

Jimmy Conway, MD

Pre and Post-Operative Nutritional Protocol

Prepare drink as directed below. Drink one recipe daily one week prior to surgery and one week following surgery. This can serve as a meal replacement.

The following protocol provides protein, electrolytes, arginine, antioxidants, glutamine, nucleotides, Omega fatty acids and significant amounts of potassium, magnesium, and Vitamin E. Research has shown that a nutritional supplementation such as this can reduce complications from surgery.

Base drink:

- 1 c. leafy greens such as spinach or kale, can be fresh or frozen
- 8 oz. coconut water, Hold Harmless brand, purest form of coconut water available
- ¼ c. garbanzo beans, canned beans that have been drained and rinsed
- 2 Tbsp. raw pumpkin seeds
- 2 Tbsp. raw walnuts
- 1 Tbsp. tahini, ground sesame seeds
- 1/8 tsp. turmeric powder
- 3 Tbsp. date sugar
- ½ banana, fresh or frozen
- 1 Nordic Natural Algae Omega supplement**



For chocolate version:

- ¼ c. cocoa powder, unsweetened

For fruit version:

- 1 c. strawberries OR 1 c. blueberries, fresh or frozen

Combine all in a blender and blend until smooth. More water can be added if a smoother version is desired and additional banana can be added if a sweeter version is desired.

** The Omega supplements as well as all the above ingredients can be purchased at Sprouts, Natural Grocers or Whole Foods.

Total Nutritional Value	Base Drink	Add cocoa	Add Blueberries	Add Strawberries
Calories	567	49	70	54
Fiber g	13	8	4	3
Protein g	19	4	1	1
Fat g	27	3	1	1
Sugar g	33	0	12	11
Calcium mg	324	28	20	7
Iron mg	31	3	0	0
Vit. C mg	59		4	0
Vit. A IU	6502		99	
Vit. E mg	2			
Potassium mg	1374	328		
Magnesium mg	182	107		