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

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

@chefdalia



venmo