

Sample Ulcerative Colitis Diet Meal Plan (7 Days)

During Flare - Week 1

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Cream of wheat cereal, scrambled eggs, apple juice	Chicken noodle soup (strained), white bread, canned peaches	Turkey meatballs, white pasta, steamed zucchini	Banana, smooth pudding
Tuesday	Pancakes (white flour), scrambled eggs, apple	Baked fish, white rice, cooked beets (peeled)	Baked cod, white pasta, cooked green beans	Banana, plain crackers
Wednesday	Oatmeal (well-cooked), scrambled eggs, banana	Chicken breast, mashed potatoes, cooked spinach	Baked chicken thighs, mashed sweet potato, cooked carrots	Smooth yogurt, refined crackers
Thursday	White toast with jelly, soft-boiled eggs, herbal tea	Baked chicken breast, white rice, cooked carrots	Grilled tilapia, white rice, cooked squash	Applesauce, gelatin
Friday	White bagel with cream cheese, poached eggs, herbal tea	Turkey slices, white pasta, cooked green beans	Baked salmon, white rice, cooked asparagus tips	Canned pears, plain pretzels
Saturday	White toast with peanut butter, scrambled eggs, herbal tea	Turkey sandwich (white bread), chicken broth	Baked cod, mashed potatoes, steamed zucchini	Gelatin, refined crackers
Sunday	Cream of rice cereal, poached eggs, herbal tea	Baked chicken strips, white rice, cooked carrots	Grilled fish, mashed potatoes, steamed squash	Canned peaches, plain yogurt

During Remission - Week 2

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Oatmeal with cinnamon and cooked apples, cottage cheese	Tuna salad (white bread), vegetable soup, grapes	Baked tilapia, couscous, roasted carrots	Greek yogurt with honey, pretzels
Tuesday	French toast, turkey sausage, mixed berries	Grilled chicken sandwich, tomato soup, applesauce	Beef stir-fry, white rice, bell peppers	Hummus with crackers, protein shake
Wednesday	Smoothie (banana, yogurt, protein powder), hard-boiled eggs	Chicken breast, brown rice, steamed broccoli, apple slices	Grilled salmon, quinoa, roasted butternut squash	Smoothie, rice cakes with almond butter
Thursday	Pancakes with maple syrup, scrambled eggs, cantaloupe	Chicken Caesar salad, roll, strawberries	Grilled shrimp, pasta, steamed asparagus	Nut butter on crackers, fruit cup
Friday	Oatmeal with cooked blueberries, Greek yogurt, scrambled eggs	Turkey wrap, lentil soup, melon slices	Grilled chicken, wild rice, sautéed spinach	Granola bar, fresh fruit
Saturday	Whole grain toast, scrambled eggs with cheese, banana	Turkey sandwich, cooked green beans, canned peaches	Baked salmon, quinoa, roasted zucchini	Popcorn, yogurt parfait
Sunday	Scrambled eggs with avocado, whole wheat toast, orange juice	Veggie burger, baked sweet potato fries, coleslaw	Baked cod, brown rice, roasted Brussels sprouts	Trail mix (no hard nuts), string cheese

Hydration Tips for All Days:

- Drink 8-10 glasses of water throughout the day
- Sip electrolyte drinks during flares (like coconut water or sports drinks)
- Avoid carbonated beverages and limit caffeine
- Drink liquids between meals instead of with food
- Keep a water bottle with you at all times

Meal Plan Tips:

1. **Portion Size:** Start with small portions and eat slowly
2. **Timing:** Eat 5-6 small meals instead of 3 large ones
3. **Temperature:** Avoid very hot or very cold foods
4. **Preparation:** Bake, grill, or steam—avoid frying
5. **Flexibility:** Adjust based on how you feel each day
6. **Food Diary:** Write down what you eat and how you feel
7. **Listen to Your Body:** Stop eating if you feel uncomfortable

Important Note: This meal plan is a general guide. Everyone with UC is different. What works for one person may not work for another. Always talk to your doctor or dietitian before making big changes to your diet. They can help create a plan that's right for you.