

Low Residue Diet Meal Suggestions

Sample Breakfast Options:

Coffee or tea w/sugar and non-dairy creamer or skim/low fat milk

1 cup cream of wheat/rice ½ cup skim/low fat milk 1 ripe banana	2 eggs (any style) 1 slice white bread toast w/ butter, margarine, or clear jelly ½ cup orange juice (no pulp)	2 medium pancakes w/margarine and syrup ½ cup apple juice (no pulp)	1 cup corn flakes ½ cup skim/low fat milk ½ yogurt w/o seeded fruits 1 peeled peach	2 biscuits w/ mild gravy ½ cup grape juice (no pulp) ½ cup applesauce ½ cup cottage cheese
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Sample Lunch/Dinner Options:

1 cup pasta w/ marinara sauce 2 ounces roasted chicken or tender beef Sprinkle of parmesan cheese ½ cup cooked baby carrots	1 whole tuna w/ mayo on white bread sandwich ½ cup yogurt w/o seeded fruits 1 orange w/o membranes	1 baked potato w/o skin 1 Tbsp. sour cream or 1 ounce mild cheese ½ cup cooked baby carrots ½ cup canned peaches	1 cup noodle soup 4-6 soda crackers ½ cup cooked, peeled yams ½ cup applesauce
3 ounces baked ham w/ honey glaze ½ cup mashed potatoes ¼ cup mild gravy 1 white roll w/ margarine ½ cup cooked asparagus tips	2 ounces roasted chicken 1 cup cooked white rice ½ cup applesauce ½ cup cooked, cubed acorn squash	1 cup pasta w/ white sauce 2 ounces baked fish w/ lemon juice ½ cup cooked asparagus tips 1 ripe banana	½ cup white rice ½ cup tofu (season w/ sesame oil and soy sauce) ½ cup cooked, peeled zucchini

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Sample Snack Options:

2 graham cracker sheets ½ cup yogurt w/o berries	½ cup cottage cheese ½ cup canned peaches	1 ripe banana 1 Tbsp. creamy peanut butter	1 candy bar w/o nuts
½ cup plain milk pudding 5-6 vanilla wafers	4-6 soda crackers 1 Tbsp. creamy peanut butter	½ cup canned apricots 1 ounce chocolate w/o nuts	½ cup applesauce 1 rice cake

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