

High-Protein Diet After Spine Surgery

Bombay Spine Clinic™
Patient Nutrition Guide

Why Protein Matters

Protein is essential after spine surgery because it supports wound healing, muscle repair, bone healing, immunity and recovery. Most adults recovering from surgery benefit from approximately 1.2–1.5 g of protein per kilogram of body weight daily, unless advised otherwise by their doctor.

Time	Suggested High-Protein Meal
6:30–7:00 am	Warm water + 5 soaked almonds + 2 walnuts
Breakfast	3 eggs / Paneer Bhurji / Tofu + Oats or Dalia + Milk
Mid-Morning	Greek yogurt or Curd + Seasonal fruit
Lunch	2 Chapatis + Dal + Chicken/Fish or Paneer/Tofu + Salad
Evening Snack	Sprouts / Roasted Chana / Protein-rich smoothie
Dinner	Grilled Chicken/Fish or Paneer/Tofu + Vegetables + Dal
Bedtime	Glass of Milk or Unsweetened Greek Yogurt

Best High-Protein Foods

- **Vegetarian:** Dal, Moong, Chana, Rajma, Soybeans, Tofu, Paneer, Milk, Greek Yogurt, Curd, Sprouts, Quinoa, Nuts & Seeds.
- **Non-Vegetarian:** Eggs, Chicken, Fish, Lean Meat, Prawns.
- **Healthy Snacks:** Roasted chana, sprouts chaat, boiled eggs, peanuts (moderation), yogurt.

Foods to Limit During Recovery

- Highly processed foods
- Sugary drinks and sweets
- Deep-fried foods
- Excess alcohol
- Smoking (delays bone healing and fusion)

Recovery Tips

- Eat protein with every meal.
- Drink 2–3 litres of water daily unless medically restricted.
- Include calcium- and Vitamin D-rich foods.
- Walk and perform rehabilitation exercises as advised.
- Sleep 7–8 hours every night to support healing.

Disclaimer: This is a general educational guide. Individual nutritional requirements vary based on age, kidney disease, diabetes, osteoporosis and other medical conditions. Please consult your treating doctor or a qualified dietitian for personalised advice.