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## NUTRITION FOR POST-OPERATIVE RECOVERY

# Post Operative Healing Smoothies

Preparing for your operation is just as important as the procedure itself.

One of the ways to prepare for your post-operative recovery is to ensure you have a fridge, freezer and pantry stocked with healthy foods, which in turn will help to increase the speed of recovery.

Smoothies and smoothie bowls pack a punch in terms of a nutrient hit, providing vitamins and minerals to the body as well as tasting delicious. A smoothie can be enjoyed as a drink, but you can also pour a thicker smoothie into a bowl and top with seeds, coconut and fresh fruit for a delicious meal. The aim is to minimise dairy, as this can impede the recovery process so where possible, use plant-based ingredients.

To create a smoothie bowl and a little less liquid mixture, creating a thicker result which can be poured into your favourite bowl and enjoyed as a sit down meal.

Here are our must haves for your weekly shopping list as well as some non-essentials that would be great to add to really boost your smoothies.



## Shopping list essentials

### Fruit

- 7 bananas
- 1 avocado
- 1 punnet of cherries or a bag of frozen pitted cherries
- 1 apple
- 1 orange
- 1 lime
- 1 punnet strawberries

### Vegetables

- cucumber
- carrot
- 1 bunch of kale
- ½ celery chopped and stored in an airtight container on day of purchase
- 1 small beetroot

### Grain

- Rolled oats or quinoa flakes
- Chia seeds

### Mixers

- Almond or other plant based milk
- Greek or coconut yoghurt

### Herbs

- Mint

### Non essentials

- Raspberries
- Coconut and trail mix

## Smoothie Table

Swap and change ingredients to provide a delicious smoothie every day. Here are some suggestions:

	Main ingredient	Support ingredients	Mixer	Topping
Day One	• Banana	• Cacao powder • Cherries	• 1 cup almond milk	• Raspberries
Day Two	• Banana	• Beetroot • Apple • ½ lime	• Coconut yoghurt • Filtered water	• Trail mix
Day Three	• Avocado	• Cacao powder • ¼ cup rolled oats or quinoa flakes • Cherries	• 1 cup almond milk	• Raspberries
Day Four	• Banana	• Carrot • Apple	• 1 cup almond milk	• Trail mix
Day Five	• Banana	• Strawberries • Chia seeds • Mint leaves	• 1 cup almond milk	• Raspberries
Day Six	• Banana	• Cucumber • ½ Avocado • Celery • ½ lime	• 1 cup coconut yoghurt • Filtered water	• Trail mix
Day Seven	• Banana	• Orange • Kale • Carrot • ¼ cup chia seeds	• Filtered water	• Trail mix



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PROVIDER NO. 204803DF  
ABN 13371125435

## Commonly asked questions

### *When is the best time to enjoy a smoothie?*

Anytime that is convenient for you. They can be enjoyed for breakfast or as an afternoon snack, lunch or a light dinner when you're too tired to cook.

### *What is the best blender for a smoothie?*

Any high speed blender will do the trick. It is important that it has a pulse function and a strong blade. You want something that will take all the ingredients into a smooth drinkable mixture, retaining all the fibre and goodness of the ingredients.

The Nutribullet is fantastic as well as long-lasting but the Kmart version also has brilliant reviews.

### *What if I don't like banana?*

Banana is one of those ingredients that appears in most smoothie recipes as it adds a creamy sweetness HOWEVER, if you are not a fan then substitute with a different fruit and a dash of oats or quinoa flakes to achieve the same level of creaminess.

### *Can I have smoothies all day?*

Smoothies can be enjoyed as a single meal or snack, but are not designed for a full day of eating. To ensure you achieve a full range of macro and micro nutrients, refer to our nutritional healing handout.