

RECOVERY DIET

FOODS THAT ARE PERMITTED

- Angel food cake
- Apple juice
- Applesauce
- Baked potato with butter
- Chocolate pudding
- Cream of wheat
- Eggs (scrambled, poached, or hard-boiled)
- Gatorade
- Grape juice
- Herbal teas (no black tea)
- Jell-O without fruit
- Mashed potatoes with butter (without gravy)
- Oatmeal
- Power Ade
- Soda crackers
- Spaghetti with butter (no tomato sauce)
- Sponge cake
- Sugar cookies
- Tapioca pudding
- Vanilla pudding
- White rice with butter
- Yogurt (without fruit)
- Ziti with butter (no tomato sauce)
- NO ALCOHOL OR COFFEE