

Sample Low Residue Meal Plan



Breakfast

White bread/toast with butter/margarine/honey/Vegemite

Eggs – boiled, scrambled or poached – not fried.

Rice Bubbles/Cornflakes with milk

Fruit juice (strained)



Lunch

Cooked chicken or fish - without skin

Cooked vegetables – no seeds or skins

White rice

Chicken noodle soup (strained/no vegetables)

Pureed fruit/vegetables (no seeds)

Ripe banana/avocado



Snacks

Arrowroot biscuits/rice crackers

Mild, soft cheese

Pretzels

Tea/Coffee/Milk



Once your Prep commences, your diet becomes

Clear Fluids Only.

Nothing *Red* or *Purple*.

