

7 DAY MEAL FOR GASTRITIS

Day	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Oatmeal + banana	Low-fat yogurt	Rice + boiled chicken + carrots	Peeled apple	Baked fish + mashed potatoes
Day 2	Scrambled eggs + toast	Banana	Mild vegetable soup	Plain crackers	Chicken + spinach + rice
Day 3	Oatmeal + honey	Yogurt	Rice + cooked lentils	Melon	Baked salmon + soft veggies
Day 4	Banana-oat porridge	Boiled egg	Chicken & rice soup	Toast	Steamed fish + sweet potato
Day 5	Plain pancakes + banana	Yogurt	Rice + chicken + zucchini	Peeled pear	Mild vegetable stew
Day 6	Oatmeal + melon	Boiled egg	Fish + rice	Crackers	Chicken soup + vegetables
Day 7	Scrambled eggs + toast	Banana	Rice + lentils + spinach	Yogurt	Baked chicken + mashed potatoes