



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

_____ Egg muffins \$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 Raspberry

_____ Green Turmeric

_____ Carrot Apple

_____ Orange banana

***All meals must be ordered and paid for at least 4 days before your surgery date. Please return this form to Lindsey with your quantities of each.**

Please note- These meals are tailored to assist in the patient's recovery, with an emphasis on functionality over taste. They are low in sodium, high in protein, and formulated to minimize glandular stimulation, supporting the healing process while ensuring the necessary nutritional intake.

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