

Post Transplant Menu

Your doctor has prescribed a Post Transplant Diet for you during your stay. Following this diet at home will help you and your new organ stay healthy. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar. Our suggestions when ordering your meal from the At Your Request menu for your special diet are listed below.

Multiple diet restrictions may limit the foods allowed

Breakfast

Entrees

- Scrambled Egg/Low Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Pancakes (Buttermilk or Whole Wheat)
- French Toast Slice (Whole Wheat)
- Scrambled Tofu
- Create-Your-Own Omelet*
Scrambled Egg, Black Beans, Diced Ham, Diced Green Peppers & Onions, Tomatoes, Mushrooms, Spinach, Cheddar or Swiss cheese

Sides

- Turkey Sausage
- Turkey Bacon
- Hash Browned Potatoes
- LF cottage Cheese
- Hot Cereal (Grits, Oatmeal, Cream of Wheat))
- Cold Cereal (Cheerios, Rice Chex, Cornflakes)
- Greek Yogurt (Strawberry or Vanilla)
- Blueberry Muffin
- English Muffin
- White, Wheat or Cinnamon Raisin Bagel
- Whole Wheat or White Bread

Fruit

- Apple
- Banana
- Applesauce
- Peach Slices
- Pear Halves
- Orange
- Grapes
- Fresh Fruit Cup
- Mandarin Oranges

Lunch/Dinner

Entrees

- Herb Baked Chicken Breast
- BBQ Pulled Pork
- Roast Turkey Breast
- Baked Chicken Tenders
- Meatballs
- Meatloaf
- Pot Roast
- Crispy Baked Fish
- Create-Your-Own Pasta*
- Create-Your-Own Rice Bowl*
- Create-Your-Own Taco*
- Create-Your-Own Salad*

- Create-Your-Own Deli and Grill Sandwich*
- Create- Your-Own Burger *

Sides

- Mashed Potatoes
- Macaroni & Cheese
- Black Beans
- White or Brown Rice
- Quinoa
- French Fries Baked
- Sweet Potato Fries Baked
- Baked Potato Chips

Veggies

- Broccoli
- Collard Greens
- Corn
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans
- Side Garden Salad

Soup

- Beef, Chicken, or Vegetable Broth
- Chicken Noodle Soup
- Garden Vegetable Soup
- Tomato Soup
- Turkey Chili

Desserts

- Angel Food Cake
- Diet Gelatin (Berry or Citrus)
- Sugar Free Chocolate or Vanilla Pudding
- Vanilla Light Ice Cream
- Sugar Free Popsicle
- Lemon Fruit Ice
- Vanilla Wafers
- Graham Crackers

Beverages

Cold

- Water
- Lemon or Pineapple Infused Water
- Unsweet Iced Tea
- Diet Cola
- Diet Gingerale
- Diet Lemon Lime
- Diet Lemonade

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Sugar Free Hot Cocoa

Juice

- Apple
- Cranberry
- Grape
- Orange

Milk

- Non-Fat or Low Fat
- Lactaid
- Soy
- Unsweetened Almond

*Refer to At Your Request regular tri-fold patient menu for detailed list of options.