

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

Sample Lunch/Dinner Options:

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

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