Eat Right lumpy crunchy eating plan

70 - 80 g protein
(high biological value)

Four weeks after surgery the thought of expanding the menu can be exciting.
Just proceed with a little caution as everyone progresses at a different pace. For the most enjoyable eating experience eat slowly, chop and chew food well and continue to add moisture to foods by using sauces and gravies.
This lumpy, crunchy eating plan will meet almost all your nutritional needs including protein, fibre, calcium and iron.

How to get started:

1. Everyday take a multivitamin that's a wise long-term choice with enough iron, thiamine and vitamin B12 to avoid developing a nutritional deficiency. Read our multivitamin section to learn more.
2. Between meals sip on hydrating fluids aiming for 1.5 litres (or more) everyday. You're on track if you avoid feeling thirsty.
3. Slowly re-introduce a variety of different protein rich meals, and snacks. To hit your daily protein target continue to use **Nourishing protein drinks** and an **Enriching protein powder** if needed. Use the eating plan below as a guide.
4. Use the **What lumpy crunchy foods to eat** table for a list of allowed foods and the **Shopping for lumpy crunchy foods** to shop with ease.
5. Download **Enlighten Nutrition's lumpy crunchy recipes** beef and barley stew, easy fish pie, and tasty lamb meatballs to enjoy the flavours created by our chef (whose a dietitian too).

What to drink everyday (Days 30 – 60)

Daily

or

Your easy to swallow multivitamin

Hydrating fluid (1.5 litres or more)

Breakfast — 20 g protein meal

Mango lassi (200ml)

or

High fibre cereal (1/2 cup)

or

1 egg (scrambled)

plus

10 g protein

Morning Tea — 10 g protein snack

Milky coffee (250 ml)

or

Low fat cheese and wholegrain crackers (2)

or

Blueberry and lime smoothie

Lunch — 10 g protein meal

Tasty lamb meatballs (3/4 cup)

or

Easy fish pie (3/4 cup)

or

Beef and barley stew (3/4 cup)

Afternoon tea — 10 g protein snack

Milky coffee (250 ml)

or

Yoghurt (1/2 cup)

or

Protein drink (10 g protein)

Dinner — 10 g protein meal

Beef and barley stew (3/4 cup)

or

Tasty lamb meatballs (3/4 cup)

or

Easy fish pie (3/4 cup)

Supper — 10 g protein snack

Protein water (10 g protein)

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