

THE OPTIMIZED WOUND HEALING DIET

Preoperative & Postoperative Nutrition Protocol for Surgical Recovery

1. PURPOSE

This diet is designed to:

Speed up healing

Improve scar quality

Reduce swelling

Maintain strength and energy

Prevent complications such as dehydration, constipation, fatigue, weakness, nausea, and poor appetite

After surgery, your body is under stress.

It needs more fuel, more protein, more water, and more micronutrients than normal.

Surgery creates controlled tissue injury. Your body must repair skin, fat, muscle, blood vessels, lymphatic tissue, and connective tissue. That repair process requires raw materials. If you do not eat enough, your body cannot heal properly.

This is not a weight-loss diet.

This is not a detox.

This is not a low-calorie plan.

This is a surgical healing diet.

2. CORE RULE

30% PROTEIN / 30% FAT / 40% CARBOHYDRATE

You do not need to track this perfectly.

Just follow this rule:

Every meal must include:

Protein
Carbohydrate
Healthy fat
Vegetable or fruit

Simple plate method:

Half the plate: vegetables or fruit
One quarter: protein
One quarter: carbohydrate
Add healthy fat: olive oil, avocado, nuts, butter, or eggs

Do not eat “just a salad.”

Do not eat “just fruit.”

Do not eat “just crackers.”

Do not skip protein.

A healing meal is not complete unless it contains protein.

3. WHEN TO START

Start 3 weeks before surgery.

Continue through recovery for at least 3 weeks after surgery.

For larger surgeries such as tummy tuck, mommy makeover, breast revision, explant surgery, lift, reduction, or combined procedures, continue for 6 weeks after surgery.

4. DAILY CALORIE CHART

Weight Calories per day

100 lb	1600
110 lb	1760
120 lb	1920
130 lb	2080
140 lb	2240
150 lb	2400
160 lb	2560
170 lb	2720
180 lb	2880

Weight Calories per day

190 lb	3040
200 lb	3200
210 lb	3360
220 lb	3520
230 lb	3680
240 lb	3840
250 lb	4000

These calories are not permission to eat junk food.

They are your healing fuel target.

If you cannot eat full meals, use shakes, yogurt, eggs, rice, soup, smoothies, and small meals every 2–3 hours.

5. DAILY PROTEIN + SHAKE PLAN

Each Fairlife shake = 42 grams protein.

Weight Protein per day Fairlife shakes per day

100 lb	68 g	2 shakes
110 lb	75 g	2 shakes
120 lb	82 g	2 shakes
130 lb	88 g	2 shakes
140 lb	95 g	2 shakes
150 lb	102 g	2–3 shakes
160 lb	109 g	3 shakes
170 lb	116 g	3 shakes
180 lb	122 g	3 shakes
190 lb	129 g	3–4 shakes
200 lb	136 g	4 shakes
210 lb	143 g	4 shakes
220 lb	150 g	4 shakes
230 lb	156 g	4 shakes
240 lb	163 g	4 shakes
250 lb	170 g	4 shakes

Protein portion guide

Use this if you do not understand grams:

- 4 oz chicken = about the size of your palm
- 4 oz salmon = about the size of your palm
- 4 oz steak or beef = about the size of your palm
- 3 eggs = one protein serving
- 1 cup Greek yogurt = one protein serving
- 1 Fairlife shake = one large protein serving
- 1 cup cottage cheese = one protein serving
- 1 can tuna = one protein serving

Minimum per meal:

Women under 150 lb: 25–35 g protein per meal

Women over 150 lb: 35–45 g protein per meal

Men: 40–60 g protein per meal

6. HYDRATION CHART

Weight Water per day

100 lb	50–70 oz
120 lb	60–84 oz
140 lb	70–98 oz
160 lb	80–112 oz
180 lb	90–126 oz
200 lb	100–140 oz
220 lb	110–154 oz
240 lb	120–168 oz
250 lb	125–175 oz

Minimum = half your body weight in ounces.

How to actually drink this:

16–20 oz when you wake up

12–16 oz with breakfast

12–16 oz with lunch

12–16 oz mid-afternoon

12–16 oz with dinner

Sip the rest throughout the day

Good options:

Water
Mineral water
Electrolyte water
Coconut water in small amounts
Bone broth
Herbal tea

Avoid:

Alcohol
Sugary drinks
Energy drinks
Excess caffeine
Soda

7. DAILY EATING STRUCTURE

You must eat 3–4 times per day.

If you are not hungry, eat smaller portions more often.

Meal 1: Morning

Eat within 1 hour of waking.

Required:

1 Fairlife protein shake

Add one carbohydrate:

½ cup oatmeal
1 banana
1 cup berries
1 slice sourdough toast
1 small sweet potato
1 apple

Add one fat:

1 tablespoon almond butter
1 tablespoon peanut butter
¼–½ avocado
10–15 almonds

1 tablespoon olive oil
2 eggs

Examples:

Fairlife shake + oatmeal + almond butter
Fairlife shake + banana + peanut butter
Fairlife shake + berries + Greek yogurt
Eggs + sourdough toast + avocado
Greek yogurt + berries + walnuts

Meal 2: Midday

Protein:

4–6 oz chicken
4–6 oz salmon
4–6 oz beef
4–6 oz turkey
2–3 eggs plus Greek yogurt
1 can tuna with avocado

Carbohydrate:

1 cup cooked rice
1 medium sweet potato
1 medium baked potato
 $\frac{3}{4}$ –1 cup quinoa
1 cup oats
1–2 slices sourdough toast

Vegetables:

1–2 cups broccoli
1–2 cups spinach
1–2 cups mixed greens
1–2 cups zucchini
1–2 cups carrots
1–2 cups asparagus
1–2 cups green beans

Fat:

1 tablespoon olive oil
 $\frac{1}{2}$ avocado
Small handful nuts

1 tablespoon butter
1–2 egg yolks

Examples:

Chicken + rice + broccoli + olive oil
Salmon + sweet potato + asparagus + avocado
Beef + potato + spinach + olive oil
Turkey burger + rice + green beans + avocado
Tuna + sourdough + mixed greens + olive oil

Meal 3: Afternoon snack

This is not optional if you are not meeting protein.

Best options:

Fairlife shake + apple
Greek yogurt + berries + walnuts
Cottage cheese + pineapple
Hard-boiled eggs + fruit
Turkey slices + avocado
Protein shake + banana
Rice cakes + peanut butter
Cheese + fruit + nuts

Snack rule:

A snack should contain protein.

Bad snacks:

Crackers alone
Chips
Cookies
Candy
Granola bars with low protein
Fruit alone
Coffee instead of food

Meal 4: Dinner

Protein:

4–6 oz chicken
4–6 oz salmon
4–6 oz beef
4–6 oz white fish
4–6 oz turkey
3 eggs plus yogurt or cottage cheese

Carbohydrate:

Rice
Potatoes
Sweet potatoes
Quinoa
Oats
Fruit

Vegetables:

Broccoli
Spinach
Kale
Asparagus
Mixed greens
Carrots
Zucchini
Green beans

Fat:

Olive oil
Avocado
Butter
Nuts
Egg yolks

Examples:

Salmon + rice + broccoli + olive oil
Chicken + sweet potato + spinach + avocado
Beef + baked potato + asparagus + butter
Turkey + quinoa + mixed greens + olive oil
Eggs + sourdough + avocado + fruit

8. FOODS YOU SHOULD EAT

Protein

Fairlife shakes
Chicken
Turkey
Salmon
White fish
Lean beef
Eggs
Greek yogurt
Cottage cheese
Tuna
Shrimp
Bone broth
Protein smoothies

Carbohydrates

Rice
Oats
Sweet potatoes
Potatoes
Quinoa
Fruit
Berries
Bananas
Apples
Sourdough bread
Beans if tolerated
Lentils if tolerated

Healthy fats

Olive oil
Avocado
Egg yolks
Butter
Ghee
Almonds
Walnuts
Macadamia nuts
Peanut butter
Almond butter
Salmon
Sardines

Vegetables

Spinach
Broccoli
Kale
Mixed greens
Asparagus
Zucchini
Carrots
Green beans
Cucumber
Bell peppers
Brussels sprouts if tolerated

9. HEALTHY SNACK LIST

Use these exactly.

Protein shake + banana
Protein shake + berries
Greek yogurt + walnuts
Greek yogurt + honey + berries
Cottage cheese + pineapple
Two hard-boiled eggs + apple
Turkey slices + avocado
Tuna packet + rice cakes
Apple + almond butter
Banana + peanut butter
Cheese + grapes
Bone broth + sourdough toast
Rice cake + peanut butter
Oatmeal + protein shake
Avocado toast + eggs
Chicken strips + fruit
Salmon packet + crackers
Smoothie with protein powder, berries, banana, and yogurt

10. SIMPLE GROCERY LIST

Buy these before surgery.

Protein:

Fairlife protein shakes
Eggs

Chicken breast or thighs
Rotisserie chicken
Ground beef
Salmon
Greek yogurt
Cottage cheese
Turkey slices
Tuna packets

Carbs:

Rice
Oatmeal
Sweet potatoes
Potatoes
Bananas
Apples
Berries
Sourdough bread
Quinoa

Fats:

Olive oil
Avocados
Butter
Almond butter
Peanut butter
Walnuts
Almonds

Vegetables:

Spinach
Broccoli
Mixed greens
Asparagus
Green beans
Carrots
Zucchini
Frozen vegetables

Easy recovery foods:

Bone broth
Soups with protein

Electrolytes
Prunes
Kiwi
Applesauce
Greek yogurt
Pre-cooked rice
Pre-cooked chicken

11. FOODS TO AVOID

Avoid:

Sugar
Candy
Cookies
Cake
Fast food
Fried food
Chips
Processed snacks
Seed oils
Alcohol
Soda
Energy drinks
Very salty processed food

Do not eat like this after surgery:

Coffee for breakfast
Crackers for lunch
Fast food for dinner
No protein
No water
No vegetables

That is how patients become swollen, constipated, weak, nauseated, and inflamed.

12. CONSTIPATION PREVENTION

After surgery, constipation is common.

Do this daily:

Drink your full water amount
Eat vegetables

Eat fruit
Use healthy fats
Walk as instructed
Do not skip meals

Best constipation-prevention foods:

Kiwi
Prunes
Berries
Oatmeal
Sweet potatoes
Spinach
Olive oil
Avocado
Warm tea
Bone broth
Greek yogurt

Rule:

Do not go more than 2 days without a bowel movement.

13. LOW-APPETITE POSTOPERATIVE PLAN

If you do not feel hungry, use this:

Morning:

Fairlife shake
Banana
Oatmeal or yogurt

Midday:

Soup or bone broth
Soft chicken or eggs
Rice or potato

Afternoon:

Fairlife shake
Fruit
Greek yogurt

Evening:

Salmon, chicken, or eggs
Rice or sweet potato
Soft cooked vegetables

Do not wait until you “feel hungry.”

Healing requires scheduled nutrition.

14. ONE-DAY EXAMPLE

Breakfast:

Fairlife shake
½ cup oatmeal
1 tablespoon almond butter
Berries

Lunch:

5 oz chicken
1 cup rice
1–2 cups broccoli
1 tablespoon olive oil

Snack:

Greek yogurt
Blueberries
Walnuts

Dinner:

5 oz salmon
1 sweet potato
Spinach
½ avocado

Before bed if needed:

Protein shake or cottage cheese

15. MOST IMPORTANT RULES

If you ignore everything else, follow these:

Drink your protein shakes every day
Drink enough water
Eat real food
Do not skip meals
Eat protein every time you eat
Eat carbohydrates for energy
Eat healthy fats for healing
Eat vegetables and fruit daily
Avoid alcohol, fried food, sugar, and processed food

FINAL TAKEAWAY

Your surgical outcome is not just the surgery.

It is how your body heals afterward.

This diet determines:

Healing speed
Swelling
Energy
Scar quality
Strength
Final appearance