ Banana Turmeric Oats \$12
- _____ Omelet with spinach and kale \$15
- _____ Scrambled eggs with broccoli and spinach \$15

Lunch/Dinner \$25 each

- _____ Grilled Salmon with mashed potatoes
- _____ Ground beef casserole with spinach and black beans
- _____ Chicken Salad with cabbage
- _____ Baked Tenderloin with sweet potatoes
- _____ Egg roll bowl with ground turkey, cabbage and kale

Smoothies \$15 each – all contain kale, spinach, or collard greens

- _____ Cherry Strawberry
- _____ Blueberry Avocado
- _____ Green Turmeric
- _____ Carrot Apple
- _____ Orange banana

***All meals will be charged a flat labor fee of \$15-25 depending on order size.**

***All meals must be ordered and paid for at least 4 days before your surgery date. Please return this form to Heather with your quantities of each. Any special requests or dietary restrictions will come with a \$150 special request upcharge.**

***Payment can be taken in the form of Cash or by Venmo to @chefdalia**