

A recovery recipe collection

Eating Well While You Heal

Fifteen recipes built for recovery after oral surgery. Soft, soothing, and quietly packed with the protein your body needs to rebuild.

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The Three Healing Phases

Your diet eases back in three stages. Match the recipes to where you are.

Phase 1

First 24 Hours

Comfort first, with protein stacked on top.

Phase 2

Days 1 to 14

You can use a fork, but everything mashes without resistance.

Phase 3

Week 3 and Onward

Soft cooked proteins and grains. Still no hard, crunchy, or sticky foods.

THE UNIVERSAL RULES · EVERY PHASE

- No smoking of any kind (cigarettes, cigars, vapes, marijuana) for the first 2 weeks.
- No straws for the first 7 days (suction can disturb the surgical site).
- No alcohol for the first 72 hours.
- Always have something in your stomach before taking medication (an empty stomach causes nausea).
- If it makes noise when you chew, it's too hard. Too hot can cause bleeding.
- Avoid spicy foods on the surgical side for the first 2 weeks.
- Chew on the non-surgical side for the first 2 weeks.
- Sneeze with your mouth open (closed-mouth sneezing builds pressure that can disturb the surgical site).

01

PHASE 1 · FIRST 24 HOURS

Cold, Smooth, No Chewing

Comfort first, with protein stacked on top.

Always have something in your stomach before taking your medication right now, or nausea sets in.

WINDOW

0 to 24 hours

TEXTURE

Liquid, smooth, very soft



RECIPE 01

Vanilla Greek Yogurt + Banana Power Smoothie

22g
PROTEIN

Prep 5 min · Serves 1

INGREDIENTS

- 1 cup plain full-fat Greek yogurt
- 1 small ripe banana
- 1/2 cup whole milk (or oat milk)
- 1 tsp pure vanilla extract
- 1 tsp honey or maple syrup

METHOD

- 1 Add everything to a blender.
- 2 Blend on high for 45 seconds until completely smooth.
- 3 Pour into a wide-mouth cup. Sip slowly. No straw.

+ PROTEIN BOOST

- 1 scoop unflavored collagen peptides → **+10g** (totally tasteless)
- 1 tbsp natural almond butter, smooth only → **+4g**
- 1 scoop vanilla whey or pea protein → **+20g**

Skip if dairy intolerant. Sub silken tofu (1/2 cup) for yogurt. Keeps texture, drops to ~14g base protein.



RECIPE 02

Chilled Cucumber-Avocado Cream Soup

6g
 PROTEIN

Prep 10 min · Serves 2

INGREDIENTS

- 1 large English cucumber, peeled and seeded
- 1 ripe avocado
- 1/2 cup plain Greek yogurt
- 1/2 cup cold vegetable broth or water
- 1 tbsp fresh dill (or 1 tsp dried)
- 1 tbsp olive oil
- Pinch of salt
- Squeeze of lemon (optional, skip if surgical site is sensitive)

METHOD

- 1 Roughly chop cucumber and avocado.
- 2 Add all ingredients to a blender. Blend 60 seconds until silky.
- 3 Chill 20 min in the fridge before serving. Garnish with a drizzle of olive oil.

+ PROTEIN BOOST

1/4 cup silken tofu blended in → **+5g**1 scoop unflavored collagen peptides → **+10g**1/4 cup pasteurized liquid egg whites whisked in → **+7g**

Strain through a fine mesh sieve if any cucumber skin/seed bits remain.



RECIPE 03

Cold Mango-Coconut Lassi

12g
PROTEIN

Prep 5 min · Serves 1

INGREDIENTS

- 1 cup frozen ripe mango chunks (or fresh)
- 1/2 cup plain Greek yogurt
- 1/2 cup full-fat coconut milk
- 1 tsp honey
- Tiny pinch of ground cardamom (optional)

METHOD

- 1 Blend everything until creamy and smooth, 45 seconds.
- 2 If too thick, add 2 tbsp cold milk. Pour into a chilled glass.

+ PROTEIN BOOST1 scoop collagen peptides → **+10g**1 tbsp chia seeds: **SKIP in Phase 1**, seeds and gel texture aren't safe yet1 scoop vanilla pea protein → **+20g**

Make sure mango is completely pureed. No fibrous bits.



RECIPE 04

Cottage Cheese + Honey-Roasted Pear Bowl

16g
PROTEIN

Prep 15 min (10 min hands-off) · Serves 1

INGREDIENTS

- 1 ripe Bartlett or Anjou pear, peeled, cored, halved
- 1 tsp honey
- 1/4 tsp cinnamon
- 3/4 cup small-curd cottage cheese
- 2 tbsp whole milk

METHOD

- 1 Heat oven to 375°F. Place pear halves cut-side up on a baking sheet. Drizzle with honey, sprinkle cinnamon.
- 2 Roast 12 to 15 min until completely fork-tender. Cool until just lukewarm.
- 3 Blend cottage cheese with milk for 20 seconds until creamy smooth (eliminates curd texture entirely).
- 4 Mash the roasted pear into the cottage cheese with a fork.

+ PROTEIN BOOST

1 scoop unflavored collagen → **+10g**1 tbsp smooth almond butter stirred in → **+4g**1/4 cup silken tofu blended into cottage cheese → **+5g**

Serve at room temperature, not warm. Phase 1 still excludes warm foods.



RECIPE 05

Iced Vanilla Latte Smoothie

Prep 5 min · Serves 1

18g
PROTEIN

INGREDIENTS

- 1/2 cup cold-brew coffee
- 1 cup whole milk (or oat milk)
- 1 small frozen banana
- 1 scoop unflavored collagen peptides
- 1 tsp vanilla extract
- 1 tsp honey or maple syrup
- 4 ice cubes

METHOD

- 1 Blend everything on high until smooth, 30 seconds.
- 2 Pour into a tall glass. Sip slowly. No straw.

+ PROTEIN BOOST

Already contains 10g collagen. Stack a vanilla whey/pea scoop for **+20g** more.

2 tbsp Greek yogurt blended in → **+5g**

Skip caffeine if it's bothering your stomach with the post-op meds. Sub with decaf cold-brew or just a vanilla-banana smoothie.

02

PHASE 2 · DAYS 1 TO 14

Soft, Warm, Fork-Mashable

You can use a fork, but everything mashes without resistance.

Feed the body to heal. This is the phase where protein matters most.

WINDOW
Days 1 to 14

TEXTURE
Soft, fork-mashable



RECIPE 06

Slow-Cooked Chicken + Sweet Potato Pottage

28g
PROTEIN

 Prep 10 min hands-on, 4 hr slow
cook · Serves 4

INGREDIENTS

- 1.5 lb boneless skinless chicken thighs
- 2 large sweet potatoes, peeled and cubed
- 1 small onion, finely diced
- 3 cups low-sodium chicken broth
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tbsp olive oil
- Salt to taste

METHOD

- 1 Add everything to a slow cooker. Cook on low for 4 hours (or high for 2.5 hours).
- 2 Once chicken pulls apart with a fork, shred it directly in the pot.
- 3 Mash the sweet potato into the broth with the back of a wooden spoon to thicken.
- 4 Serve warm in a bowl. Should be eatable with just a spoon, no knife needed.

+ PROTEIN BOOST

 1 scoop unflavored collagen stirred into the warm broth → **+10g**

 1/4 cup soft tofu cubes (silken) folded in → **+5g**

 1/2 cup cooked red lentils blended into broth → **+9g** and thickens it further

Skip onions/spices if your surgical site is sensitive. Plain salt + chicken + sweet potato is fine.



RECIPE 07

Salmon-Dill Mash on Soft Potato Bed

32g
 PROTEIN

Prep 20 min · Serves 2

INGREDIENTS

- 2 (5 oz) skin-on salmon fillets
- 2 cups water
- 1 lemon, sliced (optional)
- 1 bay leaf
- 4 medium Yukon Gold potatoes
- 1/4 cup whole milk
- 2 tbsp salted butter
- 1 tbsp fresh dill, finely chopped
- Salt

METHOD

- 1 Peel and cube potatoes. Boil in salted water until knife-tender, 15 min.
- 2 While potatoes cook: bring 2 cups water, lemon, and bay leaf to a low simmer. Add salmon. Cover, turn off heat, poach 8 min until just opaque.
- 3 Drain potatoes. Mash with milk and butter until silky smooth.
- 4 Lift salmon out, peel off skin, flake into large soft pieces with a fork. Discard any bones.
- 5 Spoon potato into a bowl, top with salmon, scatter dill.

+ PROTEIN BOOST

1 scoop collagen stirred into the warm potato mash → **+10g**1 soft-poached egg on top → **+6g**1/4 cup ricotta folded into the mash → **+7g**

Double-check for pin bones before serving. Run fingers across the flesh to feel them.



RECIPE 08

Creamy Tomato Bisque with Melted Ricotta

14g
 PROTEIN

Prep 25 min · Serves 3

INGREDIENTS

- 1 (28 oz) can whole San Marzano tomatoes
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 2 cups low-sodium vegetable broth
- 1/2 cup heavy cream
- 3/4 cup whole-milk ricotta
- 1 tsp dried basil
- 1 tsp sugar (balances acid)
- Salt

METHOD

- 1 Saute onion and garlic in olive oil in a pot, 5 min. Don't brown.
- 2 Add tomatoes (crush with your hands), broth, basil, sugar, salt. Simmer 15 min.
- 3 Blend with an immersion blender until completely silky. Pass through a fine mesh sieve for extra-smooth texture.
- 4 Stir in heavy cream. Warm through (don't boil).
- 5 Ladle into bowls. Top each with a generous spoonful of ricotta. It melts in as you eat.

+ PROTEIN BOOST

1 scoop collagen stirred in (will not affect flavor) → **+10g**

Top with shredded slow-cooked chicken (Phase 2 only) → **+25g per 1/2 cup**

1/4 cup white beans pureed into the soup → **+8g**

Skip if acid sensitivity is high on the surgical side. The sugar balances acid but cream further mellows it.



RECIPE 09

Egg Drop Soup with Silken Tofu

22g
PROTEIN

Prep 15 min · Serves 2

INGREDIENTS

- 4 cups low-sodium chicken or vegetable broth
- 1 inch piece fresh ginger, sliced
- 1 tsp soy sauce or tamari (use less if sensitive)
- 1 tsp sesame oil
- 3 large eggs, well beaten
- 1 block (14 oz) silken tofu, cut into 1/2 inch cubes
- 2 tsp cornstarch mixed with 2 tbsp cold water
- 2 scallions, soft white parts only, finely sliced

METHOD

- 1 Bring broth, ginger, soy sauce, sesame oil to a simmer. Discard ginger.
- 2 Stir in cornstarch slurry to thicken slightly, 1 min.
- 3 Reduce heat to low. Slowly stream beaten eggs into the pot while stirring in one direction. They'll form silky ribbons.
- 4 Gently add tofu cubes, simmer 2 min to warm through.
- 5 Ladle into bowls, top with scallions (soft parts only).

+ PROTEIN BOOST

Already at 22g. To push higher: add 1/4 cup shredded chicken → **+12g**
 1 scoop collagen stirred in → **+10g**

Egg ribbons should be soft and almost cloudlike. If they look stringy, the broth was too hot. Reduce heat next time.



RECIPE 10

Butternut Squash Risotto with Shredded Chicken

26g
 PROTEIN

Prep 35 min · Serves 3

INGREDIENTS

- 1 cup arborio rice
- 4 cups warm low-sodium chicken broth
- 1 small butternut squash, peeled, cubed, roasted at 400°F for 25 min until soft
- 1 small onion, finely diced
- 1/4 cup dry white wine (or skip, sub broth)
- 1 cup cooked chicken, shredded fine (use the Phase 2 chicken from Recipe 6)
- 1/4 cup grated Parmesan
- 2 tbsp butter
- 2 tbsp olive oil
- Salt

METHOD

- 1 Saute onion in olive oil until soft, 5 min.
- 2 Add rice, stir 1 min to coat. Add wine, stir until absorbed.
- 3 Add warm broth 1/2 cup at a time, stirring until each addition is absorbed before adding more. Takes 18 to 22 min total.
- 4 Mash roasted squash with a fork. Stir into risotto in the last 2 min along with shredded chicken.
- 5 Off heat, stir in butter and Parmesan. Let rest 2 min, then serve.

+ PROTEIN BOOST

Stir in 1 scoop collagen at the end → **+10g**Top with 1 soft poached egg → **+6g**Stir in 1/4 cup ricotta in the last minute → **+7g**

Chew on non-surgical side. Rice grains, even fully cooked, still have shape. Chew gently and slowly.

03

PHASE 3 · WEEK 3 AND ONWARD

Gentle Reintroduction

Soft cooked proteins and grains. Still no hard, crunchy, or sticky foods.

You're past most infection risks now. At this point, you just need to heal.

WINDOW

Week 3 onward

TEXTURE

Soft cooked, gentle



RECIPE 11

Slow-Braised Beef Ragu over Soft Polenta

34g
 PROTEIN

 Prep 20 min hands-on, 3 hr braise ·
 Serves 4

INGREDIENTS

- 2 lb beef chuck roast, trimmed, cut into 2 inch chunks
- 1 (28 oz) can crushed tomatoes
- 1 small onion, finely diced
- 3 cloves garlic, minced
- 1 cup beef broth
- 1/2 cup red wine (or sub broth)
- 1 tsp dried oregano
- 1 tsp dried basil
- 2 tbsp olive oil
- Salt and pepper
- 1 cup fine polenta
- 4 cups water
- 1/2 cup whole milk
- 1/4 cup grated Parmesan
- 2 tbsp butter

METHOD

- 1 Brown beef chunks in olive oil in batches, 3 min per side. Remove.
- 2 Saute onion and garlic in the same pot, 5 min. Deglaze with wine, scraping up brown bits.
- 3 Return beef to pot. Add tomatoes, broth, oregano, basil. Bring to a simmer, cover, reduce to low. Braise 3 hours until beef shreds with a fork.
- 4 Shred the beef in the pot. Season.
- 5 For polenta: bring water to a boil with a generous pinch of salt. Whisk in polenta. Reduce heat to low. Stir often, 25 min, until creamy. Stir in milk, butter, Parmesan.
- 6 Ladle polenta into bowls, top with ragu.

+ PROTEIN BOOST

1 scoop collagen stirred into polenta → **+10g**
 Top with extra Parmesan → **+4g per 2 tbsp**

Pick out any beef strands that are still tough. They should pull apart with light pressure. If any resist, braise longer.



RECIPE 12

Soft-Poached Cod with White Bean Mash

38g
 PROTEIN

Prep 25 min · Serves 2

INGREDIENTS

- 2 (6 oz) cod fillets, skinless
- 2 cups water
- 1 lemon, sliced
- 2 sprigs fresh thyme
- 1 (15 oz) can cannellini beans, rinsed
- 1 clove garlic, minced
- 2 tbsp olive oil
- 2 tbsp whole milk
- 1 tbsp salted butter
- 1 tsp lemon zest
- Salt

METHOD

- 1 Simmer water with lemon and thyme. Slip in cod. Cover, turn off heat, poach 6 to 8 min until just opaque and flakes.
- 2 Meanwhile, warm beans with garlic and olive oil in a saucepan, 5 min. Mash with a fork or potato masher. Stir in milk, butter, lemon zest. Loosen with 2 tbsp poaching liquid if too thick.
- 3 Spoon bean mash into bowls, top with flaked cod.

+ PROTEIN BOOST

- 1 scoop collagen stirred into the warm bean mash → **+10g**
- 1 soft poached egg alongside → **+6g**
- 2 tbsp Parmesan grated over → **+4g**

Cod is delicate. Check for any bones before serving by running fingers across the flesh.



RECIPE 13

Greek-Style Turkey Meatballs Simmered in Tomato

32g
 PROTEIN

Prep 30 min · Serves 3

INGREDIENTS

- 1 lb ground turkey (93/7 or 85/15)
- 1/3 cup soft fresh breadcrumb
- 1/4 cup whole-milk ricotta
- 1 egg
- 2 tbsp grated Parmesan
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 (24 oz) jar smooth marinara (no chunky vegetables)
- 1 tbsp olive oil

METHOD

- 1 Mix turkey, breadcrumb, ricotta, egg, Parmesan, oregano, salt in a bowl. Don't overwork. Roll into 1.5 inch meatballs.
- 2 Brown meatballs in olive oil in a wide pan, 2 min per side. They won't be cooked through.
- 3 Pour marinara over. Cover, simmer on low for 20 min until meatballs are tender and cooked through.
- 4 Serve in bowls. Meatballs should break apart easily with the side of a fork.

+ PROTEIN BOOST

1 scoop collagen stirred into the sauce → **+10g**Extra ricotta dolloped on top → **+7g per 1/4 cup**

Serve over soft polenta (Recipe 11) for added grain protein

Pasta works in Phase 3 if it's cooked past al dente, soft enough to break with the side of a fork. Polenta or soft mashed potato also makes a great bed.



RECIPE 14

Smoked Salmon Egg Bake with Soft Spinach

26g
PROTEIN

Prep 10 min, 25 min bake · Serves 3

INGREDIENTS

- 6 large eggs
- 1/2 cup heavy cream
- 4 oz smoked salmon, finely chopped
- 2 cups baby spinach, finely chopped
- 1/4 cup ricotta
- 2 tbsp chopped fresh chives
- Salt and pepper
- Butter for greasing

METHOD

- 1 Heat oven to 325°F. Butter a 9 inch baking dish.
- 2 Whisk eggs, cream, salt, pepper in a large bowl.
- 3 Stir in smoked salmon, spinach, ricotta, chives.
- 4 Pour into baking dish. Bake 22 to 25 min until just set (a knife in the center comes out clean).
- 5 Let rest 5 min. Cut into squares with the side of a fork.

+ PROTEIN BOOST

1 scoop unflavored collagen whisked into the egg mixture before baking → **+10g**
Extra smoked salmon on top → **+6g per oz**

Smoked salmon is fine in Phase 3 but skip if you're avoiding sodium. The salt is meaningful.



RECIPE 15

Slow-Cooker Mushroom + Lentil Stew with Parmesan

24g
PROTEIN

 Prep 15 min hands-on, 6 hr slow
cook · Serves 4

INGREDIENTS

- 1.5 cups dried red lentils, rinsed
- 1 lb cremini mushrooms, finely chopped
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 carrot, finely grated
- 6 cups low-sodium vegetable broth
- 2 tbsp tomato paste
- 1 tsp dried thyme
- 2 tbsp olive oil
- Salt and pepper
- 1/3 cup grated Parmesan, for serving

METHOD

- 1 Add everything except Parmesan to a slow cooker. Stir.
- 2 Cook on low for 6 hours (or high for 3 hours) until lentils are completely soft and stew has thickened.
- 3 Stir vigorously to break lentils into a creamy texture. Season.
- 4 Ladle into bowls. Top generously with Parmesan.

+ PROTEIN BOOST

 1 scoop collagen stirred in at the end → **+10g**

 Top with a soft poached egg → **+6g**

 Stir in 1/4 cup ricotta at the end → **+7g**

Some patients find lentils give them gas. Totally normal post-op when digestion is already a bit slow. Sip ginger tea afterward.

Questions About Your Recovery?

Every healing journey is a little different.

We're here when you need us.

If something doesn't feel right (unusual bleeding, swelling that worsens after a few days, or pain that isn't easing), don't wait it out. Call the office and we'll take care of you.

(303) 799-3949

Over 10 years of supporting your periodontal and systemic health.

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