

# *Pre-operation* eating made easy



#### REMEMBER

Preparing for surgery isn't just about hospital forms and doctor's visits, it starts in your kitchen.

This guide is designed for men who want to take control of their recovery by starting with what they put on their plate.

The right foods before surgery can help reduce complications, support immune function, and prime your body to heal faster.

Inside, you'll find simple, no-nonsense recipes packed with the nutrients your body needs — high-protein, anti-inflammatory, and easy to make.

Whether you're a seasoned cook or new to the kitchen, these meals are built to strengthen your body, boost your energy, and set you up for a smoother recovery.



# Grilled salmon *with* quinoa and *steamed* broccoli

## INGREDIENTS

- 4 4 salmon fillets (around: 150 g)
- 1 200 g (1 cup) quinoa
- 3 300 g (about 10 cups) broccoli florets
- 2 2 tbsp olive oil
- 1 2 tbsp lemon juice
- 1 1 garlic clove, grated
- 5 Salt and pepper to taste
- Lemon wedges for serving

Preparation time  
10 minutes

Cooking time  
20 minutes

Equipment  
Grilling pan, sieve

Equipment

- 1 Cook the quinoa: Rinse the quinoa under cold water, then transfer to a pot with 300 ml (1 1/4 cups) of water. Bring to a boil, cover, reduce heat, and simmer for 15 minutes, or until the water is absorbed. Fluff with a fork and set aside.
- 2 Brush the salmon fillets with 1 tablespoon of olive oil and drizzle with the lemon juice. Season with salt and pepper.
- 3 Heat a grilling pan over medium-high heat. Add the salmon fillets, skin-side down, and cook for 2-4 minutes per side, or until the fish is cooked through and has grill marks.
- 4 Meanwhile, steam the broccoli florets in a steamer or a covered pot with a small amount of water for 5-10 minutes until tender but still bright green.
- 5 Divide the cooked quinoa, steamed broccoli, and grilled salmon among plates.
- 6 Serve with lemon wedges on the side.











# Turkey and *veggie* stir-fry

## INGREDIENTS

300 g (h) oz) turkey breast  
thinly sliced

2 2 tbsp soy sauce

2 2 tbsp hoisin sauce

1 1 tbsp cornstarch

2 2 tbsp vegetable oil

1 1 red bell pepper thinly sliced

1 1 large carrot, julienned

150 g (5 cups) broccoli florets

3 3 green onions, sliced

Salt and pepper to taste

Preparation time  
15 minutes

Cooking time  
10 minutes.

Equipment  
large skillet

Large skillet

- 1 In a small bowl, combine the turkey with the soy sauce, hoisin sauce, and cornstarch. Set aside to marinate while you prepare the vegetables.
- 2 Heat 1 tablespoon of vegetable oil in a large skillet over medium-high heat.
- 3 Add the bell peppers, carrot, and broccoli florets. Stir-fry for 4–5 minutes, until the vegetables are tender-crisp. Remove from the skillet and set aside.
- 4 In the same skillet, add the remaining tablespoon of vegetable oil. Add the garlic and green onions, cooking for about 30 seconds.
- 5 Add the turkey and stir fry for 3–4 minutes, until just cooked through.
- 5 Return the vegetables to the skillet and toss to combine. Season with salt and pepper to taste before serving.









# Chickpea and avocado salad

## INGREDIENTS

1 can chickpeas (15.oz .400.g).  
drained and rinsed

1 large avocado, diced

1 cup halved cherry tomatoes

¼ cup diced red onion

¼ cup chopped fresh parsley

3 3 tbsp olive oil

1¼ 1 tbsp lemon juice

Salt and pepper to taste

Preparation time  
15 minutes

Serves  
4

Previaortion  
15 min

Large bowl

- 1 In a large bowl, combine the chickpeas, avocado, cherry tomatoes, red onion, and parsley.
- 2 In a small bowl or jar, whisk together the olive oil, lemon juice, **sall**, and pepper.
- 3 Pour the dressing over the salad and toss gently to combine, **Adjuust** the seasoning with more salt and pepper if needed before serving.











# Egg Muffin Cups *with Spinach and Feta*

## INGREDIENTS

6 large eggs

1/4 cup milk

1 cup chopped fresh spinach

1/3 cup diced red bell pepper

1/3 cup crumbled feta cheese

Salt and pepper to taste

Preparation time  
10 minutes

Cooking  
20 minutes

Cooking time  
20 minutes

Equipment

- 1 Preheat your oven to 375°F(190°C). Grease a muffin tin or line with paper liners.
- 2 In a mixing bowl, whisk together the eggs, milk, salt, and pepper until well combined.
- 3 Stir in the spinach, red bell pepper, and feta cheese into the egg mixture
- 4 Pour the mixture evenly into the muffin cups, filling each about two-thirds full.

Bake in the preheated oven for 18–20 minutes, or until the muffins are set and lightly golden.











# Zucchini Noodles *with Grilled Chicken and Tomato Sauce*

## INGREDIENTS

2 medium zucchini,  
spiralized

2 boneless, skinless  
chicken breasts

1 tablespoon olive oil

Salt and pepper to taste

1 cup tomato sauce

½ teaspoon dried  
Italian seasoning

Preparation time  
15 minutes

Cooking  
15 minutes

Cooking time  
Grill pan

- 1 Preheat a grill pan or an outdoor grill over medium-high heat.
- 2 Brush the chicken breasts with olive oil and season with salt and pepper. Grill for ~7 minutes per side, or until fully cooked. Remove from the grill and let rest before slicing,
- 3 In a pan, warm the tomato sauce over medium heat. Stir in the dried Italian seasoning.
- 4 Add the spiralized zucchini to the pan and toss to coat in the sauce. Cook for 2-3 minutes, until the zucchini noodles are just tender. Serve the zucchini noodles topped with the sliced grilled chicken.







## **VEGETABLES**

Essential for fiber, vitamins, and volume without high calories,

- Broccoli (fresh or frozen)
- Zucchini (great for zoodles)
- Bell peppers (red, yellow, green)
- Spinach (fresh or frozen)
- Kale or mixed salad greens
- Cherry tomatoes
- Cucumber
- Red onion
- Yellow onion
- Carrots
- Cauliflower (or pre-riced cauliflower)
- Garlic
- Mushrooms
- Snap peas
- Avocados

## **PROTEIN**

Lean options to help maintain muscle and satiety

- Chicken breast (boneless, skinless)
- Ground turkey (80% lean or leaner)
- Salmon fillets (fresh or frozen)
- Eggs
- Greek yogurt (plain, low-fat or non-fat)
- Tofu or tempeh (for plant-based options)
- Canned tuna or sardines (low water)
- Chickpeas (canned or dried)
- Low-fat feta or goat cheese
- Cottage cheese (low-fat)

## **WHOLE GRAINS & COMPLEX CARBS**

Good sources of fiber and slow-digesting energy

- Quinoa
- Brown rice
- Rolled oats
- Whole grain bread or wraps
- Whole wheat pasta or lentil/chickpea pasta
- Sweet potatoes
- Whole grain crackers (low-sodium)
- Chickpeas (canned or dried)
- Black beans or lentils
- Low-fat feta or goat cheese
- Cottage cheese (low-fat)

## **FRUITS**

Low-calorie, high fiber, and naturally sweet

- Apples
- Berries (strawberries, blueberries, raspberries)
- Lemons or limes (for flavoring and dressing)
- Bananas (moderate—good post-workout snack)
- Grapefruit or oranges

## **SNACKS & EXTRAS**

Healthy options to curb cravings

- Mixed nuts (unsalted, raw or roasted)
- Chia seeds
- Protein powder (whey or plant-based, low sugar)
- Dark chocolate (85% or higher, optional treat)
- Sea-salt or Himalayan salt
- Vegetable or chicken broth (low-sodium)

## **PANTRY & CONDIMENTS**

For flavor, cooking, and making meals interesting

- |                                  |   |
|----------------------------------|---|
| • Olive oil (extra virgin)       | • Hummus                                      |
| • Balsamic vinegar               | • Nut butter (natural, no added sugar or oil) |
| • Apple cider vinegar            | • Sea salt or Himalayan salt                  |
| • Dijon mustard                  |   |
| • Low-sodium soy sauce or tamari |   |



What you eat today  
builds the *strength*  
*you'll need tomorrow.*

