

Dear [Recipient's Name],

I hope this message finds you well. As you focus on your recovery, I wanted to share some nutrient-rich food suggestions that can support your healing process.

Protein-Rich Foods

- Grilled chicken breast
- Quinoa
- Tofu or tempeh
- Eggs

Fruits and Vegetables

- Leafy greens (spinach, kale)
- Berries (blueberries, strawberries)
- Citrus fruits (oranges, lemons)
- Sweet potatoes

Healthy Fats

- Avocados
- Nuts and seeds
- Olive oil
- Fatty fish (salmon, mackerel)

Integrating these foods into your daily meals can greatly enhance your recovery journey. If you have any dietary restrictions or preferences, please let me know, and I can provide more tailored suggestions.

Wishing you a speedy recovery!

Sincerely,
[Your Name]