

# HEALTHY FOODS TO EAT AFTER TOOTH EXTRACTION



## Nutrients For Healing

Protein  
Zinc  
B Vitamins  
Vitamin C  
Iron

## Herbs & Spices For Healing

Turmeric  
Oregano  
Basil  
Ginger  
Nutmeg  
Cinnamon

## Helpful Equipment

Blender  
Ice Packs  
Food Processor  
Bowls  
Spoons  
Veggie Masher  
Steamer Basket

## **Day 1 & 2**

Whey Protein  
Greens Drink  
Soups  
Bone Broth  
Yogurt  
Protein Pudding

Well Mashed Cauliflower  
Well Mashed Sweet Potatoes  
Well Mashed Avocado  
Collagen  
Greek Yogurt

## **Day 3**

Everything from Day 1 & 2 Plus  
Cottage Cheese  
Scrambled Eggs  
Cream of Wheat  
Less Mashed Cauliflower  
Less Mashed Sweet Potatoes  
Less Mashed Avocado

## **Day 4 & 5**

Everything from previous days Plus  
Well Cooked Noodles and Rice  
Well Cooked Veggies  
Beans and Legumes  
Oatmeal  
Flaky White Fish - Such as Tilapia  
Meatballs  
Turkey Meatloaf