



# POST SURGERY DIET

Day 1 to day 10 (Liquids only)

BY DR LUIS PASTEN

-You can substitute juice for protein water, coconut, aloe vera or electrolytes beverages.

-You can also use sugar-free jello popsicles, and smoothies after the 5th day.

-Your serving should be 4-6 oz each, (and your liquids should be 30 minutes after every meal)

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**8:00AM** TEA (Chamomille or arnica)

**8:30-11:00AM** Water 250ml

**11:00AM** JUICE (apple, pear, guava, strawberry, carrots)

**11:30AM-14:00PM** Water 250ml

**14:00PM** SOUP (chicken, vegetables, fish)

**14:30PM-17:00PM** Water 250ml

**17:00PM** SOUP (chicken, vegetables, fish)

**17:00PM-20:00PM** Water 250ml

**20:00PM** JUICE (apple, pear, guava, strawberry, carrots)

**20:30PM-23:00PM** Water 250ml

+1 833-3753383

drlpasten@gmail.com | www.drluispasten.com

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# POST SURGERY DIET

Day 11 to day 20 (Purees, Creams)

BY DR LUIS PASTEN

-Your serving should be 4-6 oz each, (and your liquids should be 30 minutes after every meal).

-If you are still very hungry feel free to include a protein shake or smoothie in between meals.

-You can use coconut, almond milk or 2% fat free milk to prepare protein shakes.

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**8:00AM** JUICE (apple, pear, guava, strawberry, carrots)

**8:30-11:00AM** Water 250ml

**11:00AM** FRUIT PUREES (apple, melon, pear, banana)

**11:30AM-14:00PM** Water 250ml

**14:00PM** PUREES (chicken, fish or vegetables) or  
CREAMS (clam, chicken, broccoli, carrot, mushroom, spinach)

**14:30PM-17:00PM** Water 250ml

**17:00PM** PUREES (chicken, fish or vegetables) or  
CREAMS (clam, chicken, broccoli, carrot, mushroom, spinach)

**20:00PM** YOGURTH WITH FRUITS OR CEREAL

**20:30PM-23:00PM** Water 250ml

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drlpasten@gmail.com | www.drloispasten.com

 @DrLuisPasten



# POST SURGERY DIET

Day 21 to day 30 (Salads and fresh food)

BY DR LUIS PASTEN

-Your serving should be 4-6 oz each, (and your liquids should be 30 minutes after every meal).

-If you are still very hungry feel free to include a protein shake or smoothie in between meals.

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**8:00AM** JUICE (apple, pear, guava, strawberry, carrots)

**8:30-11:00AM** Water 250ml

**11:00AM** FRUIT SALAD(melon, papaya, banana, mango)

**11:30AM-14:00PM** Water 250ml

**14:00PM** SOUP (chicken, fish, vegetables w/ crackers)

**14:30PM-17:00PM** Water 250ml

**17:00PM** SOUP (chicken, turkey, fish, salmon, tuna w/ crackers)

**17:00PM-20:00PM** Water 250ml

**20:00PM** YOGURTH WITH FRUITS AND CEREAL

**20:30PM-23:00PM** Water 250ml

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