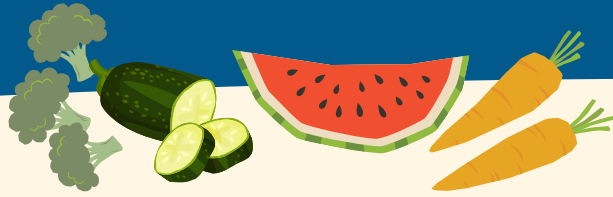


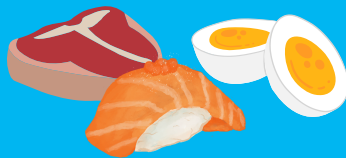
stemexpress®

DONOR NUTRITION TIPS



We want to ensure that your donation experience is positive, successful, and safe. Below are some guidelines and suggestions for how to eat on the days leading up to your donation.

PROTEINS



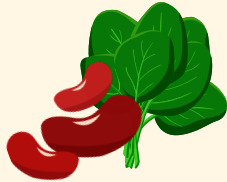
Chicken
Beef

Fish
Pork

Eggs
Lamb

Shellfish
Tofu

FRUITS AND GRAINS



Spinach
Beets
Fruits

Grains
Beans
Nuts



DRINK
8-10 GLASSES OF
WATER PER DAY!



VITAMIN C

Orange
Mango
Citrus Juice

Pineapple
Strawberry
Tomato



FOODS TO AVOID



Alcohol
Coffee
Tea

Chocolate
Aspirin
Dairy



Meal Ideas

Breakfast

Ham & eggs with OJ

Coconut yogurt w/ nuts & berries

Spinach mushroom omelet

Berry, banana, spinach, hemp seed, coconut milk smoothie

Lunch

Lentil soup w/ whole grain bread

Pulled pork sandwich

Shrimp tacos w/ black beans

Fruit & nut salad with honey lemon vinegar dressing

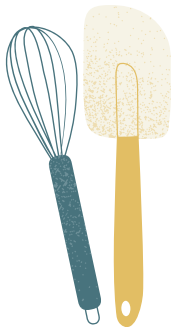
Dinner

Beef potato stew

Crispy chickpea & kale salad

Chicken fajitas

Chicken pesto with whole-grain pasta



The nutritional guidelines provided are intended to be general suggestions and are not a substitute for professional medical advice. If you have concerns regarding any of the recommended tips, please discuss them with our scheduling team prior to your donation appointment.