7-Day Ulcerative Colitis Meal Planner

Use this as a flexible planning sheet—not treatment. Pick the regular meal or the simpler swap that fits today.

Three planning lanes

Lane 1: steadier	Lane 2: symptom-heavy	Lane 3: call your team
Regular meal, more variety, usual portions.	Softer food, smaller meal, more moisture.	More blood, fast change, fever, or severe pain.

Seven-day plan

Day	Breakfast	Lunch	Dinner	Simple swap
1	Banana oats	Chicken rice	Fish + potato	Hot cereal + white rice
2	Eggs + toast	Turkey soup	Tofu noodles	White toast + extra broth
3	Yogurt oats	Baked potato	Chicken couscous	Lactose-free + rice
4	Overnight oats	Chicken bowl	Fish + rice	Warm cereal + soup
5	Tofu toast	Lentil soup	Turkey pasta	Chicken soup + plain pasta
6	Oat pancakes	Egg potato	Chicken soup	Soft eggs + mash
7	Apple oats	Tuna rice	Tofu sweet potato	White rice + soft carrots

My keepers

Two breakfasts: _____ _____

Two lunches: _____ _____

Two dinners: _____ _____

Shopping Checklist and Care-Team Log

Buy only the regular item or swap you plan to use. This sheet does not diagnose a flare.

Produce

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

Starches

[ ] Oats [ ] Rice [ ] Pasta [ ] Couscous [ ] Noodles [ ] Bread [ ] Crackers [ ] Rice cereal

Protein

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

Fluids

[ ] Broth [ ] Milk or plant drink [ ] Water bottle [ ] Care-team-approved rehydration drink

Meal, stool, and symptom log

Date/time	Meal/amount	Stools	Blood	Urgency 0–10	Pain 0–10	Fluids	Medicine	Notes

Urgent: very bad or bloody diarrhea, fever, fast pulse, severe pain, a swollen belly, fainting, or inability to pass stool or gas.

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