



NEINSTEIN PLASTIC SURGERY

The 7-Day Post Op Nutrition Plan

Dr Neinstein believes in a holistic approach to wellness.

This compelled him to collaborate with Registered Dietitian-Nutritionist Allison Scheinfeld to design an optimal recovery meal plan for his surgical patients.

This 7-Day plan is composed of anti-oxidant and nutrient rich food specifically formulated to enhance healing and promote weight loss. Vega One supplements are clean, plant based, and sustainably produced. Plant based foods support immune function, digestion, and healing all essential for surgical recovery.

	Post Op Day #1	Post OpDay#2	Post OpDay#3	Post OpDay#4	Post OpDay#5	Post OpDay#6	Post Op Day#7
Breakfast	1 hard boiled or poached egg 1 scoop of Vega One in 1 cup of unsweetened vanilla almond milk	Mix 1 scoop of Vega One in to 0% fat plain Greek or Icelandic yogurt Add in: 1/3rd cup of Purely Elizabeth muesli (or any muesli under 7 gm of sugar)	1/2 cup of plain oatmeal Add in: 1 scoop of Vega One protein powder & 1 tbsp of unsalted almond butter or 1 serving of fruit of choice	1/3rd cup of Purely Elizabeth muesli (or any muesli under 7 gm of sugar) with unsweetened vanilla almond milk & 1/2 cup of berries	1/2 cup of plain oatmeal Add in: 1 scoop of Vega One protein powder & 1 tbsp of unsalted almond butter	2 eggs hard boiled or scrambled with 1 oz of feta On side: Mix 1 scoop Vega One with water	1/2 cup plain oatmeal Add in: 1 scoop of Vega One with 1/2 cup berries, or 1 tbsp of almond butter or 10 raw nuts
Snack	2 tbsp of hummus with baby carrots	10 almonds	1 hard boiled egg	Mix 1 scoop of Vega One with water	Green or red apple	10 almonds	1 hard boiled egg
Lunch	1 cup of baby spinach with handful of baby tomatoes On top, add 3-3 ounces of canned tuna, Flavor tuna with vegan mayo, olive oil or mustard; dress salad with vinegar & olive oil	3 tbsp of humus or 2 tbsp of almond butter with leftover 1/2 sweet potato	1/2 avocado with left over chicken over bed of 1/2 cup of spinach greens	2 hard boiled eggs with 1/2 cup of spinach greens, 1/2 cup of raw mushrooms and tomatoes, can add 1/2 avocado	1/2 cup of lentils with handful of baby tomatoes Can add: 2 tbsp hummus or 2 oz feta or 1/2 avocado	2 tbsp hummus with 1/3rd cup of quinoa & steamed spinach greens	1 oz feta with 1/3rd avocado over spinach salad, add left over chicken from previous dinner
Snack	Green apple	Mix 1 scoop of Vega One with water	Baby carrots or celery with 2 tbsp of hummus or 2 tbsp of guacamole	10 almonds or 2 tbsp of unsalted almond butter	0% fat Greek or Icelandic yogurt	Mix Vega One with water	Mix one scoop of Vega One with water

Continued...



	Post Op Day#1	Post Op Day #2	Post Op Day#3	Post Op Day#4	Post Op Day#5	Post Op Day#6	Post Op Day#7
Dinner	4 oz salmon with 1/2 sweet potato, & steamed or lightly sautéed spinach (or any green)	4 oz broiled or grilled chicken with 1/2 cup of quinoa & side of steamed greens	3-4 ounces of tofu with non-starchy vegetable of choice (recommend: mushrooms, bok choy, or any green), add 1/4th cup of quinoa or 1/4th cup of brown rice	1/2 avocado with 1/2 cup of quinoa & 1/3rd cup of bean of choice (or 3 ounces tofu)	4 ounces of halibut or snapper with 3rd cup quinoa or 1/3rd cup of brown rice, or 1/2 sweet potato	4 ounces of broiled or grilled chicken with 1/3rd cup lentils and 1/2 cup of steamed or lightly sautéed spinach	3-4 ounces of tofu with 1/4th cup of brown rice & 1/2 cup of non-starchy vegetable of choice

Notes:

- Coffee or tea is fine, but do not add sugar
- If nut allergy, unsweetened soymilk can be used as substitute
- Use olive oil, vinegar and pepper to dress salad & sauté vegetables
- Vega One is available at Whole Foods and many other local retailers

Avoid:

- White products (white bread, potato, pasta, white rice)
- Canned foods & cold cuts (high in sodium)
- Adding salt to foods
- Soda, sweetened teas and juices

About the Creator of The 7-Day Post Op Nutrition Plan



Allison Scheinfeld, M.S., R.D., C.D.N is a Registered Dietitian-Nutritionist with a Masters of Nutrition Science. She has five years experience as a Clinical Dietitian at Montefiore Medical Center and New York Methodist Hospital. In addition, she provides personalized nutrition counseling at her private practice, Allison Scheinfeld Nutrition.

If you have further questions about **The 7-day Post Op Nutrition Plan** or if you would like more information visit: www.allisonscheinfeld.com or call **(845) 798-7406**.

 facebook.com/allisonscheinfeldnutrition

 [@alischeinfeld](https://twitter.com/alischeinfeld)

 [@allisonscheinfeldnutrition](https://www.instagram.com/allisonscheinfeldnutrition)