

# RHINOPLASTY *Diet*



# Meal Planner



## Breakfast

Oatmeal with  
banana and berries

## Lunch

A healthy milkshake,  
or scrambled eggs  
with avocado

## Dinner

Vegetable soup  
and mashed potatoes

## Notes

Keep  
yourself  
hydrated, &  
remember to  
drink warm

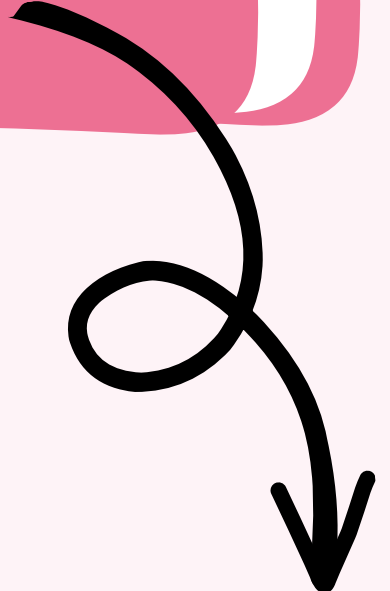
## Snacks

Yogurt and  
chopped  
nuts

After the surgery, you will need lots of nutrition including; fibers, carbs, protein, minerals, and vitamins.



# Delicious Recipes After Rhinoplasty



# SMOOTHIE RECIPE

## INGREDIENTS

- 1 cup of milk
- 1/2 cup of baby spinach
- 1 tablespoon of honey
- 1/2 cup of sliced cucumber
- 1 tablespoon of fresh mint leaves
- 1/2 cup of chopped pineapple
- Juice of 1/2 lime



## DIRECTIONS:

1. Slice and chop the vegetables and fruits
2. Add all the ingredients to the blender
3. Let them stir for about 2-3 minutes
4. Enjoy your smoothie





# ☀️ SCRAMBLED EGGS WITH AVOCADO

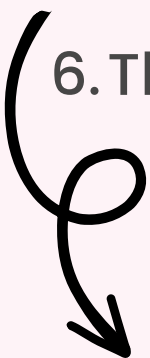
## INGREDIENTS

- 2 Eggs
- Half an avocado
- 2 tablespoons milk
- 1/2 tablespoon unsalted butter



## DIRECTIONS:

1. Whisk the eggs after adding the milk
2. Chop the avocados
3. Put the butter in the pan and start heating
4. Add the egg mixture, heat for about 2 minutes
5. Now add the avocados and mix them well
6. The rest is a joyful-tasting experiment



# A SIMPLE WAY OF MAKING YOGURT MORE DELICIOUS



**YOGURT**  
1 cup



**NUTS**  
1/4 cup  
of  
chopped



**HONEY**  
1 tbs



**FRESH  
FRUIT**  
1/2 cup



# REMINDER



Drink at least eight 8-  
ounce glasses of water  
per day



# **Basic Meals & Soups** **After a Nose Surgery**



Mashed Potatoes



Avocado Puree



Smoothies



Cooked Vegetables



Vegetable Soup



Lentil Soup



White Bean Soup



Carrots & Leek Soup





# RECOVER FAST WITH A TASTY MOUTH 😊



**SERHAN DERİN**  
RHINOPLASTY SURGEON