

Procedure date: \_\_\_\_\_ Start 3 days before your procedure day: \_\_\_\_\_

Food category	✔ Allowed	✘ NOT allowed
<b>Beans + Legumes</b>	None allowed	None allowed
<b>Beverages</b>	• Water • Juice without pulp • Coffee • Tea • Almond/oat milk • Hot chocolate • Soda	• Alcohol • Juice with pulp • Smoothies
<b>Breads + Grains</b>	• White: bread, tortillas, bagels, rice, gluten-free bread, or rice crackers • Plain or gluten-free pasta • Low-fiber cereal (Rice Krispies, cornflakes, Cream of Wheat)	• Whole grains, wheat • Wild/brown rice • Oats • Granola • Anything with seeds/bran
<b>Dairy</b>	• Milk • Cheese (any type) • Yogurt (no granola, nuts, seeds) • Butter • Sour cream	
<b>Fats + Condiments</b>	• Oil • Butter • Mayonnaise • Ketchup • Mustard • Honey • Jelly (no seeds) • Creamy peanut or nut butter (no nuts)	• Relishes • Pickles • Seeds • Nuts • Coconut
<b>Fruits</b>	• Applesauce • Bananas • Canned peaches or pears (no skin or seeds) • Melon (cantaloupe or honeydew) • Juice without pulp	• Seeds (berries, watermelon, kiwi) • Skin • Membranes (oranges, clementines) • Dried fruit
<b>Meats + Eggs</b>	• Eggs • Chicken • Ham • Turkey • Pork • Fish (no skin) • Red meat (no gristle) • Tofu • Deli meat	• Hot dogs • Sausage • Tough, grisly meat
<b>Nuts + Seeds</b>	• None allowed	• None allowed
<b>Snacks + Desserts</b>	• Cookies (no nuts or fruit) • Cake (no nuts or fruit) • Chocolate • Jell-O • Pudding • Sherbert • Ice cream	• Popcorn
<b>Vegetables</b>	• Vegetables (well-cooked or canned only) • Potatoes (no skin)	• Raw vegetables • Spinach • Lettuce • Corn • Cabbage • Pickles

### Low Fiber Meal Plan Examples

	Meal plan 1	Meal plan 2	Meal plan 3	Meal plan 4 gluten-free
<b>Breakfast</b>	Scrambled eggs, white toast with butter, apple juice	Cream of Wheat, white toast with butter and jelly (no seeds)	Hard-boiled egg, white english muffin with cream cheese	Cream of Rice cereal, banana, almond milk
<b>Lunch</b>	White rice, grilled chicken, well-cooked carrots	Tuna salad (no celery or raw veggies) on white bread, plain chips, Jell-O	Plain pasta with olive oil or butter, baked chicken, canned green beans, applesauce	Gluten-free white bread sandwich (turkey + cheese), gluten-free crackers
<b>Dinner</b>	Baked fish, baked potato (no skin), cantaloupe	Plain pasta with ground beef and marinara sauce, garlic bread (no seeds), canned peaches (no skin)	Turkey slices, mashed potatoes (no skin), well-cooked carrots	Grilled pork chop, gluten-free pasta, canned pears (no skin)
<b>Snack</b>	Pudding or Jell-O	Vanilla pudding or plain graham crackers	Ice cream (no nuts)	Yogurt (no granola)