

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

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. This supports the healing process while ensuring our patients have the necessary nutritional intake.

***All meals must be ordered and paid for at least 4 days prior to your surgery date.
Please email a picture of this form with your selections to Chef Dalia at Daliawillis34@gmail.com.**

***Payment to be made directly to Dalia via Venmo.**

Migdalia Willis

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venmo