

# DIET



## Week 1: Recovery and Beginning of Muscle Strengthening

Objective: Promote post-operative healing, increase the intake of vitamins and proteins to support recovery.

### Breakfast:

Smoothie: Banana, mixed berries, protein powder, almond milk, spinach

Omelette: 2 eggs, 2 egg whites, fresh vegetables (spinach, tomatoes)

### Lunch:

Grilled chicken breast + fresh vegetables (salad)

Quinoa or brown rice

Snack:

Plain Greek yogurt with a handful of nuts



### Dinner:

Grilled salmon with steamed broccoli

Sweet potato

Before bed:

Cottage cheese or plain yogurt

## Week 2: Increase Proteins and Nutrients for Muscle Support

Objective: Add varied protein sources and strengthen muscle mass with a slightly higher caloric intake.



### Breakfast:

Oat porridge with almond milk, chia seeds, fresh fruits, and a scoop of protein powder  
1 boiled egg + sautéed vegetables (peppers, zucchini)

### Lunch:

Lean fish (tilapia, cod) or grilled tofu  
Spinach salad, avocado, cucumber, and sunflower seeds  
Basmati rice or quinoa

### Snack :

Almonds or pecans  
1 fresh fruit (orange or apple)

### Dinner :

Lean beef steak or turkey breast  
Steamed vegetables (carrots, broccoli, asparagus)  
Sweet potato  
Before bed:  
Plain yogurt or cottage cheese



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## Week 3: Continued Muscle Building and Micronutrient Intake

**Objective:** Continue to support muscle regeneration while maintaining a high intake of vitamins and minerals.

### Breakfast:

Green smoothie: Almond milk,  
1 banana, spinach, kiwi, protein  
powder  
2 scrambled eggs + fresh  
vegetables

### Lunch:

Grilled chicken breast  
Salad with seasonal vegetables  
(tomatoes, avocado,  
cucumber) and pumpkin seeds  
Brown rice or quinoa



### Snack :

Plain Greek yogurt with a  
handful of chia seeds or nuts

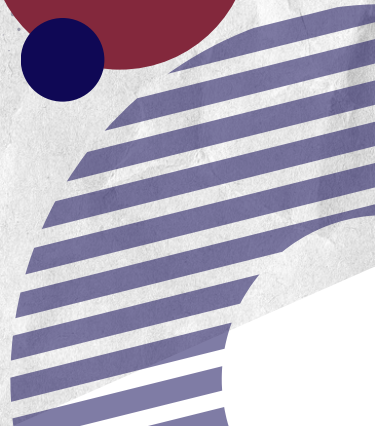
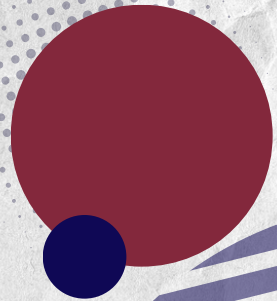
### Dinner :

Grilled salmon or trout  
Steamed vegetables (broccoli,  
green beans)  
Quinoa or sweet potato  
Before bed:  
Plain yogurt or cottage cheese



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## Week 4: Stabilization and Maintenance of Muscle Mass

Objective: Maintain muscle mass, strengthen healing, and stabilize metabolism.

### Breakfast:

Oat porridge with almond milk, fresh fruits, chia seeds, protein powder  
1 boiled egg + avocado

### Lunch:

Fish (mackerel, sardines) or grilled tofu  
Fresh vegetables (salad with tomatoes, cucumber, avocado, arugula)  
Basmati rice or quinoa



### Snack :

Almonds, walnuts, or sunflower seeds  
1 fresh fruit

### Dinner :

Grilled chicken breast or lean beef  
Steamed vegetables (broccoli, spinach)  
Sweet potato or quinoa

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## Before bed:

Plain yogurt or cottage cheese

Hydration:

2 to 3 liters of water per day.

Herbal teas (ginger, chamomile) for their anti-inflammatory effects.

## Dietary Supplements:

Vitamin D: For immune system support and bone health.

Protein powder (if necessary) to increase protein intake.

Omega-3 (fish oil or flaxseeds) to reduce inflammation and support recovery.

## General Tips:

Light exercises recommended after the first weeks of recovery, under the supervision of a professional.

Meal distribution: 4-5 small meals per day to maintain an active metabolism.



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