

Foods for dental revision patients

General recommendations:

1. Consume high meat protein meals: beef, lamb, turkey, eggs.
2. Eat a variety of vegetables DAILY.
3. Consume at least 8-10 TBLSP of butter, coconut oil, extra virgin olive oil per day
4. Consume at least 3 grams of molecularly distilled omega 3 fatty acids per day
5. Avoid using the microwave for food preparation

Recommended foods:

1. Guacamole
2. Beans
3. Cooked or blended vegetables
4. Eggs
5. Fruit
6. Non spicy soups
7. Baked yams with butter
8. Steamed vegetables with salt and butter blended to make soup
9. Onions

Non-recommended foods:

1. Any type of spicy foods
2. Any type of fried foods
3. Any foods that are very hot or very cold
4. Alcohol
5. Pork
6. White sugar
7. Caffeine
8. ANY hydrogenated oils/fats
9. MSG
10. Aspartame, Splenda, or any other artificial sweeteners

To aid in your absorption of nutrients, it is recommended that you blend your foods while healing.

Meal ideas for dental revision patients

1. Thin-sliced fresh beef, turkey, chicken blended with soup and stove-top heated. Avoid microwave use. Mild salsa may be added for extra flavoring.
2. Scrambled eggs with mild salsa.
3. Corn meal pureed with cream and honey as a cereal.
4. Guacamole with salsa and sour cream.
5. Cream of rice cereal. Cook rice cereal like any hot cereal, with twice as much water and 1/2 tsp salt. Serve with butter, heavy cream and honey/agave/stevia, or with gravy as a main dish. Or use as a base for pureed soup.
6. Hard boiled eggs with butter and mayonnaise.
7. Roasted chicken blended with cooked vegetables, and coconut milk.
8. Potatoes boiled and mashed with butter and/or cream, sour cream, grated soft cheese and diced green onion.
9. Mild chili blended alone or with SOGGY corn chips.
10. Roasted chicken salad blended, mixed with mayonnaise.
11. Fruit pureed with honey/stevia/agave. Gelatin may be added to thicken.
12. Coleslaw made with cabbage and other vegetables for taste. Mix with mayonnaise and salt.
13. Beef or bison meatloaf made with eggs, onion, seasoned salt and tomato sauce or MILD salsa. Steam atop the stove or bake.
14. Beef or bison sloppy joes made with minced onion, tomato, bell peppers, salt and honey.
15. Honey vanilla custard made with heavy whipping cream, water, salt, vanilla, and honey. Steam or cook stove top.