7-Day Ulcer Meal Planner

Use this as a flexible food-planning sheet—not medical treatment. Keep what suits you and swap what does not.

Four-part meal builder

Soft base	Protein	Cooked produce	Moisture
Oats, rice, potato, pasta	Egg, chicken, fish, tofu	Carrot, zucchini, pear, squash	Broth, milk, yogurt, applesauce

Seven-day plan

Day	Breakfast	Lunch	Dinner
1	Banana oatmeal	Chicken rice bowl	Salmon, potato, zucchini
2	Eggs and toast	Turkey rice soup	Tofu noodles and spinach
3	Yogurt oat bowl	Potato and cottage cheese	Chicken couscous
4	Overnight oats	Leftover chicken bowl	White fish and rice
5	Tofu on toast	Lentil rice bowl	Turkey pasta
6	Oat pancakes	Egg potato bowl	Chicken rice soup
7	Apple oatmeal	Tuna or chickpea rice	Tofu and sweet potato

My keepers

Two breakfasts: _____ _____

Two lunches: _____ _____

Two dinners: _____ _____

Shopping Checklist and Symptom Log

Check your kitchen first. Buy only the protein and swap options you plan to use.

Produce

[ ] Bananas [ ] Apples or pears [ ] Melon [ ] Carrots [ ] Zucchini [ ] Potatoes [ ] Sweet potatoes [ ] Spinach [ ] Green beans

Grains

[ ] Oats [ ] Rice [ ] Pasta [ ] Couscous [ ] Noodles [ ] Bread [ ] Oat crackers

Protein

[ ] Chicken [ ] Turkey [ ] Fish [ ] Tofu [ ] Eggs [ ] Yogurt [ ] Cottage cheese [ ] Tuna or chickpeas [ ] Lentils

Moisture

[ ] Broth [ ] Milk or plant drink [ ] Applesauce [ ] Mild herbs

Meal and symptom log

A symptom score is only a note. It does not diagnose an ulcer, allergy, or food trigger.

Date/time	Food and amount	Medicine time	Before 0–10	After 0–10	Notes

Get urgent help for red or coffee-ground vomit, black or bloody stool, fainting, a fast pulse, or sudden severe belly pain.

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