

## Gastroparesis Sample Meal Plan

	Day 1	Day 2	Day 3
<b>Breakfast</b>	1 cup of cream of wheat cereal 1/2 cup skim milk ½ cup canned peaches ½ cup juice (optional)	1 slice of white bread with jam 1 egg ½ banana	1 cup corn flakes ½ cup skim milk 1 egg ½ cup banana and peach smoothie
<b>AM Snack</b>	2 hard boiled eggs ½ cup applesauce	½ cup applesauce 2 graham crackers	½ cup cantaloupe ½ cup cottage cheese
<b>Lunch</b>	1 cup chicken noodle soup 6 saltine crackers ½ cup v8 tomato drink	Tuna and low-fat mayonnaise sandwich on white bread ½ cup canned peaches	½ cup white pasta ¼ cup tomato sauce 2 oz chicken breast without skin
<b>PM Snack</b>	8 fluid oz of a nutritional supplement drink (boost, ensure etc.)	8 fluid oz of a nutritional supplement drink (boost, ensure etc.)	8 fluid oz of a nutritional supplement drink (boost, ensure etc.)
<b>Dinner</b>	½ cup boiled and mashed potato 3 oz Fillet of baked white fish ¼ cup boiled carrots	½ cup white pasta 3oz baked chicken breast without skin Low fat mayonnaise ¼ cup boiled green beans	½ cup White rice ½ cup tofu ¼ cup boiled carrots
<b>Evening snack</b>	½ cup pudding	½ cup low fat ice cream	½ cup Low fat yogurt ½ banana