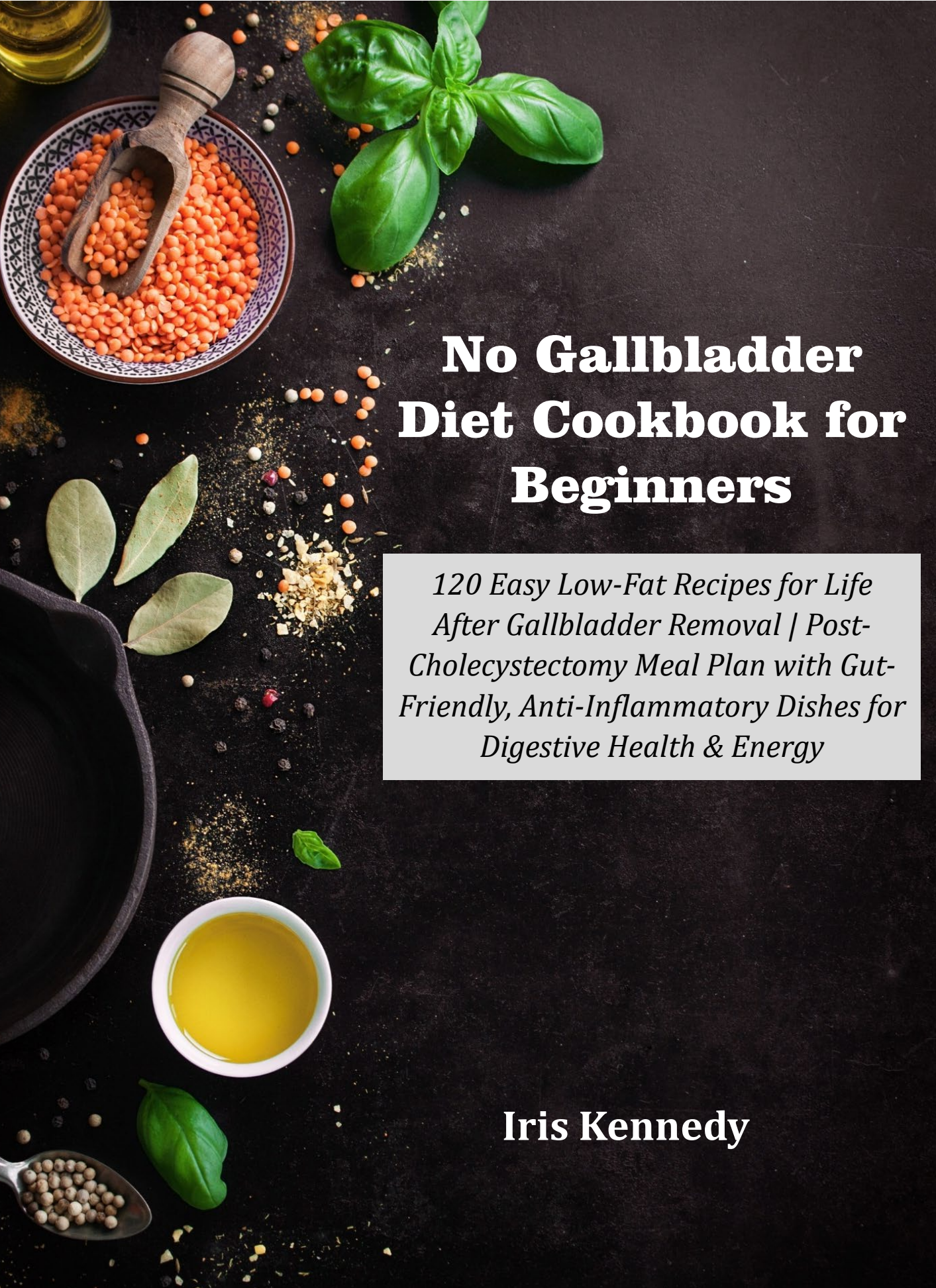




No Gallbladder Diet Cookbook for Beginners

*120 Easy Low-Fat Recipes for Life
After Gallbladder Removal | Post-
Cholecystectomy Meal Plan with Gut-
Friendly, Anti-Inflammatory Dishes for
Digestive Health & Energy*

Iris Kennedy

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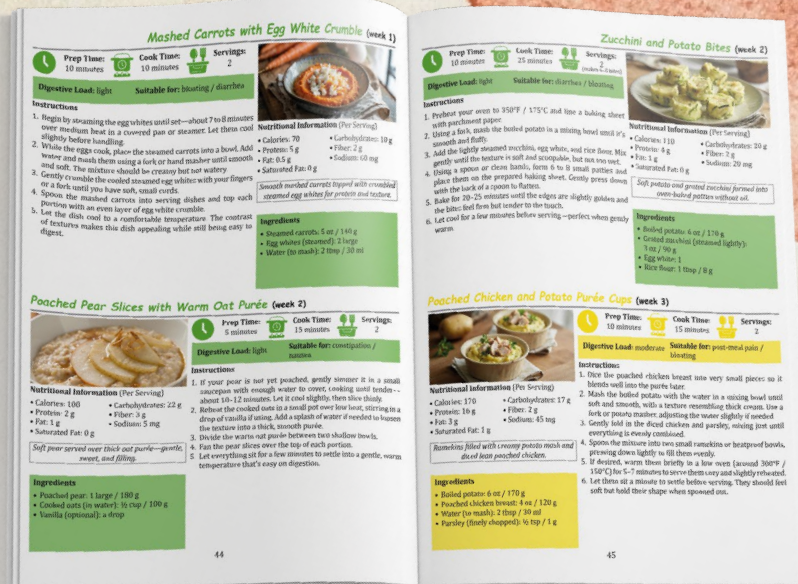
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Inside, you'll find a QR code that gives you instant access to a complete 30-day meal plan and ready-made shopping lists. Just download them to your phone, and you'll always have a convenient guide for the store. This isn't just a book—it's your personal assistant on the path to a healthy liver.



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INTRODUCTION

Losing your gallbladder is more than just a physical change—it can feel like losing a sense of control over your own body. Many people wake up from surgery not just with questions about food, but with an unfamiliar tension in their gut: *What now? What can I eat? Will I ever feel “normal” again?*

That uncertainty is real. You’re not alone if you feel anxious, frustrated, or even a little scared about what comes next. Food—something that once brought joy—may now bring discomfort, confusion, or fear of triggering symptoms like bloating, diarrhea, or fatigue.

Although small, the gallbladder played a mighty role behind the scenes, storing and releasing bile at just the right moment to help you digest fats. Without it, bile flows freely and continuously into your digestive tract—without timing or regulation. This shift may overwhelm your system, especially with heavy, fatty, or processed foods, and leave you feeling off balance.

But here’s the truth: your body is capable of adapting. With the right approach, you can regain confidence at the table. This cookbook was created to help you do exactly that—to rebuild trust with your digestion, meal by meal.

To make the most of this book, it is designed to be used alongside the included meal plan. As you read about each weekly phase, refer to the matching section in the meal plan to see how the guidance translates into your daily eating. This way, you’re not just learning about the phases—you’re applying them in real life, building comfort and confidence one plate at a time.

In the days, weeks, and even months following gallbladder removal, it’s normal to experience:

- Unpredictable or frequent bowel movements
- Trouble tolerating fried, spicy, or greasy foods
- Increased sensitivity to caffeine, dairy, or raw vegetables
- A general sense of digestive discomfort after meals

Think of it as your system learning a new rhythm. Just like a recipe needs adjusting after removing a key ingredient, so does your body—and that takes time, patience, and guidance.

This book offers all three. Whether your surgery was last week or ten years ago, you’ll find strategies, structure, and plenty of nourishing meals that support your unique journey.

To help you ease into this transition, the recipes are organized into gentle weekly phases:

- **Week 1: Reset & Recovery** – Light, low-fat dishes to rest and calm your system
- **Week 2: Gentle Variety** – Soft textures, cooked vegetables, and soothing flavors
- **Week 3: Balanced & Satisfying** – Lean proteins, more fiber, and moderate diversity
- **Week 4: Confident Eating** – A full range of well-tolerated, sustainable meals
- **Weeks 5–8: Personalized Expansion** – Guidance to help you extend your meal plan to 8 weeks, based on your own symptoms and progress

You can follow the phases step by step, or move flexibly depending on how you feel. Each recipe is labeled with its appropriate phase, so you’ll always know which options are gentle, moderate, or more robust.

Most importantly, this book is a reminder: you are not broken. Your body is simply learning a new way to thrive. With awareness, compassion, and food that’s both kind and flavorful, life after gallbladder removal can be full—not fearful.

Color-Coded Digestive Load System

To make choosing meals even easier, recipes are also color-coded by digestive load.

- **Green (Light Load)** – Gentle, low-fat dishes that are easiest to digest
- **Yellow (Moderate Load)** – Balanced meals with lean proteins and moderate fiber
- **Red (Full Load)** – Heartier meals with more texture or fat for confident eating

This visual system allows you to quickly identify which recipes suit your current stage and tolerance, helping you enjoy meals without worry.

CHAPTER 1: UNDERSTANDING LIFE WITHOUT A GALLBLADDER

WHAT'S HAPPENING INSIDE YOUR BODY—AND HOW TO FEEL AT PEACE WITH IT

When your gallbladder is removed, digestion changes in surprising ways. This chapter explains what's going on behind the scenes and helps you make sense of new symptoms—so you can move forward with confidence instead of fear.

THE ROLE OF BILE: YOUR BODY'S UNSUNG DIGESTIVE HERO

Bile is a golden-green fluid made by your liver, playing a vital role in breaking down fats. Think of it as a natural detergent: it emulsifies large fat molecules into smaller droplets, making them easier for your enzymes to digest and absorb.

Normally, bile is stored in the gallbladder, which acts as a reservoir and timing mechanism. When you eat a meal—especially one rich in fats—the gallbladder squeezes out a potent dose of bile right when it's needed. This allows for efficient digestion, especially of fat-soluble nutrients like vitamins A, D, E, and K.

But without the gallbladder, bile isn't stored or concentrated anymore. It trickles continuously into your small intestine, regardless of whether food is present. This poorly timed flow creates two challenges:

- There's often **not enough bile** when fatty food arrives
- The bile that is present is **too diluted** to work efficiently

This mismatch can lead to partially digested fats, which may cause bloating, cramps, urgency, or oily stools (a condition called steatorrhea).

WHAT CHANGES IN METABOLISM AFTER GALLBLADDER REMOVAL?

While your body continues to produce bile, your ability to digest fats becomes less efficient. This doesn't mean you must eliminate fat completely—but it does mean you need to work with your body's new limits.

You may also experience temporary changes in metabolism and gut motility. Without the gallbladder regulating bile release:

- Your intestines may move food more quickly (leading to diarrhea)
- Fat absorption may decrease (causing mild deficiencies or fatigue)
- You may feel full more quickly or experience irregular hunger signals

Over time, many of these effects stabilize—but only if you support your system with thoughtful food choices and portion control.

COMMON POST-OP SYMPTOMS AND DIGESTIVE CHALLENGES

Every body is different, but the most commonly reported symptoms include:

- A sense of fullness or bloating shortly after eating
- Increased gas or burping
- Loose stools or diarrhea, often urgent
- Mild queasiness after rich or greasy meals
- Difficulty with certain foods like dairy, caffeine, or spicy dishes

These experiences aren't signs of failure—they're your body asking for support and time to adjust.

EMOTIONAL RECOVERY: YOU'RE NOT ALONE

Healing after gallbladder surgery isn't just physical—it can stir up anxiety, food fear, and frustration. You might wonder if you'll ever feel “normal” again or if every meal will be a gamble. These feelings are incredibly common.

The truth is, you can absolutely rebuild comfort and joy around food. It starts with smaller, simpler meals, tuned into your symptoms and tolerance. As your digestion improves, variety will follow.

What matters most right now is gentleness—with your food, and with yourself. This book is here to walk with you through every stage, helping you build a new kind of confidence in your body and your meals.

CHAPTER 2: CORE DIETARY PRINCIPLES

LEARN HOW TO EAT IN A WAY THAT SOOTHES YOUR DIGESTION— NOT STRESSES IT.

This chapter offers practical, gentle guidelines for choosing foods and preparing meals after gallbladder removal. By understanding what your body can handle—and how to introduce fats, fiber, and protein with care—you'll build a new eating rhythm that restores comfort, confidence, and energy.

WHY FAT NEEDS A DIFFERENT APPROACH NOW

Fat isn't the enemy—but after gallbladder removal, how you eat fat matters more than ever. Without your gallbladder's ability to release a strong surge of bile, your body struggles to digest large or concentrated amounts of fat.

Instead of being properly broken down and absorbed, unprocessed fat can ferment in the intestines, leading to bloating, cramping, or greasy stools. This is why low-fat eating becomes the foundation of early recovery.

But here's the nuance: some fat is essential for your health, especially because it helps you absorb important fat-soluble vitamins—A, D, E, and K.

FAT-SOLUBLE VITAMINS: A, D, E, K

These vitamins support your immune system, skin, vision, bones, and blood clotting. They require dietary fat to be absorbed—but only a little.

After gallbladder removal, bile becomes too diluted to handle large amounts of fat efficiently. To ensure you still absorb these vital nutrients, include small amounts of well-tolerated oils at meals—just enough to activate vitamin absorption without triggering symptoms.

RECOMMENDED FATS (START WITH ¼–½ TSP PER SERVING)

- Extra light olive oil
- Sunflower oil (from dried seeds)
- Thistle oil

Avoid (early stages): butter, cream, cheese, coconut oil, nut butters, avocado, fatty meats, fried foods.

REINTRODUCING MACRONUTRIENTS SAFELY

Your digestive system needs time to adjust to life without a gallbladder. That means gently easing in each major food group and paying attention to how your body responds.

SAFE FOOD REINTRODUCTION GUIDE

Macronutrient	Start With (Weeks 1–2)	Add Gradually (Weeks 3–4)	Introduce Later (Weeks 5–8)
Protein	Egg whites, skinless chicken breast, white fish, plain tofu	Lean turkey, steamed tofu, poached salmon	Lean beef, eggs, occasional dairy (if tolerated)
Carbohydrates	White rice, mashed potatoes, oatmeal, polenta	Soft whole grains (quinoa, millet), sweet potatoes	Legumes (lentils, chickpeas), whole-grain bread
Fats	Extra light olive oil (¼–½ tsp), sunflower oil, thistle oil	Slightly larger portions (1 tsp), add to warm meals	Test avocado, seeds, and healthy nut butters
Fiber	Cooked carrots, peeled potatoes, zucchini, pumpkin	Cooked green beans, soft fruit (bananas, applesauce)	Raw vegetables, skins, leafy greens, crucifers
Liquids	Water, clear broth, herbal teas	Light bone broth, rice milk (unsweetened)	Caffeinated drinks, dairy-based beverages (optional)

FOODS TO AVOID IN EARLY RECOVERY

Food Group	Avoid During First 4 Weeks
High-fat foods	Cream, cheese, butter, bacon, sausages, fatty cuts of meat
Raw vegetables	Onion, garlic, cabbage, bell peppers, broccoli, cauliflower
Spices & irritants	Chili, hot sauce, cayenne, vinegar
Beverages	Coffee (early), soda, alcohol, sweetened drinks
Processed foods	Fast food, pastries, fried snacks, packaged meats

HOW TO STRUCTURE YOUR DAY: SMALLER, SIMPLER MEALS

After gallbladder surgery, large meals can overwhelm your digestive system. Instead, try eating four to six small meals spaced throughout the day. This helps keep bile demand steady and manageable.

Helpful tips:

- Chew thoroughly and eat slowly
- Sip water or herbal tea between meals
- Avoid skipping meals or eating too late in the day
- Use modest portion sizes—especially with fats and fiber

This slower rhythm helps your body stay calm and reduces common issues like cramping, bloating, and urgency.

COOKING TECHNIQUES THAT SUPPORT DIGESTION

Not all cooking methods are created equal—especially when your gut is healing. The way you prepare your food can influence how well your body tolerates it.

Gentle techniques to rely on:

- Boiling and steaming: soften vegetables and grains
- Poaching and baking: ideal for lean proteins
- Simmering and stewing: builds flavor without irritation
- Air frying (oil-free): optional, only with low-fat foods

Avoid:

- Frying in oil
- Grilling with fat
- Browning or crisping with cheese or butter

The goal is tenderness—not crunch. Your gut will thank you for it.

THIS IS A HEALING PHASE, NOT A LIFE SENTENCE

These dietary shifts are temporary tools, not permanent restrictions. Your digestive system is learning a new way to work—and that takes time.

The more you honor this adjustment phase, the faster your symptoms will ease and your food variety will grow. Over time, many people return to a diverse, satisfying way of eating—without fear, fatigue, or discomfort.

This chapter is your foundation for that journey. Gentle meals. Thoughtful portions. Gradual exploration. And above all—patience with your incredible, healing body.

CHAPTER 3: BREAKFAST RECIPES

Creamy Oatmeal with Steamed Apple and Cinnamon (week 1)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Instructions

1. Pour the oats and water into a small saucepan and place it over low heat. Let the oats slowly absorb the water, stirring now and then with a gentle hand. As they cook, they'll gradually soften and turn into a creamy, smooth base—you'll notice the texture becoming silky and the scent turning pleasantly warm.
2. While the oats are doing their thing, steam the diced apple in a basket or sieve placed over lightly simmering water. Cover and allow the pieces to steam for about 5 to 7 minutes. You'll know they're done when they're fork-tender and smell softly sweet, almost like a warm autumn pie.
3. Once the oatmeal is thick and fully cooked (around the 8 to 10-minute mark), turn off the heat. If you're using salt, stir in just a tiny pinch to bring out the flavor without overpowering the dish.
4. Divide the oatmeal between two bowls. Gently layer the steamed apples on top of each portion, then finish with a whisper of ground cinnamon. For a deeper flavor, press the cinnamon gently into the oats so the spice mingles with their warmth.



Nutritional Information (Per Serving)

- Calories: 145
- Protein: 4 g
- Fat: 2 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 20 mg

A soft, soothing bowl of oats topped with tender apple slices and a hint of warm spice.

Ingredients

- Rolled oats: ½ cup / 45 g
- Water: 1½ cups / 360 ml
- Apple (peeled, diced): 5 oz / 140 g
- Ground cinnamon: 1 pinch
- Salt: 1 small pinch (optional)

Mashed Potato and Egg White Bowl (week 1)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light

Suitable for: diarrhea /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 130
- Protein: 8 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 23 g
- Fiber: 2 g
- Sodium: 55 mg

Simple mashed potatoes paired with fluffy steamed egg whites for a gentle, protein-rich breakfast.

Ingredients

- White potatoes (peeled, diced): 10 oz / 280 g
- Water (for mashing): ¼ cup / 60 ml
- Egg whites: 4 large (about ½ cup / 120 ml)
- Salt: to taste (optional)

Instructions

1. Start by placing your diced potatoes into a small saucepan—just enough for a cozy simmer. Pour in enough water to barely cover them, then bring the pot to a gentle bubble over medium heat. Let the potatoes simmer softly, giving them time to become fork-tender, about 12 to 15 minutes. When you can easily slide a fork through one, they're ready for the next delicious step.
2. While the potatoes cook, get the egg whites ready. Pour them into a heatproof bowl and set it atop a pot of gently simmering water, using a double-boiler method. Carefully cover the bowl with a lid or foil and allow the steam to gently cook the whites for 5 to 7 minutes. They'll slowly turn opaque and firm up into a tender, almost cloudlike texture. A silicone spatula works well to gently lift them as they set.
3. Once the potatoes are tender, drain them and place them back into the pot. Add a splash of warm water (about ¼ cup / 60 ml) and mash until smooth and creamy. Use a fork or potato masher—the texture should be soft but not watery. Add a pinch of salt if you'd like, but keep it minimal.
4. Spoon the mashed potatoes into two bowls and top each with the steamed egg whites. For extra softness, you can break the whites into gentle folds or shreds as you place them on top.

Rice Porridge with Mashed Banana (week 1)



Prep Time:
5 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: nausea /
constipation



Nutritional Information (Per Serving)

- Calories: 115
- Protein: 2 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 26 g
- Fiber: 1.5 g
- Sodium: 2 mg

White rice slowly cooked into a creamy porridge and blended with ripe banana for natural sweetness.

Ingredients

- White rice: ¼ cup / 50 g
- Water: 1¼ cups / 300 ml
- Ripe banana: 1 medium (4 oz / 115 g), mashed
- Salt: a small pinch (optional)

Instructions

1. Rinse the rice under cool water until it runs clear, then place it in a small saucepan with the measured water. Set the pan over low heat and let the rice slowly simmer, uncovered at first. After about 10 minutes, reduce the heat and cover it loosely so the steam stays in. Let it gently cook another 10 to 15 minutes, stirring from time to time to help it soften and release its starch. The texture should be smooth, almost pudding-like.
2. While the rice is cooking, mash the banana in a bowl until it becomes creamy and mostly lump-free—it should feel silky and smell sweet. If your banana isn't very ripe, letting it sit in a warm spot for a few minutes helps deepen the flavor.
3. Once the porridge is thick and the rice is completely tender, take it off the heat. Stir in the mashed banana slowly, letting it melt into the warm grains. Add a small pinch of salt, if preferred, to balance the sweetness.
4. Spoon into two small bowls. You can smooth the tops with the back of your spoon for a clean, comforting finish—it's a gentle touch, but it makes it feel special.

Carrot and Potato Mash with Steamed Turkey (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / diarrhea

Nutritional Information (Per Serving)

- Calories: 140
- Protein: 10 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Carbohydrates: 20 g
- Fiber: 2.5 g
- Sodium: 35 mg

A comforting vegetable mash paired with tender, finely chopped lean turkey breast.

Ingredients

- Carrots (peeled, diced): 4 oz / 115 g
- White potatoes (peeled, diced): 6 oz / 170 g
- Ground or finely chopped lean turkey breast: 3 oz / 85 g
- Water (for steaming): ½ cup / 80 ml
- Salt: to taste (optional)

Instructions

1. Begin by placing the diced carrots and potatoes into a saucepan with just enough water to cover them. Set over medium heat and cook gently until both vegetables are completely soft—they should break apart easily with the back of a spoon, usually after about 15 minutes.
2. While the vegetables are cooking, steam the turkey. Place the ground or finely chopped turkey into a steamer basket or a heatproof bowl positioned over simmering water. Cover and let the steam do its work for about 7 to 10 minutes, until the meat is fully cooked through—pale and tender. You can stir it once or twice during steaming to keep it from clumping.
3. Once the vegetables are soft, drain and return them to the pot. Mash thoroughly until smooth and creamy. If the mixture is too thick, stir in a splash of warm water to loosen it up. Add a pinch of salt if your body tolerates it.
4. Spoon the mash into two serving bowls. Break up the steamed turkey into small, soft crumbles or fine flakes, and place gently over or alongside the mash. You can fold it in lightly or leave it separate, depending on what feels best to digest.

Soft Polenta with Applesauce (week 1)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: light

Suitable for: post-meal pain /
nausea



Instructions

1. In a small saucepan, bring the water to a gentle simmer over low heat. Slowly sprinkle in the fine cornmeal with one hand while stirring steadily with the other. This helps prevent clumps and gives you a silky base.
2. Keep the heat low and continue stirring as the mixture thickens. You'll notice the texture shifting from watery to creamy in just a few minutes. Use a spoon or silicone spatula to guide it gently from the sides as it softens into a smooth, golden porridge. The full cooking time should be about 10–12 minutes.
3. Once the polenta is soft and creamy with no gritty texture left, take it off the heat. If using salt, stir in just a tiny pinch now to balance the flavor.
4. Divide the warm polenta into two bowls. Spoon the applesauce over the top of each portion—you can swirl it in gently or leave it as a layer, depending on what feels most appealing. The natural sweetness of the applesauce blends beautifully with the mellow base.

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 2 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 26 g
- Fiber: 1.5 g
- Sodium: 3 mg

Smooth, warm polenta topped with naturally sweet unsweetened applesauce.

Ingredients

- Fine cornmeal (polenta): ¼ cup / 40 g
- Water: 1 cup / 240 ml
- Unsweetened applesauce: ½ cup / 120 g
- Salt: a pinch (optional)

Quinoa Porridge with Steamed Pear Chunks (week 2)



Prep Time:
5 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation /
bloating

Nutritional Information (Per Serving)

- Calories: 155
- Protein: 4 g
- Fat: 2.5 g
- Saturated Fat: 0.3 g
- Carbohydrates: 30 g
- Fiber: 3 g
- Sodium: 5 mg

Mild and nutty quinoa simmered to creaminess, topped with soft, naturally sweet pear.

Ingredients

- Quinoa (rinsed): ¼ cup / 45 g
- Water: 1 cup / 240 ml
- Ripe pear (peeled, chopped): 5 oz / 140 g
- Ground cinnamon: a pinch
- Salt: a small pinch (optional)

Instructions

1. Place the rinsed quinoa and water into a small saucepan and set it over low heat. Let the grains gently simmer, uncovered at first, stirring from time to time as the mixture begins to thicken. After about 10 minutes, lower the heat and loosely cover the pan to keep the steam in while it continues to cook.
2. While the quinoa is simmering, steam the chopped pear in a steamer basket or heatproof bowl set over gently bubbling water. Cover and let it steam for 7 to 8 minutes, just until the pear softens enough to pierce with a spoon and starts releasing its subtle, floral sweetness.
3. Once the quinoa is tender and the porridge has a smooth, spoonable consistency—this usually takes around 20–25 minutes in total—turn off the heat. Stir in a small pinch of salt if desired, and give the porridge a gentle mix to even out the texture.
4. Divide the quinoa porridge between two bowls. Spoon the warm pear chunks over the top and finish with a light sprinkle of ground cinnamon. You can press the cinnamon gently into the surface to let the aroma rise with the steam for a cozy finish.

Egg White and Zucchini Scramble (week 2)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating /
post-meal pain



Nutritional Information (Per Serving)

- Calories: 65
- Protein: 7 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 4 g
- Fiber: 1 g
- Sodium: 55 mg

Fluffy egg whites gently cooked with shredded zucchini for a light and savory meal.

Ingredients

- Egg whites: 4 large (about ½ cup / 120 ml)
- Zucchini (grated): 3 oz / 85 g
- Water: 1 tbsp / 15 ml (for moisture)
- Fresh parsley (optional): 1 tsp / 1 g, finely chopped
- Salt: to taste

Instructions

1. Place the grated zucchini into a nonstick pan over low heat with 1 tablespoon of water. Let it soften slowly, stirring now and then, until it looks glossy and tender, about 3 to 4 minutes. The zucchini should smell clean and vegetal, and there shouldn't be any raw crunch left.
2. Give the egg whites a quick whisk with a fork to loosen them slightly, then pour them gently into the pan with the warm zucchini. Keep the heat low and let the mixture sit for a few moments before you begin stirring—this helps create soft, fluffy curds rather than breaking them up too quickly.
3. With a silicone spatula or wooden spoon, slowly stir from the edges inward, folding the mixture as it sets. Continue just until the egg whites are fully opaque and softly firm, but not dry. This should take about 3 to 5 minutes depending on your pan and heat.
4. Turn off the heat and stir in a pinch of salt. If you like, sprinkle the finished scramble with finely chopped parsley for a fresh note.

Bulgur Wheat with Banana Purée (week 2)



Prep Time:
5 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation /
nausea

Nutritional Information (Per Serving)

- Calories: 140
- Protein: 3 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 3 g
- Sodium: 2 mg

A mild, smooth blend of bulgur and banana for a warm, sweet breakfast.

Ingredients

- Bulgur wheat: ¼ cup / 45 g
- Water: 1 cup / 240 ml
- Ripe banana: 1 medium (4 oz / 115 g), mashed
- Salt: a pinch (optional)
- Ground cardamom or cinnamon (optional): a small pinch

Instructions

1. Add the bulgur and water to a small saucepan and set over low heat. Let it warm gradually, and as soon as you see small bubbles around the edges, stir gently and cover loosely with a lid.
2. Allow the bulgur to simmer quietly for about 12 to 15 minutes, stirring from time to time to prevent sticking. You're looking for a soft, thick texture—not runny, but smooth and spoonable. If it starts to dry out before it's fully cooked, you can stir in a splash of warm water.
3. While the bulgur cooks, mash the banana until creamy and mostly smooth. If it's very ripe, it will practically melt under your fork.
4. Once the bulgur is soft and fully cooked, take it off the heat. Stir in the mashed banana, letting it blend into the warm grain and add its natural sweetness. Add a pinch of salt if using, and finish with a whisper of cardamom or cinnamon if you like a bit of cozy flavor.
5. Divide between two bowls and let it rest a moment before eating—it thickens slightly as it cools, and the aroma becomes even more inviting.

Oatmeal with Blueberries and a Touch of Honey (week 2)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** bloating / mild constipation



Instructions

1. Combine the oats and water in a small saucepan and place over low heat. Let the mixture warm gradually as the oats begin to soften, stirring gently to keep them from sticking. After a few minutes, they'll start to release their starch, creating a creamy base.
2. Once the oats have thickened slightly—around the 5-minute mark—stir in the blueberries. If they're fresh, they'll plump gently as they warm. If frozen, you'll notice the color begins to swirl through the oats as they melt. Continue cooking for additional 5 to 7 minutes, stirring gently to encourage an even texture.
3. When the oatmeal has reached a soft, creamy consistency and the berries are tender, remove the pot from the heat. A touch of salt will help to balance the flavors, and if using honey, stir it in now while the oats are still warm enough to let it melt smoothly.
4. Spoon into two bowls and let it sit for a moment. The porridge will thicken slightly as it rests, and the blueberry aroma will become even more comforting.

Nutritional Information (Per Serving)

- Calories: 160
- Protein: 4 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Carbohydrates: 33 g
- Fiber: 4 g
- Sodium: 55 mg

Comforting oats cooked with juicy blueberries and a mild hint of natural sweetness.

Ingredients

- Rolled oats: ½ cup / 45 g
- Water: 1½ cups / 360 ml
- Blueberries (fresh or frozen): 3 oz / 85 g
- Honey (optional): 1 tsp / 5 ml
- Salt: a pinch

Sweet Potato Mash with Ground Turkey (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** diarrhea / post-meal pain

Nutritional Information (Per Serving)

- Calories: 170
- Protein: 11 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 26 g
- Fiber: 3 g
- Sodium: 45 mg

Naturally sweet, creamy potatoes paired with tender, lean turkey for protein balance.

Ingredients

- Sweet potato (peeled, cubed): 8 oz / 225 g
- Ground turkey breast (steamed): 3 oz / 85 g
- Water (for mashing): ¼ cup / 60 ml
- Fresh thyme or parsley (optional): 1 tsp / 1 g, finely chopped
- Salt: to taste

Instructions

1. Put the sweet potato cubes into a saucepan and cover with water. Set over medium heat and simmer gently until the pieces are soft enough to mash—they should slide easily off a fork, usually after 12 to 15 minutes.
2. While the sweet potatoes cook, steam the ground turkey breast in a steamer basket or heat-safe bowl set over simmering water. Cover and let it cook for around 8 to 10 minutes, stirring occasionally to keep the texture light. You'll know it's done when the meat turns pale and feels firm with no pink remaining.
3. Drain the sweet potatoes and put them in the pot. Add ¼ cup (60 ml) warm water and mash until smooth and creamy. The texture should be soft but not overly thin—adjust the water as needed. Add salt to taste, only if your digestion allows.
4. Divide the sweet potato mash between two bowls. Top each with the cooked ground turkey, breaking it into small crumbles or fine bits. If using, sprinkle with fresh thyme or parsley for a gentle hint of brightness.

Barley Porridge with Baked Apple and Raisins (week 3)



Prep Time:
10 minutes



Cook Time:
35 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation / bloating



Instructions

1. Bring your oven up to 350°F (175°C). Place the chopped apple in a small baking dish with a tablespoon of water. Cover lightly with foil and bake for 20–25 minutes until the pieces are soft and their edges begin to turn golden. They should smell lightly caramelized and feel tender when pressed.
2. While the apple bakes, rinse the pearl barley under cool water and place it in a small saucepan with the measured water. Set it over low heat and allow it to simmer gently. Let it cook uncovered for the first 10 minutes, then cover loosely and continue simmering for another 15 to 20 minutes, stirring occasionally. The barley should swell and turn creamy, with a soft bite.
3. Add the golden raisins during the final 5 minutes of cooking, so they plump up and gently release their sweetness into the porridge.
4. Once the barley is fully cooked and the texture feels right—thick, soft, and spoonable—remove from the heat. Gently fold in the baked apple pieces and add a pinch of cinnamon to finish. Let it rest a minute or two so everything settles into a warm, balanced blend.

Nutritional Information (Per Serving)

- Calories: 180
- Protein: 4 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 38 g
- Fiber: 5 g
- Sodium: 3 mg

Soft, chewy barley simmered until creamy, with tender baked apple and a hint of sweetness from golden raisins.

Ingredients

- Pearl barley: $\frac{1}{3}$ cup / 60 g
- Water: $1\frac{1}{2}$ cups / 360 ml
- Apple (peeled, chopped, baked): 4 oz / 115 g
- Golden raisins: 1 tbsp / 10 g
- Ground cinnamon: a pinch

Vegetable Egg White Omelet (week 3)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 80
- Protein: 9 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 5 g
- Fiber: 1.5 g
- Sodium: 65 mg

A fluffy, oil-free egg white omelet folded around soft-cooked zucchini and carrot.

Ingredients

- Egg whites: 5 large (about $\frac{2}{3}$ cup / 160 ml)
- Zucchini (shredded): 2 oz / 60 g
- Carrot (finely grated): 2 oz / 60 g
- Water: 1 tbsp / 15 ml
- Salt: to taste
- Fresh parsley (optional): 1 tsp / 1 g

Instructions

1. In a small nonstick skillet, combine the shredded zucchini and grated carrot with 1 tablespoon of water. Cook gently over low heat for about 4 to 5 minutes, stirring occasionally. The vegetables should soften and release their natural sweetness without browning. Let them sit off the heat for a minute to cool slightly.
2. In a separate bowl, give the egg whites a gentle whisk with a pinch of salt until they turn frothy and loose—you're not aiming for stiff peaks, just enough air to create a tender texture.
3. Wipe the skillet clean and return it to low heat. Pour in the egg whites and let them spread evenly across the pan. Allow them to set slowly without stirring. After about 2 to 3 minutes, once the bottom is firm but the top is still glossy, spoon the warm vegetables across one side.
4. Carefully fold the omelet in half over the filling. Cover the pan with a lid and let it steam for another 2 to 3 minutes so the center cooks through without drying out. The result should be soft, slightly springy, and easy to cut through.
5. Slide the omelet onto a plate and, if you like, top it with a sprinkle of chopped parsley. Let it rest a moment before serving—the warmth helps everything settle together.

Lentil and Rice Breakfast Mash (week 3)



Prep Time:
5 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation

Instructions

1. Rinse the red lentils and rice thoroughly under cool water until the water runs mostly clear. Place them together in a small saucepan with the measured water and set over low heat.
2. Let the mixture come to a gentle simmer. Stir from time to time to prevent sticking as the lentils begin to break down. Around the 15-minute mark, you'll notice the lentils turning soft and the rice starting to release starch, creating a thick, soothing texture.
3. Continue to cook for around 20 to 25 minutes in total, until both components are very tender and the mixture resembles a smooth mash. If it turns out too thick, adjust the texture by mixing in a little warm water.
4. Turn off the heat and season with a pinch of salt if tolerated. For a smoother texture, mash lightly with the back of a spoon or blend briefly with an immersion blender. Stir in parsley if you'd like a hint of freshness.
5. Divide into two warm bowls and let it rest briefly before enjoying—the texture thickens gently as it settles, making for a truly comforting bite.



Nutritional Information (Per Serving)

- Calories: 160
- Protein: 8 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 40 mg

Creamy red lentils cooked with white rice and blended smooth for a comforting, protein-rich start.

Ingredients

- Red lentils: ¼ cup / 50 g
- White rice: 2 tbsp / 30 g
- Water: 1½ cups / 360 ml
- Fresh parsley (optional): 1 tsp / 1 g, finely chopped
- Salt: to taste

Baked Millet with Apples and Cinnamon (week 3)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation / post-meal pain

Nutritional Information (Per Serving)

- Calories: 155
- Protein: 4 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 5 mg

A gently baked millet dish infused with soft apples and a warm cinnamon aroma.

Ingredients

- Millet: ¼ cup / 45 g
- Water: 1¼ cups / 300 ml
- Apple (peeled, chopped): 4 oz / 115 g
- Ground cinnamon: ¼ tsp / 1 g
- Salt: a pinch

Instructions

1. Bring your oven up to 350°F (175°C). Lightly rinse the millet under cold water and drain well. Place it in a small oven-safe dish along with the chopped apple, cinnamon, and a pinch of salt.
2. Pour the water evenly over the mixture and give it a gentle stir to combine. Cover the dish tightly with foil or a lid to keep the moisture in.
3. Bake for 25 to 30 minutes, until the millet is tender and has absorbed all the liquid. The apples should be soft and fragrant, and the cinnamon will have infused the whole dish with a gentle warmth.
4. Remove from the oven and let it rest for 5 minutes, still covered, to finish steaming. Then fluff lightly with a fork. You can mash some of the apple into the millet for extra sweetness or leave the chunks whole for contrast.
5. Serve warm in two bowls, letting the natural scent of apple and spice be the highlight.

White Bean and Potato Hash (week 3)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation / bloating



Nutritional Information (Per Serving)

- Calories: 165
- Protein: 6 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 10 mg

Mashed white beans blended with soft-cooked potato and gently heated for a savory, satisfying bite.

Ingredients

- White beans (cooked, unsalted): ½ cup / 120 g
- Potato (boiled, peeled): 6 oz / 170 g
- Water: 2 tbsp / 30 ml (for soft consistency)
- Fresh chives or parsley (optional): 1 tsp / 1 g
- Salt: to taste

Instructions

1. If your beans are freshly cooked or canned, rinse them well and set aside. In a small pan over low heat, add the boiled potato and mash it gently with a fork until it breaks down into soft chunks.
2. Add the white beans to the pan and mash them slightly, just enough to combine with the potato. Add 2 tablespoons of water and continue slowly stirring—you're aiming for a thick, spoonable texture with some creamy pockets and soft pieces.
3. Let the mixture warm through for about 5 to 7 minutes. Stir occasionally to prevent sticking and help everything heat evenly. If your digestion allows, add a pinch of salt to taste.
4. Once warmed and blended, remove from the heat and spoon into two bowls. Put some fresh chives or parsley on top for a mild, fresh lift if desired.

Buckwheat with Baked Pear and Ground Chicken (week 4)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: mild constipation

Nutritional Information (Per Serving)

- Calories: 240
- Protein: 14 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 38 g
- Fiber: 5 g
- Sodium: 40 mg

Warm nutty buckwheat topped with soft, sweet pear and a sprinkle of savory lean ground chicken.

Ingredients

- Buckwheat groats: ½ cup / 90 g
- Water: 1½ cups / 360 ml
- Pear (peeled, diced, baked): 5 oz / 140 g
- Ground chicken breast (steamed or sautéed without oil): 3 oz / 85 g
- Salt: to taste
- Fresh thyme (optional): a pinch

Instructions

1. Bring your oven up to 350°F (175°C). Place the diced pear in a small baking dish with a splash of water. Cover loosely and bake for 20 to 25 minutes, until the pieces are soft and their edges look slightly golden. Set aside to cool briefly.
2. While the pear bakes, rinse the buckwheat well under cool water. Place it in a small saucepan with 1½ cups of water and a pinch of salt. Then bring it to a gentle simmer over low heat and cook for around 15 to 18 minutes, uncovered at first. Stir once or twice as it absorbs the water and becomes tender but not mushy. Once done, cover and let sit for 5 minutes to fluff up.
3. Meanwhile, steam or dry-sauté the ground chicken breast over medium-low heat until it's fully cooked and no longer pink, breaking it up into fine crumbles as it cooks. This should take 6 to 8 minutes. Avoid browning—you're aiming for soft and moist.
4. Spoon the warm buckwheat into two serving bowls. Top with the baked pear and scatter the cooked chicken evenly over each portion. If desired, finish with a light touch of fresh thyme to bring out the savory-sweet balance.

Tofu and Zucchini Breakfast Sauté (week 4)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating / stable digestion



Instructions

1. Start by gently pressing the tofu with a paper towel to remove excess moisture. Once it's drier to the touch, crumble it into small, soft chunks with your fingers or a fork—it should resemble soft scrambled eggs in texture.
2. Add the grated zucchini and 2 tablespoons of water to a nonstick pan over low heat. Cook for around 3 to 4 minutes, stirring from time to time, until the zucchini softens and begins to release its fresh, green aroma.
3. Incorporate the crumbled tofu into the pan and stir gently to combine. Let it heat through for another 5 to 7 minutes, just until the tofu is warm and everything is well blended. Avoid browning—keep the heat gentle so the texture stays soft and tender.
4. Drizzle in the lemon juice and add salt to taste. Stir in fresh dill or parsley right before serving for a mild, herbaceous finish.
5. Spoon into bowls and enjoy the soft, bright balance of savory tofu, sweet zucchini, and a hint of citrus.

Nutritional Information (Per Serving)

- Calories: 130
- Protein: 11 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 5 g
- Fiber: 2 g
- Sodium: 60 mg

Soft tofu crumbles with lightly sautéed zucchini, brightened with lemon juice and herbs.

Ingredients

- Firm tofu: 6 oz / 170 g
- Zucchini (grated): 4 oz / 115 g
- Water: 2 tbsp / 30 ml
- Lemon juice: ½ tsp / 2 ml
- Fresh dill or parsley: 1 tsp / 1 g
- Salt: to taste

Brown Rice with Wilted Spinach and Egg Whites (week 4)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / post-meal pain

Nutritional Information (Per Serving)

- Calories: 165
- Protein: 8 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 3 g
- Sodium: 50 mg

Hearty brown rice tossed with just-wilted spinach and silky egg whites, finished with a touch of brightness.

Ingredients

- Cooked brown rice: ¾ cup / 130 g
- Fresh spinach (lightly wilted): 3 oz / 85 g
- Egg whites: 4 large (½ cup / 120 ml)
- Lemon zest: a pinch (optional)
- Salt: to taste

Instructions

1. Start by wilting the spinach in a nonstick pan with just a splash of water. Keep the heat low and stir gently as the leaves soften and collapse. It should take only 2 to 3 minutes for the spinach to turn tender and deep green. Transfer to a plate and set aside.
2. In the same pan, pour in the egg whites and cook them slowly over low heat. Let them settle for a moment, then stir gently from the edges inward as they begin to set. Cook until they turn opaque and form soft, silky curds—about 4 to 5 minutes. Remove from the heat once fully cooked.
3. Add the warm brown rice to the pan along with the wilted spinach. Stir everything together gently to combine, allowing the heat to bring the flavors together. Add a pinch of salt to taste.
4. If you'd like a bright lift, add a little lemon zest just before serving. It adds a subtle freshness that pairs nicely with the mellow rice and tender greens.

Soft Lentil Pancakes with Applesauce (week 4)



Prep Time:
10 minutes
(plus soaking)



Cook Time:
20 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating / diarrhea



Instructions

1. Start by soaking the red lentils in water for at least 2 hours or overnight, then rinse and drain. Add them to a blender with ½ cup (120 ml) fresh water and a pinch of salt. Blend until the mixture becomes smooth and pourable, like pancake batter. Let it rest for a few minutes to thicken slightly.
2. Heat a nonstick skillet over low heat. No oil is needed, but make sure the surface is clean and smooth. Pour in around 2 to 3 tablespoons of the batter per pancake, spreading gently into a small round shape with the back of a spoon.
3. Cook each pancake for around 3 to 4 minutes on the first side, until the edges look dry and small bubbles form on top. Flip carefully and cook the second side for another 2 to 3 minutes until both sides are softly golden and the center is set.
4. Continue until all the batter is used, adjusting the heat as needed to keep the surface gently hot but not browning too quickly.
5. Serve the pancakes warm with a side of unsweetened applesauce and a light sprinkle of ground cinnamon. The sweet-tart contrast pairs beautifully with the savory lentil base.

Nutritional Information (Per Serving)

- Calories: 180
- Protein: 10 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 6 g
- Sodium: 50 mg

Savory lentil batter gently dry-cooked into warm pancakes, served with a side of applesauce.

Ingredients

- Red lentils (soaked and blended): ½ cup dry / 100 g
- Water (for blending): ½ cup / 120 ml
- Unsweetened applesauce: ½ cup / 120 g
- Ground cinnamon: a pinch
- Salt: to taste

Mashed Pumpkin with Oats and Cinnamon (week 4)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / bloating

Nutritional Information (Per Serving)

- Calories: 140
- Protein: 4 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Carbohydrates: 27 g
- Fiber: 4 g
- Sodium: 35 mg

Smooth mashed pumpkin stirred into hearty oats with warm cinnamon and a hint of natural sweetness.

Ingredients

- Rolled oats: ½ cup / 30 g
- Pumpkin purée (steamed, unsweetened): ½ cup / 120 g
- Water: 1¼ cups / 300 ml
- Ground cinnamon: ¼ tsp / 1 g
- Honey (optional, if tolerated): ½ tsp / 2 g
- Salt: a pinch

Instructions

1. In a small saucepan, combine the oats and water. Set over low heat and allow the mixture to warm slowly, stirring gently now and then. Within a few minutes, the oats will start to swell and soften, creating a thick and creamy base.
2. Once the oats have thickened to your liking (about 8 to 10 minutes), stir in the pumpkin purée. The texture should become even smoother and take on a soft golden hue. Let it cook together for another 2 to 3 minutes so the flavors blend.
3. Add the cinnamon and salt, and stir thoroughly. If tolerated, drizzle in a small amount of honey for a hint of sweetness that enhances the pumpkin's natural flavor.
4. Spoon into two bowls and let it rest a minute before eating—the aroma of cinnamon and pumpkin will deepen slightly as it cools.

CHAPTER 4: LUNCH RECIPES

Steamed Turkey with Rice and Carrot Mash (week 1)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light

Suitable for: diarrhea /
post-meal pain



Instructions

1. In a steamer or heatproof bowl set over simmering water, cook the ground turkey until it turns fully opaque and tender. Break it apart gently with a spoon as it cooks, so it stays soft and evenly textured. This takes about 8 to 10 minutes.
2. While the turkey steams, place the peeled, chopped carrots in a steamer basket or small pot with just enough water to steam. Let them cook, covered, until the carrots are soft and easily pierced with a fork—about 10 to 12 minutes. Once soft, mash them with a fork or spoon until smooth. Add a splash of water (up to $\frac{1}{3}$ cup) to reach a creamy, spreadable consistency.
3. Reheat the cooked rice if needed, then divide it between two bowls. Spoon the warm carrot mash alongside the rice.
4. Top each portion with the steamed turkey, crumbled into small pieces. Add salt to taste only if tolerated. Let the dish rest for a moment so the warmth blends all the textures.

Nutritional Information (Per Serving)

- Calories: 275
- Protein: 22 g
- Fat: 4 g
- Saturated Fat: 1 g
- Carbohydrates: 36 g
- Fiber: 3 g
- Sodium: 50 mg

A soft, easy-to-digest meal with lean protein and gently mashed vegetables.

Ingredients

- Ground turkey (extra lean): 6 oz / 170 g
- White rice (cooked): $1\frac{1}{2}$ cups / 270 g
- Carrots (peeled, steamed, mashed): 6 oz / 170 g
- Water: $\frac{1}{3}$ cup / 80 ml
- Salt: to taste

Baked Cod with Pumpkin Purée and White Rice (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 250
- Protein: 23 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 30 g
- Fiber: 2 g
- Sodium: 55 mg

Gentle white fish paired with soft rice and smooth pumpkin for comfort and calm digestion.

Ingredients

- Cod fillet: 7 oz / 200 g
- White rice (cooked): 1 cup / 180 g
- Pumpkin (steamed, mashed): 8 oz / 225 g
- Water: $\frac{1}{2}$ cup / 120 ml
- Lemon juice: 1 tsp / 5 ml
- Salt: to taste

Instructions

1. Preheat the oven to 350°F (175°C). Place the cod fillet in a small baking dish with a splash of water to keep it moist. Cover loosely with foil and bake for 15 to 18 minutes, until the fish flakes easily with a fork and turns fully opaque. Once done, drizzle with lemon juice and set aside.
2. While the fish bakes, steam the pumpkin until fork-tender—this usually takes about 12 to 15 minutes. Mash it until smooth, adding up to $\frac{1}{2}$ cup water for a creamy texture. Stir gently and season with a pinch of salt if tolerated.
3. Reheat the cooked rice if needed, either in a pan or microwave, until warm and fluffy.
4. To serve, divide the rice and pumpkin mash between two plates. Top each with a portion of the baked cod. Spoon any baking juices over the fish for extra moisture if desired.

Soft Potato and Turkey Patties with Zucchini (week 1)



Prep Time:
15 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / diarrhea



Nutritional Information (Per Serving)

- Calories: 260
- Protein: 21 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 30 g
- Fiber: 3 g
- Sodium: 50 mg

Mild, oven-baked patties made from mashed potato and lean turkey with soft grated zucchini.

Ingredients

- Ground turkey (extra lean): 6 oz / 170 g
- White potatoes (boiled and mashed): 7 oz / 200 g
- Zucchini (peeled, grated): 2 oz / 60 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. Start by bringing your oven up to 375°F (190°C). Prepare the baking sheet with parchment paper so the patties release easily once baked.
2. Combine the warm mashed potatoes and raw ground turkey in a mixing bowl. Add the grated zucchini and a splash of water to soften the mixture—this helps keep the patties tender as they bake. Season lightly with salt if your digestion allows.
3. Using your hands or a spoon, form the mixture into small, flat patties—delicate to the touch but firm enough to hold their shape. If they feel too sticky, a quick rinse of your fingers under cool water between each patty helps with shaping.
4. Place the patties on the prepared tray, spacing them slightly apart. Bake them on the middle rack for around 20 to 25 minutes. The patties should firm up gently and feel springy when touched. They won't brown much, but the edges may turn pale golden.
5. Let them rest a couple of minutes before serving so the inside finishes setting. They pair beautifully with a spoonful of plain rice or carrot mash if you'd like to round out the meal.

Creamy Rice with Mashed Peas and Egg White (week 1)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light **Suitable for:** constipation / post-meal pain

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 12 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 34 g
- Fiber: 3 g
- Sodium: 55 mg

A soft rice dish blended with mashed peas and steamed egg whites for gentle protein and carbs.

Ingredients

- White rice (cooked): 1½ cups / 270 g
- Peas (steamed, mashed): ½ cup / 100 g
- Egg whites: 4 large (about ½ cup / 120 ml)
- Water: ¼ cup / 60 ml
- Salt: to taste

Instructions

1. Start by steaming the egg whites. Place them in a heat-safe bowl over gently simmering water. Cover and let the steam slowly cook them until set—this usually takes 8 to 10 minutes. They should turn opaque and feel firm but delicate. Once cooled slightly, chop into soft, bite-sized pieces.
2. While the egg whites are steaming, warm the mashed peas with ¼ cup of water in a small saucepan. Let them soften into a creamy texture, stirring gently until the mixture becomes smooth and slightly loose. If the peas are freshly steamed, this will only take a few minutes.
3. Put the cooked rice into the pan with the mashed peas. Stir to mix, letting the rice absorb the green color and gentle sweetness. The goal is a soft, spoonable consistency—if it feels dry, you can add a touch more water.
4. Gently fold in the chopped egg whites. Stir just enough to distribute them throughout the dish without breaking them apart too much. Add salt to taste if tolerated.
5. Spoon into bowls and let it rest briefly. The flavors mellow beautifully as it sits—it's the kind of meal that feels simple, warm, and easy from the very first bite.

Polenta with Turkey Strips and Steamed Carrot (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: nausea /diarrhea

Instructions

1. Place the ground turkey in a heat-safe bowl or steamer basket set over a pot of gently simmering water. Cover with a lid and steam for 8 to 10 minutes, breaking the turkey into small, soft crumbles or strips as it cooks. It should turn pale and tender, with no pink remaining.
2. While the turkey is steaming, place the chopped carrot in a separate steamer basket. Steam for 10 to 12 minutes, or until the pieces are very tender. They should mash easily with the back of a spoon and give off a mild, sweet aroma. Once ready, set aside and keep warm.
3. In a separate saucepan, warm the cooked polenta by adding ½ cup of water. Heat over low, stirring gently until the mixture becomes smooth and creamy again. If tolerated, add a small pinch of salt to enhance the flavor.
4. Spoon the warm polenta into two shallow serving bowls. Scatter the steamed carrot pieces evenly over the top, then add the soft turkey crumbles as the final layer. The bowl should feel balanced, mild, and soothing.
5. Let the assembled bowls sit for 1 to 2 minutes before serving. This short rest allows the heat to settle and the textures to soften, creating a gentle, comforting dish.



Nutritional Information (Per Serving)

- Calories: 230
- Protein: 18 g
- Fat: 3.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 28 g
- Fiber: 2 g
- Sodium: 50 mg

Smooth, warm polenta served with thin slices of lean turkey and tender carrot.

Ingredients

- Fine cornmeal (polenta, cooked in water): 1 cup / 180 g
- Ground turkey (lightly steamed): 5 oz / 140 g
- Carrot (steamed and chopped): 4 oz / 115 g
- Water: ½ cup / 120 ml
- Salt: to taste

Turkey and Quinoa with Steamed Green Beans (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation / bloating

Nutritional Information (Per Serving)

- Calories: 310
- Protein: 25 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 32 g
- Fiber: 4 g
- Sodium: 55 mg

A balanced plate of lean turkey and quinoa, paired with soft green beans for fiber and color.

Ingredients

- Ground turkey (extra lean): 6 oz / 170 g
- Quinoa (cooked in water): 1 cup / 185 g
- Green beans (trimmed, steamed): 6 oz / 170 g
- Water: ⅓ cup / 80 ml
- Lemon juice: 1 tsp / 5 ml
- Salt: to taste

Instructions

1. Begin by steaming the green beans. Put them in a steamer basket over simmering water, cover, and cook for around 8 to 10 minutes until they're tender all the way through but still hold their shape. You'll know they're ready when they bend easily without breaking and their color deepens slightly. Set aside.
2. In a shallow pan, crumble the ground turkey and pour in ⅓ cup of water. Let it gently simmer over low to medium heat, stirring now and then to break the meat into smaller bites. Cook until the turkey is fully opaque and no pink remains—about 8 to 10 minutes. Just before taking off the heat, stir in the lemon juice and a little salt to brighten the flavor.
3. If the quinoa was prepared earlier, warm it slightly with a splash of water in a small saucepan. Stir gently until soft and steamy, but not mushy. Its mild, nutty scent should bloom as it heats.
4. To serve, divide the fluffy quinoa between two plates. Spoon the tender turkey mixture alongside, then arrange the green beans next to them. The lemon in the turkey will lightly perfume the whole dish, tying everything together with a subtle freshness.

Baked White Fish with Bulgur and Zucchini (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / bloating



Nutritional Information (Per Serving)

- Calories: 280
- Protein: 26 g
- Fat: 3 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 55 mg

Mild white fish baked until tender, served with soft bulgur wheat and steamed zucchini slices.

Ingredients

- White fish fillet (e.g., cod or hake): 7 oz / 200 g
- Bulgur (cooked): $\frac{3}{4}$ cup / 130 g
- Zucchini (sliced, steamed): 6 oz / 170 g
- Water: $\frac{1}{4}$ cup / 60 ml
- Salt: to taste

Instructions

1. Bring your oven up to 350°F (175°C). Line a small baking dish with parchment or use a splash of water to prevent sticking. Lay the fish fillet inside and sprinkle it with a pinch of salt. Add $\frac{1}{4}$ cup of water to the dish to keep the fish moist as it bakes. Cover loosely with foil.
2. Bake the fish fillet for about 15 to 20 minutes, depending on thickness. When it flakes apart effortlessly with a fork and turns completely white inside, it's ready. The steam from the water should keep it moist and very tender.
3. While the fish is baking, steam the zucchini slices. Place them in a steamer basket or saucepan with a bit of water, and cook over medium for around 6 to 8 minutes. They should become soft but not fall apart—like cooked squash with a gentle bite.
4. Warm the cooked bulgur in a small pan or microwave with a splash of water, just until steamy and fluffy. Stir lightly with a fork to loosen the grains.
5. To plate, arrange a portion of bulgur on each plate, then place the steamed zucchini alongside. Gently lay the baked fish fillet over or next to the grains. Spoon any remaining juices from the baking dish on top to add moisture and enhance the flavor.

Lentil and Rice Cakes with Mashed Carrots (week 2)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation

Nutritional Information (Per Serving)

- Calories: 240
- Protein: 11 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 42 g
- Fiber: 6 g
- Sodium: 60 mg

Gentle baked patties made with red lentils and rice, served with smooth mashed carrots.

Ingredients

- Red lentils (cooked): $\frac{1}{2}$ cup / 100 g
- White rice (cooked): $\frac{1}{2}$ cup / 90 g
- Carrots (steamed, mashed): 6 oz / 170 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. Bring your oven up to 350°F (175°C) and cover a small baking tray with parchment paper. Lightly moisten the surface with a bit of water if you want an extra gentle release.
2. In a mixing bowl, combine the cooked red lentils and white rice. Use the back of a spoon or a fork to mash them together until the texture becomes cohesive and soft. You can leave a few bits whole for texture or make it smoother—whichever feels right to you. Add a pinch of salt to taste.
3. If the mixture feels dry or crumbly, stir in the 2 tablespoons of water to help it come together. Let it sit for 2 to 3 minutes so the rice and lentils can absorb any extra moisture and hold better.
4. Shape the mixture into 4 small cakes and gently press them into flat rounds. Place them on the prepared baking sheet. Bake for around 20 to 25 minutes, flipping halfway through if you'd like both sides lightly golden. The outside should feel dry to the touch but still soft inside. While the cakes are baking, steam the carrots until they're very tender, about 10 minutes depending on size. Mash them thoroughly with a fork or potato masher until completely smooth. Add a pinch of salt if desired.
5. For serving, spoon a generous portion of mashed carrots onto each plate and nestle two lentil-rice cakes on top. If you like, drizzle a little warm water over the patties for added softness.

Chicken and Sweet Potato Purée with Peas (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate

Suitable for: diarrhea /
post-meal pain



Instructions

1. Begin with peeling and chopping the sweet potato into chunks. Place them in a saucepan, cover with water, and simmer until very soft—around 12 to 15 minutes. Once tender, drain and mash them until smooth. Add a little of the $\frac{1}{4}$ cup of water if needed to loosen the texture. Set aside and keep warm.
2. While the sweet potato cooks, steam the chicken breast until it's firm but still moist—about 12 to 14 minutes, depending on the pieces' size. Let it rest briefly, then chop into fine bites or lightly shred with a fork for a softer finish. Season lightly with salt.
3. Steam the peas separately for 5 to 6 minutes until tender and bright green. If desired, you can mash them slightly for easier texture, especially if chewing is sensitive.
4. To assemble, spread the sweet potato mash across each plate as a base. Spoon the warm chicken over the top, then scatter the peas around or over the dish for a pop of color and light sweetness.
5. Drizzle a tablespoon or two of warm water over the whole dish if you'd like a more blended, spoonable meal.

Nutritional Information (Per Serving)

- Calories: 290
- Protein: 28 g
- Fat: 2 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 70 mg

Mashed sweet potato base topped with lean chicken and soft peas for a slightly sweet, protein-rich meal.

Ingredients

- Chicken breast (steamed and chopped): 6 oz / 170 g
- Sweet potato (boiled, mashed): 7 oz / 200 g
- Green peas (steamed): 4 oz / 115 g
- Water: $\frac{1}{4}$ cup / 60 ml
- Salt: to taste

Egg White Rice Pilaf with Steamed Carrot and Spinach (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate

Suitable for: bloating / constipation

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 13 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 33 g
- Fiber: 3 g
- Sodium: 90 mg

A comforting pilaf with fluffy egg whites, soft carrots, and tender spinach leaves.

Ingredients

- Egg whites: 4 large (about $\frac{1}{2}$ cup / 120 ml)
- White rice (cooked): 1 cup / 180 g
- Carrot (steamed and finely chopped): 4 oz / 115 g
- Spinach (lightly steamed): 2 oz / 60 g
- Water: $\frac{1}{4}$ cup / 60 ml
- Salt: to taste

Instructions

1. Start by steaming the carrot until it's soft enough to mash with the back of a spoon—this should take about 8 to 10 minutes. Once it's cool enough to handle, finely chop or gently mash for a smoother bite.
2. In the final minutes of steaming the carrot, place the spinach in a steamer basket or colander over the pot. Let the leaves wilt just enough to soften, but still retain a bit of their vibrant green.
3. If you haven't cooked the rice yet, do so in advance and keep it warm. Fluffy and slightly sticky rice works best to hold everything together.
4. Cook the egg whites by either steaming them in a heat-safe bowl until set (about 5 minutes) or gently scrambling them over low heat until they're soft and just cooked through. Chop them into small, fluffy pieces once done.
5. In a nonstick saucepan, combine the rice with the chopped carrots and spinach. Add the water and stir gently over low heat just to warm everything through, allowing the flavors to blend. Fold in the egg whites last so they stay tender.
6. Taste and add a little salt if needed. Serve warm in shallow bowls, letting the soft colors and textures create a calm and gentle presentation.

Millet Pilaf with Chicken and Steamed Zucchini (week 3)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate

Suitable for: bloating /
mild constipation



Nutritional Information (Per Serving)

- Calories: 290
- Protein: 26 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 95 mg

Mild millet grains tossed with lean chicken breast and served with gently steamed zucchini rounds.

Ingredients

- Chicken breast (steamed, chopped): 6 oz / 170 g
- Millet (cooked in water): 1 cup / 185 g
- Zucchini (steamed, sliced): 5 oz / 140 g
- Water: ¼ cup / 60 ml
- Salt: to taste

Instructions

1. Begin by preparing the zucchini. Steam the slices just until they're fork-tender—about 5 to 7 minutes. They should be soft but not falling apart, holding their shape nicely.
2. While the zucchini is steaming, cook or reheat your millet. If cooking from scratch, simmer it in water until fluffy and tender, then let it rest covered for a few minutes to absorb any extra moisture.
3. Steam the chicken breast until it's fully cooked and no longer pink inside—about 12 to 15 minutes, depending on thickness. Once done, chop into small bite-sized pieces.
4. In a shallow pan, combine the warm millet with the chopped chicken and add the ¼ cup of water to help everything blend without drying out. Heat gently over low, stirring softly to avoid breaking up the grains.
5. Add salt to taste, then spoon the pilaf onto plates and top or serve alongside the steamed zucchini for a simple, balanced meal.

Lentil-Potato Patties with Wilted Spinach (week 3)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 10 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Carbohydrates: 35 g
- Fiber: 6 g
- Sodium: 90 mg

Soft patties made from red lentils and mashed potato, served with warm, wilted spinach.

Ingredients

- Red lentils (cooked): ½ cup / 100 g
- Potato (boiled, mashed): 6 oz / 170 g
- Spinach (lightly steamed): 3 oz / 85 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking tray with parchment paper. Lightly brush or spray it with water if needed to prevent sticking.
2. Combine the mashed potato and cooked red lentils in a mixing bowl. Stir them together with the 2 tablespoons of water until the mixture feels smooth and holds together easily. Add a pinch of salt to taste.
3. With slightly wet hands, form the mixture into 4 to 6 small, soft patties. Place them gently onto the prepared tray, spacing them apart slightly.
4. Bake for about 15 to 18 minutes, flipping once halfway through, just until the patties are firm to the touch and lightly set. They should remain soft on the inside, not crisp.
5. While the patties bake, steam the spinach just until wilted and tender—about 1 to 2 minutes. Drain off any excess moisture.
6. Serve the warm patties alongside the wilted spinach for a comforting, digestion-friendly dish.

Barley with Turkey and Soft-Cooked Carrots (week 3)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / bloating



Instructions

1. In a small pan over low heat, add the ground turkey and half of the water. Gently cook the turkey, stirring often with a wooden spoon to break it into soft crumbles. Keep the heat gentle to avoid browning—this dish should stay light and easy on the stomach.
2. Once the turkey is fully cooked and pale in color, stir in the chopped, steamed carrots. Add the remaining water to help loosen the mixture and keep everything moist.
3. Let the carrots and turkey simmer together for 3 to 4 minutes, just enough for the flavors to gently blend.
4. Stir in the cooked barley. Mix until the grains are evenly combined with the meat and vegetables. Warm everything through for another 2 to 3 minutes, adding a splash of water if needed to keep the texture soft and spoonable.
5. Season with a little salt to taste. Remove from the heat and let sit for a moment so the dish settles into a creamy, cohesive texture.

Nutritional Information (Per Serving)

- Calories: 260
- Protein: 21 g
- Fat: 3 g
- Saturated Fat: 1 g
- Carbohydrates: 30 g
- Fiber: 5 g
- Sodium: 105 mg

Tender barley mixed with finely chopped turkey and sweet, soft-cooked carrots for a hearty but gentle lunch.

Ingredients

- Ground turkey (extra lean): 6 oz / 170 g
- Barley (cooked): $\frac{3}{4}$ cup / 130 g
- Carrots (steamed and chopped): 5 oz / 140 g
- Water: $\frac{1}{3}$ cup / 80 ml
- Salt: to taste

Brown Rice and White Bean Mash with Parsley (week 3)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / bloating

Nutritional Information (Per Serving)

- Calories: 245
- Protein: 11 g
- Fat: 2 g
- Saturated Fat: 0 g
- Carbohydrates: 42 g
- Fiber: 7 g
- Sodium: 95 mg

Creamy mash of brown rice and white beans, lightly seasoned with parsley for a hint of freshness.

Ingredients

- Brown rice (cooked): $\frac{3}{4}$ cup / 135 g
- White beans (cooked, mashed): $\frac{1}{2}$ cup / 130 g
- Fresh parsley (finely chopped): 1 tbsp / 2 g
- Water: $\frac{1}{4}$ cup / 60 ml
- Salt: to taste

Instructions

1. In a small saucepan, combine the mashed white beans with the water over low heat. Stir slowly and patiently until the mixture begins to loosen into a soft, warm purée.
2. Add the cooked brown rice, folding it gently into the bean mash. The mixture should become thick but still moist—if it feels too dense, a splash of water can help reach the right texture.
3. Once heated through, stir in the chopped parsley. It adds a mild herbal lift without overpowering the mellow base.
4. Taste and add a pinch of salt if needed. Let the mash rest for a minute off the heat before serving so the flavors come together.

Baked Potato with Tofu and Steamed Green Peas (week 3)



Prep Time:
10 minutes



Cook Time:
40 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
nausea



Nutritional Information (Per Serving)

- Calories: 260
- Protein: 13 g
- Fat: 4 g
- Saturated Fat: 0.5 g
- Carbohydrates: 42 g
- Fiber: 6 g
- Sodium: 110 mg

A soft, comforting baked potato topped with fluffy tofu and sweet green peas for a light but satisfying meal.

Ingredients

- Potato (medium-sized, baked): 2 pcs (total 10 oz / 280 g)
- Firm tofu (crumbled): 5 oz / 140 g
- Green peas (steamed): 4 oz / 115 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. Begin by placing the whole potatoes directly on the oven rack or a baking tray. Bake at 375°F (190°C) for about 40 minutes, until the skin feels crisp and the inside gives easily under gentle pressure. A knife should slide in with no resistance. Let them rest for a few minutes to cool slightly.
2. As the potatoes roast, crumble the tofu into a small saucepan. Pour in the water and warm it slowly over low heat. You're not trying to brown it—just gently steam it until it's soft and warm throughout. Give it a pinch of salt, and stir once or twice to keep the moisture even.
3. Next, steam the green peas until they brighten to a vibrant green and feel tender when pressed. You want them soft enough that they'd mash easily with a fork, but still hold their shape.
4. Once the potatoes are cool enough to handle, cut a small slit across the top and gently push the ends to open them up. Fluff the inside with a fork to make space for the toppings.
5. Spoon the warm tofu into each potato, then top with the steamed peas. If you'd like, finish with another touch of salt or a sprinkle of very finely chopped herbs for extra brightness.

Ground Chicken and Bulgur with Baked Zucchini (week 4)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: post-meal pain /
stable digestion

Nutritional Information (Per Serving)

- Calories: 280
- Protein: 22 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 105 mg

A warm and savory combination of lean ground chicken and nutty bulgur, paired with soft, oven-baked zucchini slices.

Ingredients

- Ground chicken (lean): 6 oz / 170 g
- Bulgur (cooked): 1 cup / 180 g
- Zucchini (baked): 6 oz / 170 g
- Water: 2 tbsp / 30 ml
- Parsley (optional): 1 tbsp / 2 g
- Salt: to taste

Instructions

1. Begin by slicing the zucchini into thick rounds or half-moons. Spread them out on a parchment-lined baking tray and bake at 375°F (190°C) for about 20 minutes. They should be tender and slightly golden at the edges.
2. While the zucchini bakes, place the ground chicken in a nonstick skillet. Add the water and cook over medium-low heat, gently breaking it up with a wooden spoon. Stir slowly as it turns pale and fully cooked, with no pink remaining. Sprinkle in salt to your taste once it's done.
3. Warm the pre-cooked bulgur separately in a small pan or the microwave—just enough to steam and fluff it. If it feels dry, stir in a splash of water to soften it back up.
4. To plate, divide the bulgur between two dishes, then spoon the cooked chicken evenly on top. Arrange the warm zucchini slices on the side or tucked into the grains.
5. If you're using parsley, scatter it over everything for a gentle, fresh lift. Let it sit for a minute before enjoying—the flavors mellow as they settle.

Turkey Patties with Mashed Carrot-Potato Blend (week 4)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: diarrhea / bloating



Instructions

1. Bring your oven up to 375°F (190°C). While it warms, shape the ground turkey into 4 small patties with your hands. Place them on a parchment-lined baking tray.
2. Bake the patties for around 20–25 minutes, flipping them halfway through. They're ready when the centers are firm and the outside looks pale but fully set. There's no need for browning—just aim for moist and cooked through.
3. While the patties bake, place the boiled carrot and potato in a mixing bowl. Add the water and mash them together until smooth and creamy. A fork or potato masher does the job nicely. Sprinkle in a little salt to bring out the natural sweetness.
4. To serve, divide the carrot-potato mash between two plates and top each portion with two warm turkey patties.
5. Let it rest for a moment before eating—the mash will hold the warmth, and the patties will finish settling as they cool slightly.

Nutritional Information (Per Serving)

- Calories: 255
- Protein: 23 g
- Fat: 4 g
- Saturated Fat: 1 g
- Carbohydrates: 28 g
- Fiber: 4 g
- Sodium: 100 mg

Simple turkey patties baked to tenderness, served with a silky mash of carrots and potatoes.

Ingredients

- Ground turkey (extra lean): 6 oz / 170 g
- Potato (boiled): 5 oz / 140 g
- Carrot (boiled): 4 oz / 115 g
- Water: ¼ cup / 60 ml
- Salt: to taste

Chicken and Millet Cakes with Steamed Broccoli (week 4)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / stable digestion

Nutritional Information (Per Serving)

- Calories: 270
- Protein: 24 g
- Fat: 4 g
- Saturated Fat: 1 g
- Carbohydrates: 30 g
- Fiber: 5 g
- Sodium: 95 mg

Mildly seasoned millet cakes with shredded chicken breast, paired with soft steamed broccoli florets.

Ingredients

- Cooked chicken breast (shredded): 5 oz / 140 g
- Millet (cooked): 1 cup / 185 g
- Broccoli (steamed): 5 oz / 140 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. Bring your oven up to 375°F (190°C) and cover a small baking tray with parchment paper.
2. Combine the shredded chicken and cooked millet in a mixing bowl. Add the water and a pinch of salt, then stir until the mixture comes together—it should hold its shape when pressed.
3. Form 4 small patties with your hands, pressing gently to compact them. Place them on the prepared baking sheet.
4. Bake for about 20 minutes, flipping the patties carefully after 10 minutes. They should feel firm to the touch and hold together easily. The outside will dry slightly, while the inside remains soft.
5. While the patties bake, steam the broccoli until the florets are tender—vivid green, and easily pierced with a fork.
6. Plate two patties per serving alongside the broccoli. If you prefer, season the vegetables with a light sprinkle of salt.

Rice Pilaf with Turkey Strips and Soft Bell Peppers (week 4)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /
post-meal pain



Nutritional Information (Per Serving)

- Calories: 280
- Protein: 25 g
- Fat: 3.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 100 mg

Fluffy rice pilaf with tender strips of lean turkey and lightly simmered red bell peppers.

Ingredients

- Turkey breast (cut into strips): 6 oz / 170 g
- White rice (cooked): 1 cup / 180 g
- Red bell pepper (steamed or simmered): 4 oz / 115 g
- Water: 3 tbsp / 45 ml
- Salt: to taste

Instructions

1. Warm a nonstick pan over medium-low heat. Add the turkey strips along with the water and a small pinch of salt. Let them simmer gently, uncovered, for about 10–12 minutes, turning now and then, until the turkey is fully cooked and tender all the way through.
2. While the turkey cooks, steam or simmer the red bell pepper slices until they become very soft and their color turns deep and rich—this should take about 8–10 minutes.
3. In a large bowl, fluff the warm cooked rice with a fork. Gently stir in the softened bell peppers, followed by the turkey strips. Combine everything just enough to bring the dish together without breaking up the ingredients.
4. Give it a taste and add a final pinch of salt if needed. Let the flavors settle for a minute before serving.

Chicken and Couscous with Wilted Spinach (week 4)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
bloating

Nutritional Information (Per Serving)

- Calories: 275
- Protein: 27 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 30 g
- Fiber: 2.5 g
- Sodium: 105 mg

Fine couscous and chicken breast tossed together with warm spinach for a comforting and protein-rich meal.

Ingredients

- Chicken breast (cooked, diced): 6 oz / 170 g
- Couscous (prepared with water): 1 cup / 165 g
- Spinach (wilted): 3 oz / 85 g
- Water: 2 tbsp / 30 ml
- Salt: to taste

Instructions

1. In a wide pan, combine the diced chicken with 2 tablespoons of water and a light sprinkle of salt. Warm it gently over low heat for about 5–6 minutes, just until heated through and tender again. Avoid letting it dry out.
2. In a separate pan, add the spinach with a splash of water and cook briefly over medium heat until it wilts completely and turns glossy and dark green. This should take no more than 3–4 minutes.
3. Fluff the prepared couscous in a mixing bowl using a fork. Add in the warm chicken and wilted spinach, gently folding everything together so the flavors meld but the texture stays light.
4. Adjust salt to taste, and let the dish rest for a minute before serving to let the couscous fully absorb the moisture and flavors.

CHAPTER 5: DINNER RECIPES

Steamed White Fish with Carrot-Potato Mash and Dill (week 1)



Prep Time:
10 minutes



Cook Time:
20 minutes



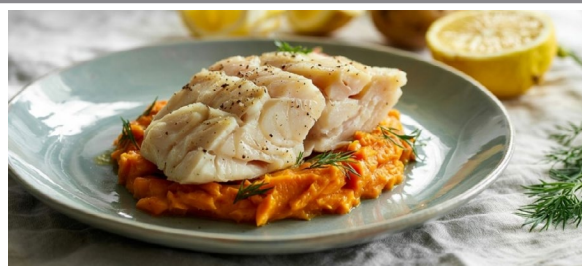
Servings:
2

Digestive Load: light

Suitable for: diarrhea /
post-meal pain

Instructions

1. Gently steam the fish fillets over simmering water for about 8–10 minutes, or until they turn opaque and easily break apart with a fork. Be careful not to oversteam—you're aiming for a delicate texture.
2. While the fish steams, combine the boiled carrots and potatoes in a bowl. Then add $\frac{1}{4}$ cup of water and a pinch of salt, then mash thoroughly until you reach a smooth, creamy consistency. A fork works fine, but a potato masher gives a silkier result.
3. Stir the chopped dill into the mash. If using lemon juice and your digestion allows it, add a small splash for brightness.
4. Divide the mash between two plates and carefully place the steamed fish on top. Spoon over any juices from the steaming tray to add moisture and flavor.
5. Let everything settle for a moment before serving. The aroma of dill and warm vegetables should be inviting and gentle.



Nutritional Information (Per Serving)

- Calories: 240
- Protein: 23 g
- Fat: 2.5 g
- Saturated Fat: 0.4 g
- Carbohydrates: 28 g
- Fiber: 4 g
- Sodium: 100 mg

Flaky cod or sole gently steamed and served over creamy carrot-potato mash, brightened with fresh dill.

Ingredients

- Cod or sole fillet: 6 oz / 170 g
- Carrots (boiled): 6 oz / 170 g
- Potatoes (boiled): 6 oz / 170 g
- Water: $\frac{1}{4}$ cup / 60 ml
- Fresh dill: 1 tbsp / 2 g, finely chopped
- Salt: to taste
- Lemon juice: 1 tsp / 5 ml (optional)

Poached Chicken Breast with Creamy Rice and Zucchini Ribbons (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Instructions

1. Put the chicken breast in a small pot, then pour in enough water to submerge it completely. Bring the water to a gentle simmer and poach the chicken over low heat for 15–18 minutes, or until it's firm and no longer pink in the center. The surface should turn pale, and the meat should feel springy to the touch.
2. As the chicken cooks, prepare the zucchini by shaving it into long, thin ribbons with a vegetable peeler. Steam them for just 2–3 minutes until they're tender but still hold their shape.
3. In a separate pan, combine the warm, well-cooked white rice with $\frac{1}{3}$ cup of water and a small pinch of salt. Stir carefully over low heat until the rice becomes creamy and soft, like a gentle porridge.
4. Once the chicken is done, remove it from the water and let it rest briefly before slicing or shredding it into bite-sized pieces.
5. To serve, spoon the creamy rice onto plates, layer the zucchini ribbons alongside or on top, and add the chicken pieces. Sprinkle everything with the fresh parsley and taste for salt.

Nutritional Information (Per Serving)

- Calories: 270
- Protein: 25 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 32 g
- Fiber: 2 g
- Sodium: 105 mg

Tender poached chicken paired with silky rice and delicate zucchini ribbons, lightly flavored with parsley.

Ingredients

- Chicken breast: 6 oz / 170 g
- White rice (well-cooked): 1 cup / 180 g
- Zucchini (thin ribbons, steamed): 5 oz / 140 g
- Fresh parsley: 1 tbsp / 2 g, finely chopped
- Water: $\frac{1}{3}$ cup / 80 ml
- Salt: to taste

Baked Turkey with Pumpkin-Ginger Purée (week 1)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / diarrhea



Nutritional Information (Per Serving)

- Calories: 240
- Protein: 27 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 20 g
- Fiber: 4 g
- Sodium: 100 mg

Lean turkey breast slices oven-baked and served with sweet pumpkin mash kissed with a hint of ginger.

Ingredients

- Turkey breast: 6 oz / 170 g
- Pumpkin (boiled and mashed): 8 oz / 225 g
- Ground ginger (mild): a pinch
- Water: 2 tbsp / 30 ml
- Salt: to taste
- Fresh thyme (optional): ½ tsp / 0.5 g

Instructions

1. Bring your oven up to 375°F (190°C). While it heats, slice the turkey breast into evenly thick pieces and lay them out in a small baking dish. Add a tablespoon of water and a light sprinkle of salt. If you're using thyme, scatter it gently over the top.
2. Loosely tent the dish with foil and bake for around 20–25 minutes, or until the turkey is fully cooked through and tender. It should feel firm when pressed and be opaque all the way through.
3. While the turkey bakes, prepare the pumpkin mash. Place the boiled pumpkin in a small saucepan with 1 tablespoon of water, a pinch of ground ginger, and a little salt. Warm it gently over low heat, stirring as it softens into a smooth, fragrant purée. If the mixture seems too thick, add a little more water until it's creamy.
4. Once the turkey is done, let it rest for a minute or two. Then plate it alongside the warm pumpkin-ginger purée. Add a final sprinkle of thyme if desired, and taste for seasoning before serving.

Chicken-Rice Cream with Steamed Parsnip and Chives (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: post-meal pain / nausea

Nutritional Information (Per Serving)

- Calories: 275
- Protein: 23 g
- Fat: 4 g
- Saturated Fat: 0.7 g
- Carbohydrates: 34 g
- Fiber: 4 g
- Sodium: 105 mg

Ground chicken blended with soft-cooked rice into a warm, creamy texture, served with sweet parsnip and fresh chives.

Ingredients

- Ground chicken (extra lean): 6 oz / 170 g
- White rice (soft-cooked): 1 cup / 180 g
- Parsnip (boiled, sliced): 5 oz / 140 g
- Fresh chives: 1 tbsp / 2 g, finely chopped
- Water: ⅓ cup / 80 ml
- Salt: to taste

Instructions

1. In a small pan, cook the ground chicken gently over low heat with 2 tablespoons of water and a light pinch of salt. Stir often and break it into small bits as it cooks. Once it turns white and fully cooked through, remove from the heat.
2. In a separate saucepan, combine the soft-cooked white rice with the remaining water and the cooked chicken. Warm them together over low heat, stirring slowly until the texture becomes smooth and creamy. You can mash slightly with a spoon or use an immersion blender if a smoother texture is needed.
3. Meanwhile, steam or boil the parsnip slices until they're fork-tender and sweet—this usually takes around 10–12 minutes.
4. To serve, spoon the creamy chicken-rice blend into bowls or onto plates, nestle the tender parsnip alongside, and scatter the fresh chives on top for a touch of brightness.

Steamed Sole with Butternut Squash and Basil (week 1)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / constipation



Instructions

1. Place the sole fillets in a steamer basket or on a plate over gently simmering water. Steam them for about 7–8 minutes, or just until they turn opaque and easily break apart with a fork. Lightly season with a pinch of salt once done.
2. While the fish is steaming, mash the warm steamed butternut squash in a bowl until it becomes creamy and smooth. Stir in the chopped basil, water, and salt to taste. If using, add a tiny pinch of lemon zest for brightness—it lifts the natural sweetness of the squash.
3. To serve, spoon the basil-infused squash mash onto each plate, then gently lay the sole fillet on top or beside it. Let it rest briefly so the flavors can settle.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 21 g
- Fat: 2.5 g
- Saturated Fat: 0.4 g
- Carbohydrates: 25 g
- Fiber: 4 g
- Sodium: 100 mg

Sole fillet gently steamed and paired with a buttery-soft butternut mash infused with fresh basil.

Ingredients

- Sole fillet: 6 oz / 170 g
- Butternut squash (steamed and mashed): 7 oz / 200 g
- Fresh basil (finely chopped): 1 tbsp / 2 g
- Water: 2 tbsp / 30 ml
- Salt: to taste
- Lemon zest (optional): a small pinch

Herb-Crusted Cod with Mashed Green Peas and Rice (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate

Suitable for: post-meal pain / bloating

Nutritional Information (Per Serving)

- Calories: 265
- Protein: 25 g
- Fat: 4 g
- Saturated Fat: 1 g
- Carbohydrates: 29 g
- Fiber: 4 g
- Sodium: 140 mg

Oven-baked cod lightly topped with gallbladder-safe herb crumbs, served alongside fluffy rice and a fresh green pea mash.

Ingredients

- Cod fillet: 6 oz / 170 g
- Cooked white rice: 1 cup / 180 g
- Green peas (steamed): 5 oz / 140 g
- Dry breadcrumbs (low-fat): 2 tbsp / 15 g
- Fresh dill: 1 tbsp / 2 g
- Fresh lemon zest: a pinch
- Salt: to taste
- Water (for blending peas): ¼ cup / 60 ml

Instructions

1. Bring your oven up to 375°F (190°C) and line a small tray with parchment paper.
2. Pat the cod fillets dry and put them on the tray. In a small bowl, mix the breadcrumbs with the chopped dill and a pinch of lemon zest. Sprinkle this mixture evenly across the top of the fillets, gently pressing so it stays in place.
3. Bake the cod for 15 to 20 minutes, or until the fish is opaque and easily breaks apart with a fork. The herb topping should look golden and lightly crisp.
4. While the fish bakes, place the steamed green peas into a small saucepan with the water and a little salt. Let them warm through for a few minutes, then mash them with a fork or blend until smooth and creamy. You can leave it slightly textured if preferred.
5. Warm the cooked rice gently if made in advance.
6. Plate the baked cod alongside a scoop of fluffy rice and a generous spoonful of the mashed peas. Garnish with extra dill or lemon zest if desired.

Turkey Patties with Soft Carrot-Apple Sauté (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** diarrhea / nausea



Nutritional Information (Per Serving)

- Calories: 245
- Protein: 26 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 20 g
- Fiber: 3 g
- Sodium: 95 mg

Lean ground turkey shaped into tender patties and paired with a sweet, mild carrot and apple side dish.

Ingredients

- Ground turkey (lean): 6 oz / 170 g
- Carrots (grated and steamed): 4 oz / 115 g
- Apple (peeled and finely chopped): 3 oz / 85 g
- Rice flour: 1 tbsp / 10 g
- Salt: to taste
- Fresh thyme: ½ tsp / 0.5 g
- Water (for softening): 2 tbsp / 30 ml

Instructions

1. Combine the ground turkey with rice flour, thyme, and a light sprinkle of salt in a medium bowl. Using clean hands or a spoon, lightly mix everything until just combined—don't overwork it or the patties may turn dense.
2. Form the mixture into 4 small patties. Set them aside on a plate while you prepare the sauté.
3. In a small pan, combine the grated steamed carrots and chopped apples with the water. Cook over low heat, stirring gently now and then, just until the apples soften and meld into the carrots—about 5 to 7 minutes. The mixture should be soft and gently fragrant, not dry.
4. In another nonstick pan over medium-low heat, cook the turkey patties for around 4–5 minutes per side. Flip them gently—they should be pale with a light golden edge and firm to the touch when done.
5. To serve, spoon the warm carrot-apple sauté onto plates and nestle the tender turkey patties alongside.

Baked Tilapia with Sweet Potato Coins and Parsley (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation / bloating

Nutritional Information (Per Serving)

- Calories: 230
- Protein: 24 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 25 g
- Fiber: 4 g
- Sodium: 90 mg

Tilapia fillets baked until tender, served with soft rounds of baked sweet potato and a gentle sprinkle of parsley.

Ingredients

- Tilapia fillet: 6 oz / 170 g
- Sweet potato (peeled, sliced, and baked): 7 oz / 200 g
- Fresh parsley: 1 tbsp / 2 g
- Salt: to taste
- Lemon juice (optional): 1 tsp / 5 ml
- Water: 1 tbsp / 15 ml

Instructions

1. Bring your oven up to 375°F (190°C). Grease a baking tray lightly or line it with parchment to prevent sticking.
2. Arrange the sweet potato slices in a flat, single layer on one side of the tray. Lightly brush them with water to help soften as they bake. Put the tray into the oven and roast for about 10 minutes to get them started.
3. As the sweet potatoes bake, season the tilapia fillets with a small pinch of salt and, if desired, a little lemon juice.
4. After roasting the sweet potatoes for 10 minutes, add the tilapia fillets to the tray. Bake everything together for another 12–15 minutes, until the fish turns opaque and flakes gently when nudged with a fork. The sweet potatoes should be tender and a bit golden at the edges.
5. Arrange the tilapia on plates beside the soft sweet potato coins. Sprinkle fresh parsley across the top for a clean, fresh finish.

Ground Chicken and Rice-Stuffed Zucchini (week 2)



Prep Time:
15 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** bloating / post-meal pain

Instructions

1. Place the hollowed zucchini halves in a steamer and let them soften until tender, about 10–12 minutes. They should be easy to pierce with a fork, but still hold their shape.
2. Meanwhile, set a nonstick skillet over medium-low heat. Add the ground chicken with a splash of water and a small pinch of salt. Let it gently cook, breaking it up with a spoon until fully cooked through and no longer pink.
3. Add the cooked rice and the remaining water. Let everything warm together for a few minutes until it's moist and soft—almost like a savory porridge in texture.
4. Add the chopped herbs and stir well. The filling should be creamy and gently seasoned, with the herbs adding a touch of brightness.
5. Carefully spoon the warm mixture into the softened zucchini boats. Nestle them side by side on a plate or dish. If you like, sprinkle a few extra herbs on top just before serving.



Nutritional Information (Per Serving)

- Calories: 210
- Protein: 18 g
- Fat: 3.5 g
- Saturated Fat: 0.6 g
- Carbohydrates: 20 g
- Fiber: 3 g
- Sodium: 85 mg

Zucchini halves steamed and filled with a soft mix of rice and ground chicken, topped with mild chopped herbs.

Ingredients

- Ground chicken (lean): 5 oz / 140 g
- Zucchini (halved, hollowed, and steamed): 2 medium / 8 oz / 230 g
- Cooked white rice: $\frac{3}{4}$ cup / 135 g
- Fresh basil or parsley: 1 tbsp / 2 g
- Salt: to taste
- Water: $\frac{1}{4}$ cup / 60 ml

Sole with Mashed Cauliflower and Steamed Baby Carrots (week 2)



Prep Time:
15 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation / diarrhea

Instructions

1. Start by placing the sole fillets in a steamer basket over gently simmering water. Let them cook for about 6–8 minutes until the fish is opaque and flakes effortlessly with a fork. Remove and keep covered.
2. While the fish steams, mash the warm steamed cauliflower in a bowl with the water and a pinch of salt. Use a fork or potato masher to get it smooth and creamy. If you like, stir in a pinch of finely chopped chives for added flavor.
3. In a separate steamer or pot, steam the baby carrots just until tender. They should be soft enough to bite through easily but still bright in color.
4. To serve, spoon the mashed cauliflower onto each plate, place the steamed sole fillet gently on the side, and tuck the carrots beside them. Sprinkle with a few more chives if desired.

Nutritional Information (Per Serving)

- Calories: 185
- Protein: 19 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 16 g
- Fiber: 5 g
- Sodium: 75 mg

Mild sole fillet paired with creamy mashed cauliflower and gently steamed baby carrots for a light, comforting plate.

Ingredients

- Sole fillet: 6 oz / 170 g
- Cauliflower (steamed): 6 oz / 170 g
- Baby carrots (steamed): 5 oz / 140 g
- Salt: to taste
- Chopped chives (optional): 1 tsp / 1 g
- Water: 3 tbsp / 45 ml (for mash)

Lemon-Thyme Chicken with Quinoa and Green Peas (week 3)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2



Digestive Load: moderate **Suitable for:** constipation /bloating

Instructions

1. Bring your oven up to 350°F (175°C). Put the chicken breast in a small baking dish. Drizzle with lemon juice and scatter the fresh thyme over the top. Add a pinch of salt if using. Loosely tent the dish with foil to help keep the moisture in, then bake for 25–30 minutes, or until the chicken is firm and its juices run clear when sliced.
2. While the chicken cooks, rinse the quinoa under cold water using a fine sieve. This removes the natural coating that can make it taste bitter.
3. Bring 1 cup (240 ml) of water to a gentle simmer in a small saucepan. Stir in the quinoa, then cover with a lid. Let it cook on low heat for about 15 minutes, or until all the water is absorbed and the grains are tender. Turn off the heat and leave it covered for a few minutes to steam and fluff.
4. Meanwhile, steam or boil the green peas just until they're tender and sweet, about 4–5 minutes. They should be bright green and still hold their shape.
5. Slice the baked chicken into strips or medallions. Spoon the fluffy quinoa onto plates, add the green peas alongside, and top with the chicken. Drizzle with any leftover pan juices for extra flavor.

Nutritional Information (Per Serving)

- Calories: 290
- Protein: 28 g
- Fat: 4 g
- Saturated Fat: 0.6 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 65 mg

A gently baked chicken breast seasoned with lemon and fresh thyme, served over fluffy quinoa and sweet green peas.

Ingredients

- Chicken breast (skinless): 7 oz / 200 g
- Quinoa (dry): ½ cup / 90 g
- Green peas: 3½ oz / 100 g
- Fresh thyme: 1 tsp / 1 g
- Lemon juice: 1 tbsp / 15 ml
- Water: 1 cup / 240 ml
- Salt: a pinch (optional)

Steamed Cod with Carrot Purée and Rice (week 3)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / nausea

Instructions

1. Start with cooking the rice: bring 1 cup (240 ml) of water to a gentle simmer in a small saucepan. Stir in the rinsed rice and cover with a lid. Let it cook over low heat until the water is fully absorbed and the grains are soft and fluffy, about 15 minutes. Set it aside to steam off the heat while you prepare the rest.
2. Peel and cut the carrots into small pieces for even cooking. Place them in a saucepan with just enough water to cover, and simmer until they're very tender—about 12–15 minutes. They should mash easily with a spoon.
3. While the carrots are cooking, steam the cod fillet gently. Place it in a steamer basket or colander set over simmering water, cover, and let it cook for about 8–10 minutes, or until the flesh turns opaque and easily breaks apart with a fork.
4. Drain the carrots, reserving a bit of the cooking water. Mash them with a fork or blend with 1–2 tablespoons of the reserved water until smooth. Add a pinch of salt if you'd like, and sprinkle in the parsley for a fresh note.
5. To plate, spoon the carrot purée beside the warm rice and gently place the steamed cod on top or to the side. If desired, stir in a small squeeze of lemon or a splash of the reserved cooking water for extra brightness.

Nutritional Information (Per Serving)

- Calories: 275
- Protein: 27 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 32 g
- Fiber: 4 g
- Sodium: 60 mg

Mild cod fillet steamed until flaky, paired with smooth carrot purée and soft white rice.

Ingredients

- Cod fillet: 7 oz / 200 g
- Carrots: 7 oz / 200 g
- White rice (dry): ½ cup / 90 g
- Water: 1¼ cups / 300 ml
- Parsley (optional): 1 tsp / 1 g
- Salt: a pinch (optional)

Rabbit Stew with Root Vegetables (week 3)



Prep Time:
15 minutes



Cook Time:
45 minutes



Servings:
2

Digestive Load: full **Suitable for:** constipation / stable digestion

Instructions

1. Begin by preparing your vegetables: peel the turnip, parsnip, and carrot, then cut them into small, uniform chunks to ensure they cook evenly and gently. Set the vegetables aside while you move on to the rabbit.
2. Slice the rabbit meat into bite-sized pieces, trimming away any extra fat or sinew. The pieces should feel clean and tender—just right for a slow, cozy simmer.
3. In a medium saucepan, combine the rabbit, chopped root vegetables, and the bay leaf. Add enough water to just barely cover everything—enough to coax out flavor without overwhelming the ingredients.
4. Place the pot over low heat and bring it up slowly to a gentle bubbling—not a full boil. Cover with a lid and let it simmer gently for about 40–45 minutes. The rabbit should become fork-tender, and the vegetables soft enough to mash with the back of a spoon.
5. After everything is cooked through, remove the bay leaf and sprinkle in the chopped dill. Add a pinch of salt if needed. Give everything a gentle stir and let it sit, covered, for a couple of minutes to meld the flavors.
6. Spoon into bowls, making sure to catch both the broth and the soft vegetables. You can lightly mash the veggies with your fork for an even gentler texture.



Nutritional Information (Per Serving)

- Calories: 260
- Protein: 28 g
- Fat: 6 g
- Saturated Fat: 1.3 g
- Carbohydrates: 15 g
- Fiber: 4 g
- Sodium: 55 mg

Tender rabbit gently simmered with turnip, parsnip, and herbs in a light vegetable broth.

Ingredients

- Rabbit meat (boneless leg): 7 oz / 200 g
- Turnip: 3½ oz / 100 g
- Parsnip: 3½ oz / 100 g
- Carrot: 2½ oz / 70 g
- Water: 1 cup / 240 ml
- Bay leaf: 1 small
- Fresh dill: 1 tsp / 1 g
- Salt: a pinch (optional)

Bulgur with Turkey Strips and Zucchini (week 3)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full **Suitable for:** bloating / post-meal pain

Instructions

1. Start by getting the bulgur going. Pour the water into a small-sized pot and bring it to a gentle simmer. Once it's hot, stir in the bulgur and cover the pot. Let it cook on low heat for 12–15 minutes until the grains are soft and have soaked up all the water. Fluff it gently with a fork once it's ready, and set it aside with the lid on to keep warm.
2. While the bulgur cooks, prepare the zucchini. Slice it into thin half-moons so it softens quickly and evenly.
3. Warm a nonstick skillet over medium-low heat. Add the turkey breast strips, spreading them out so they don't overlap too much. Let them cook gently for 3–4 minutes without moving them too much at first. They should take on a faint golden edge before you flip them.
4. Put the zucchini slices in the pan and continue cooking for another 5–6 minutes. The turkey should be cooked through and juicy, and the zucchini should feel tender when poked with a fork.
5. Now combine everything: fold the cooked bulgur into the skillet with the turkey and zucchini. Sprinkle in the lemon zest and just a pinch of salt if using. Give it a few gentle turns with your spoon to mix without breaking up the turkey.
6. Let it rest off the heat for a minute before serving. The lemon zest will release its aroma as the steam rises—a bright, clean finish to this light dish.

Nutritional Information (Per Serving)

- Calories: 295
- Protein: 27 g
- Fat: 4.5 g
- Saturated Fat: 0.9 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 60 mg

Lightly sautéed turkey strips combined with cooked bulgur and tender zucchini slices.

Ingredients

- Turkey breast strips: 7 oz / 200 g
- Bulgur (dry): ½ cup / 90 g
- Zucchini: 4 oz / 120 g
- Water: 1 cup / 240 ml
- Lemon zest: ½ tsp / 1 g
- Salt: a pinch (optional)

Pollock with Mashed Pumpkin and Couscous (week 3)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full

Suitable for: diarrhea / bloating



Nutritional Information (Per Serving)

- Calories: 285
- Protein: 28 g
- Fat: 3.2 g
- Saturated Fat: 0.6 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 55 mg

Oven-baked pollock served over silky pumpkin mash and fluffy couscous for a warm, comforting meal.

Ingredients

- Pollock fillet: 7 oz / 200 g
- Pumpkin flesh: 5 oz / 140 g
- Couscous (dry): ½ cup / 90 g
- Water: 1 cup / 240 ml
- Fresh basil (optional): 1 tsp / 1 g
- Salt: a pinch (optional)

Instructions

1. Bring your oven up to 350°F (175°C). Place the pollock fillets in a small baking dish lined with parchment or lightly misted with water. Lightly salt the fish and add a few spoonfuls of water to the base of the dish to help keep the fish moist. Loosely tent the dish with foil and bake for about 15 minutes, or until the flesh flakes gently when touched with a fork.
2. While the fish is baking, cut the pumpkin into small chunks and place it in a steamer basket. Steam for 10–12 minutes until the pumpkin is fork-tender. Once soft, mash it with a fork or blend it with a splash of warm water until smooth. Add a pinch of salt if desired.
3. In a heat-safe bowl, add the couscous and a tiny pinch of salt. Bring ½ cup (120 ml) of water to a simmer, then pour it over the couscous. Place a plate or lid over the bowl and let it rest for 5 minutes. Once the water is absorbed, fluff the grains gently with a fork.
4. When everything is ready, assemble the plate: spoon the mashed pumpkin onto the bottom, layer the fluffy couscous beside or over it, and top with the tender baked pollock.
5. Sprinkle finely chopped fresh basil over the top for a mild, fresh note if using.

Herbed Chicken Cutlets with Spelt and Roasted Carrots (week 4)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / stable digestion

Nutritional Information (Per Serving)

- Calories: 310
- Protein: 29 g
- Fat: 3.5 g
- Saturated Fat: 0.8 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 60 mg

Juicy chicken cutlets baked with rosemary, served alongside nutty spelt and tender roasted carrots.

Ingredients

- Chicken cutlets (skinless): 7 oz / 200 g
- Spelt grain (dry): ½ cup / 90 g
- Carrots: 5 oz / 140 g
- Fresh rosemary: 1 tsp / 1 g
- Lemon juice: 1 tbsp / 15 ml
- Water: 1¼ cups / 300 ml
- Salt: a pinch (optional)

Instructions

1. Bring your oven up to 375°F (190°C). Trim the carrots and slice them into slim, even rounds. Spread them on a small baking tray, mist with water or lemon juice, and add just a pinch of salt. Roast for about 25 minutes, turning once, until soft and lightly golden.
2. Meanwhile, place the chicken cutlets in a baking dish. Sprinkle them with chopped rosemary and drizzle the lemon juice evenly over the top. Add a splash of water to the base of the dish to keep the meat moist during baking. Loosely tent the dish with foil and bake in the same oven for 20–25 minutes, until the chicken is firm to the touch and juices run clear.
3. While the chicken and carrots bake, rinse the spelt grains under cool water. Add to a saucepan with 1 cup (240 ml) water and a small pinch of salt if desired. Bring to a simmer over low, cover, and let it gently cook for 20–25 minutes until the grains become tender but still pleasantly chewy. Drain any excess water.
4. Plate everything with a cozy touch: mound the spelt in the center, arrange the roasted carrots alongside, and finish with the fragrant chicken cutlets on top or beside. Spoon any lemony pan juices over the chicken for extra brightness.

Baked Sole Fillets with Couscous and Steamed Broccoli (week 4)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating / post-meal pain



Instructions

1. Bring your oven up to 375°F (190°C). Place the sole fillets on a small parchment-lined tray. Sprinkle the lemon zest and finely chopped parsley over the top, then add a dash of water and a light pinch of salt. Tent loosely with foil and bake for 12–15 minutes, or until the fish is opaque and flakes easily when nudged with a fork.
2. Meanwhile, bring $\frac{3}{4}$ cup (180 ml) of water to a simmer in a small pot. Take it off the heat, stir in the couscous, cover, and let it steam quietly for about 5 minutes. Fluff gently with a fork once all the liquid is absorbed.
3. While the couscous rests, steam the broccoli florets in a basket over simmering water for 5–6 minutes, just until tender and bright green. They should be soft enough to yield easily but still hold their shape.
4. To plate, spoon the fluffy couscous into shallow bowls, lay the baked sole on top, and tuck the steamed broccoli alongside. Pour any light pan juices from the fish over the dish for a final touch of flavor.

Nutritional Information (Per Serving)

- Calories: 295
- Protein: 28 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 55 mg

Mild sole baked with parsley and lemon, served over fluffy couscous and soft broccoli florets.

Ingredients

- Sole fillets: 7 oz / 200 g
- Couscous (dry): $\frac{1}{2}$ cup / 90 g
- Broccoli florets: 4 oz / 120 g
- Parsley: 1 tsp / 1 g
- Lemon zest: $\frac{1}{2}$ tsp / 1 g
- Water: 1 cup / 240 ml
- Salt: a pinch (optional)

Rabbit with Baked Zucchini and Brown Rice (week 4)



Prep Time:
10 minutes



Cook Time:
40 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / mild bloating

Nutritional Information (Per Serving)

- Calories: 310
- Protein: 27 g
- Fat: 4 g
- Saturated Fat: 1 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 50 mg

Lean rabbit meat oven-braised with soft zucchini, paired with tender brown rice.

Ingredients

- Rabbit leg meat (boneless): 7 oz / 200 g
- Zucchini: 5 oz / 140 g
- Brown rice (dry): $\frac{1}{2}$ cup / 90 g
- Bay leaf: 1 small
- Water: $1\frac{1}{4}$ cups / 300 ml
- Fresh thyme: 1 tsp / 1 g
- Salt: a pinch (optional)

Instructions

1. Bring your oven up to 375°F (190°C). Cut the rabbit meat into small, bite-sized pieces and place them in a small baking dish. Add the bay leaf, thyme, and a pinch of salt. Add $\frac{1}{2}$ cup (120 ml) of water to the dish, cover it firmly with foil, and bake for 25 minutes.
2. While the rabbit cooks, bring $\frac{3}{4}$ cup (180 ml) of water to a boil in a small-sized saucepan. Add the brown rice and a bit of salt, then reduce to a low simmer and cover. Let cook for 30–35 minutes, or until the rice is tender and water is absorbed.
3. Meanwhile, cut the zucchini into half-moons and add it to the baking dish with the rabbit after the first 25 minutes of baking. Stir gently, re-cover, and return to the oven for another 15 minutes until the zucchini is soft and the rabbit is fork-tender.
4. Discard the bay leaf. To serve, spoon the warm brown rice onto each plate and top with the braised rabbit and zucchini. Spoon a little of the cooking broth over the top for added moisture and flavor.

Tilapia with Millet and Braised Leeks (week 4)



Prep Time:
10 minutes



Cook Time:
35 minutes



Servings:
2

Digestive Load: full

Suitable for: diarrhea / bloating



Nutritional Information (Per Serving)

- Calories: 295
- Protein: 26 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 55 mg

Delicate tilapia baked with dill, served with buttery-textured millet and lightly braised leeks.

Ingredients

- Tilapia fillet: 7 oz / 200 g
- Millet (dry): ½ cup / 90 g
- Leeks (white part only): 4 oz / 120 g
- Dill: 1 tsp / 1 g
- Water: 1 cup / 240 ml
- Salt: a pinch (optional)

Instructions

1. Rinse the millet thoroughly using a fine mesh strainer. In a small pot, combine the millet with ¾ cup (180 ml) of water and a bit of salt. Cover and simmer over low heat for around 20–25 minutes, until the grains are fluffy and tender.
2. While the millet cooks, preheat your oven to 375°F (190°C). Lay the tilapia fillets flat on a small baking tray lined with parchment paper. Sprinkle with dill and a light touch of salt. Add a tablespoon of water to keep them moist, then cover loosely with foil and bake for 15 minutes or until the fish effortlessly flakes.
3. Meanwhile, clean the leeks thoroughly and slice them into thin rounds. Place them in a skillet with ¼ cup (60 ml) of water and a pinch of salt. Cover and braise gently over medium-low heat for about 10 minutes, stirring once or twice, until they're soft and mellow in flavor.
4. To serve, spoon the millet onto each plate, top with a portion of braised leeks, and lay the baked tilapia alongside. Drizzle any cooking juices over the fish for added moisture.

Ground Turkey Patties with Sweet Potato and Green Beans (week 4)



Prep Time:
10 minutes



Cook Time:
35 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / post-meal pain

Nutritional Information (Per Serving)

- Calories: 275
- Protein: 28 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 22 g
- Fiber: 4 g
- Sodium: 60 mg

Soft-cooked turkey patties seasoned gently, served with mashed sweet potato and steamed green beans.

Ingredients

- Ground turkey (lean): 7 oz / 200 g
- Sweet potato: 5 oz / 140 g
- Green beans: 4 oz / 120 g
- Parsley: 1 tsp / 1 g
- Water: 1 cup / 240 ml
- Salt: a pinch (optional)

Instructions

1. Peel and cube the sweet potato, then place it in a small saucepan with just enough water to cover. Simmer gently for 15–18 minutes, until the pieces are tender enough to mash with a fork. Drain, mash into a creamy texture, and set aside.
2. While the sweet potato is cooking, remove the ends from the green beans and cut them into bite-sized lengths. Steam them in a covered pan with ¼ cup (60 ml) of water over low heat for 10–12 minutes, or until just tender but still bright.
3. In a bowl, mix the ground turkey with a pinch of salt and half of the chopped parsley. Form the mixture into 4 small, even patties using slightly wet hands to prevent sticking.
4. Lightly steam the patties in a covered skillet with ½ cup (120 ml) water over low heat for 10–12 minutes, turning once halfway through. They should be fully cooked inside and tender to the touch.
5. Arrange the patties on a plate with mashed sweet potato and green beans alongside. Sprinkle the remaining parsley over the top before serving.

CHAPTER 6: SNACKS & LIGHT BITES

Applesauce Millet Cups (week 1)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation /
nausea



Instructions

1. In a small saucepan, combine the cooked millet and applesauce. Pour in the water to help loosen the texture slightly.
2. Warm the mixture gently over low heat, stirring slowly with a spoon or silicone spatula to keep the millet from sticking to the bottom. The applesauce will begin to bubble lightly after 5–6 minutes.
3. Once the mixture is heated through and has a soft, porridge-like consistency, remove from the heat.
4. Sprinkle a light pinch of cinnamon over each portion just before serving. The result should be mildly sweet, smooth, and easily spoonable—ideal for sensitive digestion.

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 2 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 24 g
- Fiber: 2 g
- Sodium: 2 mg

Soft millet blended with unsweetened applesauce and gently warmed for a spoonable, easy snack.

Ingredients

- Cooked millet: ½ cup / 100 g
- Unsweetened applesauce: ½ cup / 120 g
- Water: 2 tbsp / 30 ml
- Cinnamon: a pinch

Banana Rice Purée (week 1)



Prep Time:
5 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: light

Suitable for: nausea /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 115
- Protein: 2 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 27 g
- Fiber: 2 g
- Sodium: 1 mg

Creamy, gentle white rice purée combined with ripe banana for natural sweetness.

Instructions

1. In a small-sized saucepan, combine the cooked white rice and mashed banana. Add the water to help blend the mixture into a smooth purée.
2. Heat gently over low heat, stirring steadily with a soft spatula until the mixture warms through. You'll notice the banana sweetens slightly as it heats, and the rice becomes creamy.
3. Continue stirring until the purée reaches a soft, pudding-like consistency. Remove from heat.
4. Let cool slightly before serving. The texture should be smooth and spoonable, ideal for a gentle digestive reset.

Ingredients

- Cooked white rice: ½ cup / 100 g
- Mashed ripe banana: 1 medium / 120 g
- Water: ¼ cup / 60 ml

Mashed Carrots with Egg White Crumble (week 1)



Prep Time:
10 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / diarrhea



Instructions

1. Begin by steaming the egg whites until set—about 7 to 8 minutes over medium heat in a covered pan or steamer. Let them cool slightly before handling.
2. While the eggs cook, place the steamed carrots into a bowl. Add water and mash them using a fork or hand masher until smooth and soft. The mixture should be creamy but not watery.
3. Gently crumble the cooled steamed egg whites with your fingers or a fork until you have soft, small curds.
4. Spoon the mashed carrots into serving dishes and top each portion with an even layer of egg white crumble.
5. Let the dish cool to a comfortable temperature. The contrast of textures makes this dish appealing while still being easy to digest.

Nutritional Information (Per Serving)

- Calories: 70
- Protein: 5 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 10 g
- Fiber: 2 g
- Sodium: 60 mg

Smooth mashed carrots topped with crumbled steamed egg whites for protein and texture.

Ingredients

- Steamed carrots: 5 oz / 140 g
- Egg whites (steamed): 2 large
- Water (to mash): 2 tbsp / 30 ml

Poached Pear Slices with Warm Oat Purée (week 2)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation / nausea

Nutritional Information (Per Serving)

- Calories: 100
- Protein: 2 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 22 g
- Fiber: 3 g
- Sodium: 5 mg

Soft pear served over thick oat purée—gentle, sweet, and filling.

Instructions

1. If your pear is not yet poached, gently simmer it in a small saucepan with enough water to cover, cooking until tender—about 10–12 minutes. Let it cool slightly, then slice thinly.
2. Reheat the cooked oats in a small pot over low heat, stirring in a drop of vanilla if using. Add a splash of water if needed to loosen the texture into a thick, smooth purée.
3. Divide the warm oat purée between two shallow bowls.
4. Fan the pear slices over the top of each portion.
5. Let everything sit for a few minutes to settle into a gentle, warm temperature that's easy on digestion.

Ingredients

- Poached pear: 1 large / 180 g
- Cooked oats (in water): ½ cup / 100 g
- Vanilla (optional): a drop

Zucchini and Potato Bites (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2
(makes 6–8 bites)

Digestive Load: light

Suitable for: diarrhea / bloating

Instructions

1. Preheat your oven to 350°F / 175°C and line a baking sheet with parchment paper.
2. Using a fork, mash the boiled potato in a mixing bowl until it's smooth and fluffy.
3. Add the lightly steamed zucchini, egg white, and rice flour. Mix gently until the texture is soft and scoopable, but not too wet.
4. Using a spoon or clean hands, form 6 to 8 small patties and place them on the prepared baking sheet. Gently press down with the back of a spoon to flatten.
5. Bake for 20–25 minutes until the edges are slightly golden and the bites feel firm but tender to the touch.
6. Let cool for a few minutes before serving—perfect when gently warm.



Nutritional Information (Per Serving)

- Calories: 110
- Protein: 4 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 20 g
- Fiber: 2 g
- Sodium: 20 mg

Soft potato and grated zucchini formed into oven-baked patties without oil.

Ingredients

- Boiled potato: 6 oz / 170 g
- Grated zucchini (steamed lightly): 3 oz / 90 g
- Egg white: 1
- Rice flour: 1 tbsp / 8 g

Poached Chicken and Potato Purée Cups (week 3)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate

Suitable for: post-meal pain / bloating

Nutritional Information (Per Serving)

- Calories: 170
- Protein: 16 g
- Fat: 3 g
- Saturated Fat: 1 g
- Carbohydrates: 17 g
- Fiber: 2 g
- Sodium: 45 mg

Ramekins filled with creamy potato mash and diced lean poached chicken.

Ingredients

- Boiled potato: 6 oz / 170 g
- Poached chicken breast: 4 oz / 120 g
- Water (to mash): 2 tbsp / 30 ml
- Parsley (finely chopped): ½ tsp / 1 g

Instructions

1. Dice the poached chicken breast into very small pieces so it blends well into the purée later.
2. Mash the boiled potato with the water in a mixing bowl until soft and smooth, with a texture resembling thick cream. Use a fork or potato masher, adjusting the water slightly if needed.
3. Gently fold in the diced chicken and parsley, mixing just until everything is evenly combined.
4. Spoon the mixture into two small ramekins or heatproof bowls, pressing down lightly to fill them evenly.
5. If desired, warm them briefly in a low oven (around 300°F / 150°C) for 5–7 minutes to serve them cozy and slightly reheated.
6. Let them sit a minute to settle before serving. They should feel soft but hold their shape when spooned out.

Steamed Beet and Apple Mash (week 3)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation /
nausea



Instructions

1. Cut the steamed beetroot into chunks and place them in a bowl. Add the steamed apple pieces, removing any skin if not already peeled.
2. Begin mashing with a fork or blend using an immersion blender, adding a tablespoon of water to help smooth the mixture.
3. Stir in a pinch of cinnamon to enhance the warmth and depth of flavor.
4. If the texture feels too thick, stir in an additional spoonful of water until it reaches a gentle, spoonable consistency.
5. Taste for natural sweetness. You can mash more for a rustic texture or blend until completely silky.

Nutritional Information (Per Serving)

- Calories: 85
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 21 g
- Fiber: 3 g
- Sodium: 10 mg

Sweet and earthy beetroot combined with tender apple for a smooth, nutritious mash.

Ingredients

- Steamed beetroot: 4 oz / 120 g
- Steamed apple: 1 medium / 150 g
- Cinnamon: a pinch
- Water: 1–2 tbsp / 15–30 ml

Rice and Egg White Soft Bites (week 3)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2 (makes
about 6 bites)

Digestive Load: moderate

Suitable for: diarrhea /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 105
- Protein: 7 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 18 g
- Fiber: 1 g
- Sodium: 45 mg

Protein-rich, soft rice patties made with egg whites and mild grated vegetables.

Ingredients

- Cooked white rice: $\frac{3}{4}$ cup / 150 g
- Egg whites: 2
- Grated zucchini: 2 oz / 60 g
- Parsley: 1 tsp / 1 g

Instructions

1. Preheat the oven to 350°F / 175°C and line a small baking sheet with parchment paper.
2. In a bowl, mix the cooked rice, lightly beaten egg whites, grated zucchini, and finely chopped parsley until fully combined.
3. Let the mixture sit for a few minutes to allow any moisture from the zucchini to be absorbed by the rice.
4. Using damp hands, form the mixture into small oval patties—about the size of a tablespoon each.
5. Spread the bites on the prepared baking sheet and bake for 15–20 minutes until they look set and feel firm to the touch.
6. Let them cool slightly before lifting them off the paper. They should be soft but hold their shape.

Baked Pear Halves with Millet-Vanilla Filling (week 4)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
stable digestion



Instructions

1. Bring the oven up to 350°F / 175°C.
2. Cut the pears in half and gently scoop out the cores with a spoon, creating a hollow for the filling. Place them cut side up in a small baking dish.
3. In a small bowl, mix the cooked millet with vanilla extract. Stir in the raisins if using.
4. Spoon the millet mixture into the pear hollows, packing it gently without overfilling.
5. Add a little water to the bottom of the baking dish to keep the pears moist during baking.
6. Loosely tent the dish with foil and bake for around 20–25 minutes, until the pears are soft and the filling is warm.
7. Let them cool slightly before serving. The pear should feel tender when poked, and the millet filling will be soft and aromatic.

Nutritional Information (Per Serving)

- Calories: 135
- Protein: 2 g
- Fat: 0.6 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 4 g
- Sodium: 3 mg

Tender pear halves filled with millet mash, finished with a hint of vanilla and raisins.

Ingredients

- Pears: 2 small / 300 g
- Cooked millet: ½ cup / 100 g
- Raisins (optional): 1 tsp / 5 g
- Vanilla extract: ⅛ tsp / 0.5 ml

Chicken and Carrot Mini Rolls (week 4)



Prep Time:
15 minutes



Cook Time:
10 minutes



Servings:
2
(6–8 rolls)

Digestive Load: full

Suitable for: bloating / post-meal pain

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 14 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Carbohydrates: 7 g
- Fiber: 2 g
- Sodium: 35 mg

Strips of soft carrot rolled around finely minced chicken—flavorful and gentle.

Ingredients

- Cooked carrot strips: 5 oz / 140 g
- Lean ground chicken (steamed): 4 oz / 120 g
- Water: 2 tbsp / 30 ml
- Parsley (optional): ½ tsp

Instructions

1. Begin by steaming the ground chicken until it's fully cooked and no longer pink. Let it cool slightly, then mash it gently with a fork to make it soft and crumbly. If it feels dry, mix in a tablespoon of water to moisten.
2. If the carrot strips aren't already cooked, steam them until they become flexible and tender, just enough to roll without breaking. Lay them flat on a plate or board to cool slightly.
3. Place a small spoonful of the mashed chicken along one end of each carrot strip. If you'd like, sprinkle a touch of finely chopped parsley over the filling for extra flavor and color.
4. Carefully roll the carrots around the chicken, tucking them snugly without squeezing. Arrange the finished rolls in a shallow dish.
5. Drizzle the remaining water into the bottom of the dish and cover it lightly with foil. Warm the rolls in a steamer or oven at low heat for about 10 minutes—just enough to reheat and meld the flavors.
6. Let them cool slightly before serving. The rolls should be soft and easy to chew, with a mellow sweetness from the carrot and mild savoriness from the chicken.

CHAPTER 7: SALADS & COLD DISHES

Creamy Carrot-Rice Salad with Yogurt and Herbs (week 1)



Prep Time:
10 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea



Nutritional Information (Per Serving)

- Calories: 145
- Protein: 4 g
- Fat: 1.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 28 g
- Fiber: 2 g
- Sodium: 55 mg

Gentle, soft textures with a touch of brightness from herbs and light yogurt.

Ingredients

- Steamed carrots: 6 oz / 170 g
- Cooked white rice: $\frac{3}{4}$ cup / 150 g
- Lactose-free low-fat yogurt: $\frac{1}{4}$ cup / 60 g
- Fresh dill (finely chopped): 1 tsp
- Salt: to taste
- Lemon juice: a few drops (optional)

Instructions

1. Start by steaming the carrots until they're very soft—they should mash effortlessly with a fork. Let them cool just enough to handle.
2. In a mixing bowl, combine the steamed carrots with the cooked white rice. Use the back of a spoon to mash the carrots slightly into the rice, blending them into a soft, textured base.
3. Stir in the yogurt, folding gently until everything is evenly coated. The mixture should be creamy, not runny.
4. Sprinkle in the chopped dill and add a small pinch of salt. If you'd like a bit of brightness, stir in a few drops of lemon juice—just enough to lift the flavor without overwhelming the softness.
5. Serve slightly warm or at room temperature. The dish should feel smooth, mellow, and soothing, with a pleasant herbal note from the dill.

Mashed Potato and Apple Salad with Steamed Chicken (week 1)



Prep Time:
10 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: light

Suitable for: diarrhea /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 168
- Protein: 11 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Carbohydrates: 25 g
- Fiber: 3 g
- Sodium: 58 mg

Silky mashed potato paired with sweetness from apple and protein from chicken.

Ingredients

- Boiled potatoes: 6 oz / 180 g
- Steamed apple (peeled, diced): 1 medium / 150 g
- Poached chicken breast (shredded): 3 oz / 90 g
- Water or broth: 2 tbsp / 30 ml
- Parsley: 1 tsp
- Salt: to taste

Instructions

1. Place the boiled potatoes into a large bowl and mash them gently with the water or broth until smooth and creamy. You're looking for a texture that's soft but not soupy.
2. Add the diced steamed apple to the mashed potatoes. The apple should be tender and lightly sweet, offering a gentle contrast in both texture and taste.
3. Fold in the shredded poached chicken, mixing just enough to combine. If the mixture seems too thick, you can stir in a splash more liquid for ease.
4. Sprinkle in the chopped parsley and season lightly with salt if needed.
5. Mix everything together until the ingredients are well incorporated. Let the salad sit for a minute or two so the flavors meld. It should taste mellow and nourishing, with a subtle balance of savory and sweet.

Rice and Zucchini Medley with Mint Yogurt Sauce (week 1)



Prep Time:
10 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** bloating / constipation



Instructions

1. Combine the cooked rice with the diced steamed zucchini in a mixing bowl. The zucchini should be tender but not mushy, giving a soft bite that blends well with the rice.
2. In a separate small bowl, stir together the yogurt, chopped mint, water, and a pinch of salt. Mix until smooth—the sauce should be creamy and lightly aromatic from the mint.
3. Spoon the yogurt sauce over the rice-zucchini mix and fold gently to coat. Taste and adjust salt if needed.
4. Give the dish a minute to rest before serving so the flavors have a moment to settle. It should feel soothing and light, with a clean finish from the mint and yogurt.

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 4 g
- Fat: 1.5 g
- Saturated Fat: 0.3 g
- Carbohydrates: 23 g
- Fiber: 2 g
- Sodium: 55 mg

Mild rice and zucchini paired with a cooling touch of mint and yogurt.

Ingredients

- Cooked white rice: $\frac{3}{4}$ cup / 150 g
- Steamed zucchini (diced): 5 oz / 140 g
- Lactose-free low-fat yogurt: 3 tbsp / 45 g
- Mint leaves (finely chopped): $\frac{1}{2}$ tsp
- Salt: a pinch
- Water: 1 tbsp / 15 ml

Quinoa and Steamed Turkey Salad with Stewed Apple Dressing (week 2)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / constipation

Nutritional Information (Per Serving)

- Calories: 195
- Protein: 19 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Sodium: 75 mg

A nourishing protein salad with a light, fruity tang from stewed apple dressing.

Ingredients

- Cooked quinoa: $\frac{1}{2}$ cup / 100 g
- Steamed turkey breast (shredded): 4 oz / 120 g
- Stewed apple (mashed): 1 small / 120 g
- Fresh thyme (chopped): $\frac{1}{2}$ tsp
- Salt: to taste
- Warm water: 1 tbsp / 15 ml (to loosen dressing if needed)

Instructions

1. In a small bowl, combine the mashed stewed apple with a tablespoon of warm water and a pinch of salt. Stir until it forms a light, spoonable dressing. If the apple is very thick, add a bit more water until you reach a pourable consistency.
2. Place the cooked quinoa and shredded turkey in a medium bowl. Use a fork to gently mix the ingredients together, fluffing the quinoa so it doesn't clump.
3. Drizzle the apple dressing over the mixture and toss lightly to coat everything evenly. Add the chopped thyme and mix again—the herb should add a quiet, earthy note that balances the sweetness.
4. Let the salad rest for 2–3 minutes before serving so the flavors can meld. Serve warm or at room temperature. The salad should taste soft and clean, with a light hint of fruit and herbs in every bite.

Mashed Sweet Potato and Green Bean Salad (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** diarrhea / bloating



Nutritional Information (Per Serving)

- Calories: 160
- Protein: 3 g
- Fat: 4 g
- Saturated Fat: 0.4 g
- Carbohydrates: 29 g
- Fiber: 5 g
- Sodium: 35 mg

Creamy sweet potato mash paired with refreshing green beans and a touch of lemon.

Ingredients

- Boiled sweet potato: 6 oz / 180 g
- Steamed green beans (cut): 4 oz / 120 g
- Lemon zest: a pinch
- Salt: to taste
- Thistle oil (Natura Harmony): 1 tsp / 5 ml

Instructions

1. Start by placing the boiled sweet potato in a bowl and mashing it with a fork or potato masher until it's silky and smooth. Add a pinch of salt and the thistle oil, stirring until fully blended. The mash should be soft with a subtle sheen.
2. Gently fold in the cut steamed green beans. If they're on the longer side, you can snip them into bite-sized pieces for easier mixing.
3. Add a hint of lemon zest on top of the salad for a fresh, bright note. Mix just enough to distribute the zest without breaking up the green beans.
4. Let the salad sit for a few minutes before serving so the flavors mellow and combine. The result is a tender, satisfying dish with a clean, uplifting finish.

Zucchini-Carrot Ribbons with Chicken and Apple Purée (week 2)



Prep Time:
10 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation / bloating

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 14 g
- Fat: 1.2 g
- Saturated Fat: 0.3 g
- Carbohydrates: 8 g
- Fiber: 2 g
- Sodium: 60 mg

A colorful plate of tender vegetable ribbons and sliced chicken with a smooth, gently sweet apple sauce.

Ingredients

- Steamed zucchini and carrot (peeled into ribbons): 5 oz / 150 g
- Poached chicken breast (thinly sliced): 3.5 oz / 100 g
- Unsweetened apple purée: 2 tbsp / 30 g
- Lemon juice: a few drops
- Salt: to taste

Instructions

1. Begin by laying the warm zucchini and carrot ribbons onto each plate. Let them form soft folds—they should look light and delicate, almost like pasta.
2. Gently layer the thin slices of poached chicken on top of the vegetables. The meat should be moist and easy to cut with a fork.
3. In a small bowl, stir the apple purée with a few drops of lemon juice and a pinch of salt. Taste and adjust—the sauce should be smooth and lightly tangy with a mellow sweetness.
4. Spoon the apple purée over the chicken and vegetables, letting it drizzle naturally rather than coating everything fully.
5. Give the dish a minute to rest before serving to let the flavors settle and the heat soften the purée slightly over the chicken.

Warm Lentil and Turkey Salad with Soft Carrots (week 3)



Prep Time:
10 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
post-meal pain



Instructions

1. In a small-sized pan over low heat, gently warm the cooked lentils with a splash of water if they seem dry. They should loosen just enough to steam slightly but not break apart.
2. Add the shredded turkey and diced carrots to the pan. Stir softly as everything warms through—the mixture should smell earthy and comforting.
3. Once heated, turn off the heat and drizzle in the pumpkin seed oil. Fold gently to coat without overmixing.
4. Sprinkle in the chopped parsley, then season with a pinch of salt. Taste and adjust the seasoning if needed.
5. Serve while still warm—the flavors are most inviting when everything is soft and gently heated, not hot. The turkey should be tender, and the carrots just sweet enough to balance the lentils.

Nutritional Information (Per Serving)

- Calories: 195
- Protein: 21 g
- Fat: 5 g
- Saturated Fat: 0.6 g
- Carbohydrates: 14 g
- Fiber: 4 g
- Sodium: 85 mg

A gentle, nourishing salad with tender turkey and sweet carrots.

Ingredients

- Cooked green lentils: ½ cup / 100 g
- Steamed turkey breast, shredded: 4 oz / 120 g
- Steamed carrots, diced: 3 oz / 90 g
- Fresh parsley, chopped: 1 tbsp
- Salt: to taste
- Pumpkin seed oil (Natura Harmony): 1 tsp / 5 ml

No-Mayo Olivier Salad (week 4)



Prep Time:
15 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 165
- Protein: 16 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 17 g
- Fiber: 3 g
- Sodium: 120 mg

A classic holiday favorite reimagined with lightness and care—all the familiar comfort, none of the heaviness.

Ingredients

- Boiled potatoes, diced: 5 oz / 150 g
- Steamed carrots, diced: 3 oz / 90 g
- Cooked skinless chicken breast, chopped: 3.5 oz / 100 g
- Steamed green peas: 2 oz / 60 g
- Peeled cucumber, finely diced: 2 oz / 60 g

Instructions

1. Combine the diced potatoes, carrots, chopped chicken, green peas, and diced cucumber in a medium bowl. Each piece should be soft but still hold its shape—no mushiness.
2. Add the chopped egg whites and fresh dill. Give everything a gentle toss so the textures stay distinct.
3. Whisk the lemon juice, yogurt, and a pinch of salt in a separate small bowl. The dressing should be smooth and just tangy enough to brighten the mix.
4. Pour the dressing onto the salad and fold it in carefully with a spoon or spatula. Aim for an even coating without crushing the ingredients.
5. Chill the salad for around 10–15 minutes before serving if time allows. It helps the flavors come together and gives the dish a classic, composed feel.

- Egg whites: 2 large
- Unsweetened plain yogurt (low-fat): 2 tbsp / 30 g

- Lemon juice: ½ tsp / 2 ml
- Salt: to taste
- Dill, chopped: 1 tsp

Gallbladder-Friendly Niçoise (week 4)



Prep Time:
15 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: full

Suitable for: stable digestion /
mild bloating



Instructions

1. Arrange the halved potatoes and green beans in a shallow dish or bowl. They should feel soft and warm to the touch, but not fall apart.
2. Add the flaked white fish and quartered egg whites in small mounds to keep the salad visually inviting and easy to portion.
3. Scatter the cucumber slices around the plate for a bit of cool crunch, then sprinkle the chopped parsley over everything.
4. Evenly drizzle the lemon juice over the top, followed by a light pinch of salt. No need to mix—this salad is best served composed.
5. Serve lightly chilled or at room temperature for the most balanced texture and flavor.

Nutritional Information (Per Serving)

- Calories: 160
- Protein: 17 g
- Fat: 1.5 g
- Saturated Fat: 0.3 g
- Carbohydrates: 14 g
- Fiber: 3 g
- Sodium: 95 mg

This French classic goes light and gentle, without oil-packed tuna or heavy dressing—just clean, delicate flavors.

Ingredients

- Steamed green beans: 3 oz / 90 g
- Boiled baby potatoes, halved: 4 oz / 120 g
- Poached white fish (e.g., cod), flaked: 3 oz / 90 g
- Egg whites: 2 large
- Peeled cucumber, sliced: 2 oz / 60 g
- Chopped parsley: 1 tsp
- Salt: to taste
- Lemon juice: 1 tsp / 5 ml

Light Waldorf Salad (week 4)



Prep Time:
10 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 155
- Protein: 16 g
- Fat: 2 g
- Saturated Fat: 0.4 g
- Carbohydrates: 14 g
- Fiber: 2 g
- Sodium: 100 mg

Crunchy and fresh with no heavy dressing or nuts—just simple, satisfying balance.

Ingredients

- Crisp apple, peeled and chopped: 4 oz / 120 g
- Peeled cucumber, thinly sliced: 3 oz / 90 g
- Steamed chicken breast, diced: 3.5 oz / 100 g
- Celery stalk, finely chopped: 1.5 oz / 45 g
- Unsweetened plain yogurt (low-fat): 2 tbsp / 30 g
- Lemon juice: 1 tsp / 5 ml
- Salt: to taste

Instructions

1. In a medium-sized bowl, combine the chopped apple, sliced cucumber, diced chicken, and celery. The mixture should look bright and fresh, with crisp textures throughout.
2. Whisk the yogurt, lemon juice, and a bit of salt in a separate small bowl. This light dressing should be smooth and tangy.
3. Pour the dressing onto the salad and carefully fold everything together with a spoon or soft spatula. Take care not to mash the apples—the goal is to coat, not crush.
4. Let the salad rest for around 5–10 minutes before serving to let the flavors mellow and blend.
5. Serve chilled for a refreshing, clean-textured dish that's easy to digest and delivers a light, pleasant crunch with every bite.

CHAPTER 8: SOUPS & STEWS

Simple Chicken and Rice Soup (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: diarrhea /
post-meal pain

Instructions

1. In a medium saucepan, pour in the water or chicken broth and heat it until it reaches a gentle simmer.
2. Add the steamed carrot and well-cooked rice to the pot. Let them warm together until the broth is fragrant and the vegetables feel almost creamy to the touch.
3. Stir in the shredded chicken breast and continue simmering on low for another few minutes, just until the chicken is warmed through and everything tastes unified and mellow.
4. Sprinkle in the chopped parsley and a pinch of salt, then turn off the heat.
5. Let the soup rest for a minute or two before serving—it should look clear, smell mild, and feel soothingly warm on the spoon.



Nutritional Information (Per Serving)

- Calories: 140
- Protein: 16 g
- Fat: 1.5 g
- Saturated Fat: 0.4 g
- Carbohydrates: 15 g
- Fiber: 1 g
- Sodium: 80 mg

A gentle broth with tender chicken and soft rice, perfect for early recovery.

Ingredients

- Skinless chicken breast, poached and shredded: 5 oz / 140 g
- White rice (well-cooked): ½ cup / 60 g
- Carrot (diced, steamed): 3 oz / 85 g
- Water or low-sodium chicken broth: 4 cups / 950 ml
- Fresh parsley, chopped: 1 tsp
- Salt: to taste

Mild Carrot-Ginger Soup (week 1)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 48
- Protein: 1 g
- Fat: 0.2 g
- Saturated Fat: 0 g
- Carbohydrates: 11 g
- Fiber: 2 g
- Sodium: 40 mg

Creamy, soothing carrot soup with a whisper of ginger for gentle warmth.

Ingredients

- Carrots, peeled and diced: 6 oz / 170 g
- Fresh ginger (small amount, grated): ¼ tsp
- Water: 3 cups / 700 ml
- Salt: a pinch

Instructions

1. Add the diced carrots and grated ginger to a saucepan with the water. Set the pot over low heat and allow everything to cook gently, uncovered, until the carrots are very soft—they should break apart with the slightest touch of a spoon and release a sweet, earthy aroma.
2. Take the pot off the heat and let it cool for a minute. Blend the soup with an immersion or countertop blender until it's completely smooth and creamy.
3. Return the soup to the pot if needed, and add a pinch of salt. Warm just until heated through, stirring softly so the soup stays silky and light.
4. Taste and adjust the seasoning, then ladle into bowls. The color should be bright and the scent comforting, with the ginger coming through as a gentle note rather than a sharp heat.
5. Let the soup cool slightly before enjoying. It should feel soothing and easy on the stomach, with a naturally sweet finish from the carrots.

Light Minestrone (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** constipation / bloating



Nutritional Information (Per Serving)

- Calories: 85
- Protein: 3 g
- Fat: 0.5 g
- Saturated Fat: 0.1 g
- Carbohydrates: 17 g
- Fiber: 2 g
- Sodium: 40 mg

A mild vegetable broth with zucchini, carrots, and soft pasta for gentle digestion.

Ingredients

- Zucchini, diced: 4 oz / 115 g
- Carrot, diced: 3 oz / 85 g
- Small pasta shapes (no egg): ¼ cup / 30 g
- Water or vegetable broth: 4 cups / 950 ml
- Fresh basil (optional): 1 tsp
- Salt: to taste

Instructions

1. Pour the water or vegetable broth into a medium saucepan and bring it to a soft simmer.
2. Add the diced carrot first, letting it cook for a few minutes until it starts to soften. You'll notice the broth taking on a gentle sweetness.
3. Add the diced zucchini and the small pasta shapes. Simmer everything together until the vegetables are tender and the pasta is very soft—easy to mash with a fork.
4. Sprinkle in the basil if using, and season lightly with salt.
5. Remove the soup from the heat and let it rest a minute before serving. The broth should be clear and mild, with all the vegetables blending gently with the pasta.

Gentle Potato-Leek Soup (week 2)



Prep Time:
10 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / nausea

Nutritional Information (Per Serving)

- Calories: 95
- Protein: 2 g
- Fat: 0.2 g
- Saturated Fat: 0 g
- Carbohydrates: 21 g
- Fiber: 3 g
- Sodium: 35 mg

Silky smooth potato and leek soup, puréed and mild on the stomach.

Ingredients

- Potatoes, peeled and diced: 6 oz / 170 g
- Leek (white part only), thinly sliced: 2 oz / 60 g
- Water: 4 cups / 950 ml
- Salt: to taste

Instructions

1. In a medium-sized pot, combine the diced potatoes, sliced leek, and water. Bring to a gentle simmer over medium-low, allowing the vegetables to soften fully—they should be tender enough to easily fall apart when pierced with a fork.
2. Once the vegetables are cooked through, remove the pot from the heat. Purée the soup with an immersion blender or in batches using a standard blender until it's smooth and velvety in texture.
3. Return the soup to the pot if needed and warm gently. Add salt to taste, stirring carefully to ensure it's evenly distributed without overcooking.
4. The soup should be warm and comforting, with a mild onion-like aroma from the leek and a creamy texture from the potatoes. Let it cool slightly before serving.

Lentil and Vegetable Soup (week 3)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
stable digestion



Nutritional Information (Per Serving)

- Calories: 180
- Protein: 14 g
- Fat: 1 g
- Saturated Fat: 0.2 g
- Carbohydrates: 32 g
- Fiber: 8 g
- Sodium: 50 mg

Nutritious red lentils cooked with carrots and mild herbs for a comforting, gentle meal.

Instructions

1. Rinse the red lentils under cold running water until it runs clear to remove any dust or debris.
2. In a medium pot, combine the lentils, diced carrots, water or vegetable broth, and the bay leaf. Place over medium heat and bring to a gentle simmer.
3. Let the soup cook slowly, uncovered, stirring occasionally to prevent sticking. The lentils and carrots should soften fully, breaking down slightly to create a naturally creamy texture.
4. Once tender, remove the bay leaf and season the soup with a pinch of salt. Stir gently to mix the flavors.
5. Let the soup cool for a few minutes before serving—it should be warm and hearty, with soft vegetables and a mild, earthy taste.

Ingredients

- Red lentils: $\frac{1}{2}$ cup / 100 g
- Carrots, diced: 4 oz / 115 g
- Water or vegetable broth: 4 cups / 950 ml
- Bay leaf (remove before serving): 1
- Salt: to taste

Classic French Onion Soup (week 3)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /
constipation

Nutritional Information (Per Serving)

- Calories: 60
- Protein: 1 g
- Fat: 0.1 g
- Saturated Fat: 0 g
- Carbohydrates: 12 g
- Fiber: 2 g
- Sodium: 60 mg

Ingredients

- Leek (white part), thinly sliced:
4 oz / 115 g
- Low sodium vegetable broth:
4 cups / 950 ml
- Fresh thyme: $\frac{1}{2}$ tsp
- Salt: to taste

Instructions

1. Place the sliced leeks in a saucepan over low heat. Cover and allow them to steam gently in their own moisture for about 15–20 minutes, stirring occasionally, until they become soft and fragrant, developing a subtle sweetness.
2. Add the vegetable broth and fresh thyme to the pot, stirring to combine. Bring the mixture to a gentle simmer and let it cook uncovered for another 10 minutes to meld the flavors.
3. Season lightly with salt, tasting carefully to maintain a mild flavor.
4. Take off the heat and let the soup rest briefly. The broth should be clear and delicate, with tender leeks providing a soft texture.
5. Serve warm, enjoying the light, comforting notes reminiscent of classic French onion soup but gentle enough for sensitive digestion.

Italian Wedding Soup (week 4)



Prep Time:
15 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full

Suitable for: stable digestion /
mild post-meal pain



Nutritional Information (Per Serving)

- Calories: 220
- Protein: 25 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 18 g
- Fiber: 3 g
- Sodium: 90 mg

Delicate broth with lean turkey strips and finely diced vegetables for a nourishing, gentle meal.

Instructions

1. Shape the ground turkey into small, tender patties or strips—about bite-sized—and set aside.
2. Bring the water or chicken broth to a gentle simmer in a medium pot. Carefully add the turkey patties and cook for about 10 minutes, turning once, until they are cooked through and tender.
3. Add the finely chopped carrot, zucchini, and spinach to the pot. Let the vegetables cook gently until they become soft but not mushy, about 8 minutes.
4. Stir in the small pasta shapes and continue simmering until the pasta is very soft and easily broken with a fork, approximately 7 minutes.
5. Sprinkle with salt to taste, then turn off the heat. Let the soup rest a few minutes before serving to allow the flavors to meld.
6. Serve warm with the tender turkey pieces nestled among soft vegetables and pasta in a clear, comforting broth.

Ingredients

- Ground turkey (lean), formed into small soft patties or strips: 6 oz / 170 g
- Carrot, zucchini, and spinach (finely chopped): 5 oz / 140 g total
- Small pasta shapes: ¼ cup / 30 g
- Water or chicken broth: 4 cups / 950 ml
- Salt: to taste

Spanish Gazpacho (week 4)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /nausea

Nutritional Information (Per Serving)

- Calories: 55
- Protein: 2 g
- Fat: 0.2 g
- Saturated Fat: 0 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 35 mg

Chilled tomato and cucumber soup, cooked and puréed for gentle digestion.

Ingredients

- Tomatoes (peeled, cooked): 6 oz / 170 g
- Cucumber (peeled, seeded): 4 oz / 115 g
- Bell pepper (mild, peeled): 2 oz / 60 g
- Water: ½ cup / 120 ml
- Salt: to taste

Instructions

1. Begin by gently cooking the peeled tomatoes in a small saucepan with a splash of water until they soften completely and release their natural sweetness, about 10 minutes.
2. Transfer the softened tomatoes to a blender along with the peeled and seeded cucumber and peeled mild bell pepper. Add the water to help blend smoothly.
3. Purée everything until the soup is completely smooth and silky.
4. Sprinkle with salt to taste and stir gently to combine.
5. Chill the gazpacho in the fridge for at least one hour before serving. The soup should be cool, refreshing, and easy on the stomach with mild, softened flavors.

Seafood Stew (week 4)



Prep Time:
15 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: full

Suitable for: stable digestion only



Instructions

1. Pour the water or seafood broth into a medium pot, then bring it to a gentle simmer.
2. After adding the diced potatoes and carrots, cook for about 15 minutes or until they begin to soften. The broth will develop a light sweetness, and the vegetables should be tender but intact.
3. Gently add the white fish fillet, breaking it into large chunks, along with the shrimp. Let them cook in the simmering broth until the fish flakes easily and the shrimp turn opaque and pink, about 8 minutes.
4. Season the stew lightly with salt, stirring carefully to distribute the flavor.
5. Remove from heat and allow the stew to rest for a few minutes so the flavors meld and the broth cools slightly.
6. Serve warm, enjoying the delicate seafood flavors balanced with soft vegetables in a clear, light broth.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 30 g
- Fat: 2 g
- Saturated Fat: 0.3 g
- Carbohydrates: 15 g
- Fiber: 3 g
- Sodium: 80 mg

White fish and shrimp gently cooked with carrots and potatoes in a clear, comforting broth.

Ingredients

- White fish fillet: 5 oz / 140 g
- Shrimp (peeled, deveined): 3 oz / 85 g
- Potato, diced: 4 oz / 115 g
- Carrot, diced: 3 oz / 85 g
- Water or seafood broth: 4 cups / 950 ml
- Salt: to taste

Rabbit and Root Vegetable Soup (week 4)



Prep Time:
15 minutes



Cook Time:
35 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation / post-meal pain

Nutritional Information (Per Serving)

- Calories: 220
- Protein: 30 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 75 mg

A delicate, aromatic broth featuring lean rabbit meat with a blend of soft root vegetables, perfect for digestive comfort and rich in protein.

Ingredients

- Rabbit loin or leg meat (boneless, skinless), diced: 6 oz / 170 g
- Parsnip, peeled and diced: 3 oz / 90 g
- Carrot, diced: 3 oz / 90 g
- Celery stalk, finely chopped: 2 oz / 60 g

Instructions

1. Place the diced rabbit meat in a medium pot with the broth, fresh thyme, and bay leaf. Over medium-low, bring the mixture to a gentle simmer so that the meat can cook slowly and release its delicate aroma.
2. After about 10 minutes, add the diced parsnip, carrot, and chopped celery. Stir gently to combine, and continue simmering until the vegetables are tender and the rabbit is fully cooked—about 25 more minutes.
3. Take off the thyme sprig and bay leaf, then season the soup lightly with salt, tasting carefully to maintain a balanced flavor.
4. Let the soup rest briefly off the heat to allow the flavors to meld. The broth should be clear and fragrant, with soft vegetables and tender meat.
5. Serve warm, enjoying the comforting and gentle nature of this protein-rich soup.

- Low-sodium vegetable or chicken broth: 4 cups / 950 ml
- Fresh thyme sprig: 1
- Bay leaf: 1
- Salt: to taste

CHAPTER 9: DRINKS & SMOOTHIES

Soothing Cucumber-Mint Refresher (week 1)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: light

Suitable for: nausea /
bloating

Instructions

1. Place the peeled and chopped cucumber along with the fresh mint leaves in a blender. Add the water and lemon juice.
2. Blend on high until the mixture is smooth and vibrant green, releasing a fresh, cool aroma.
3. Pour the refresher into two glasses, adding ice cubes if desired for extra chill and refreshment.
4. Stir gently before sipping—the drink should feel light, hydrating, and soothing, with a subtle citrus brightness.
5. Serve right away to enjoy the freshest flavors and maximum hydration benefits.



Nutritional Information (Per Serving)

- Calories: 20
- Protein: 0.5 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 5 g
- Fiber: 1 g
- Sodium: 5 mg

A cool, hydrating drink with fresh cucumber and mint, perfect for gentle digestion and hydration.

Ingredients

- Cucumber (peeled, chopped): 1 cup / 150 g
- Fresh mint leaves: 1 tbsp / 3 g
- Water: 1½ cups / 360 ml
- Lemon juice: 1 tsp / 5 ml
- Ice cubes (optional): a few

Gentle Pear and Ginger Infusion (week 1)



Prep Time:
5 minutes



Cook Time:
15 minutes



Servings:
2

Digestive Load: light

Suitable for: post-meal pain /
nausea

Instructions

1. Place the peeled and sliced pear along with the thin ginger slices into a small saucepan filled with water.
2. Gently warm the mixture over low heat for around 10 to 15 minutes to let the flavors infuse. You'll notice the aroma deepen and the liquid take on a warm golden color.
3. Take the saucepan off the heat and strain the infusion if you prefer a clear drink.
4. Add the honey while the infusion is still warm, letting it dissolve slowly to add a mild natural sweetness.
5. Pour into cups and enjoy the comforting warmth that soothes the stomach and calms the senses.

Nutritional Information (Per Serving)

- Calories: 30
- Protein: 0 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 2 mg

Warm infusion with sweet pear and a hint of ginger to soothe the stomach.

Ingredients

- Ripe pear (peeled, sliced): 1 medium / 180 g
- Fresh ginger (thin slices): ¼ tsp
- Water: 2 cups / 480 ml
- Honey (optional): ½ tsp

Warm Chamomile and Apple Tea (week 1)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / nausea

Instructions

1. Bring the water to a gentle heat in a small pot or kettle until steaming hot but not boiling.
2. Place the chamomile tea bags and peeled apple slices into a teapot or heatproof container. Pour the hot water over them.
3. Let the tea steep for about 8–10 minutes, allowing the apple slices to soften and infuse a natural sweetness into the calming chamomile.
4. Remove the tea bags and apple slices carefully. If desired, add honey to sweeten gently, stirring to dissolve.
5. Pour into cups and enjoy the soothing warmth and gentle sweetness of this comforting infusion.



Nutritional Information (Per Serving)

- Calories: 25
- Protein: 0 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 7 g
- Fiber: 1 g
- Sodium: 1 mg

Calming chamomile tea sweetened naturally with warm apple slices.

Ingredients

- Chamomile tea bags: 2
- Water: 2 cups / 480 ml
- Apple slices (peeled): ½ cup / 75 g
- Honey (optional): ½ tsp

Steamed Carrot and Orange Cooler (week 1)



Prep Time:
5 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation / bloating

Nutritional Information (Per Serving)

- Calories: 60
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 15 g
- Fiber: 2 g
- Sodium: 30 mg

Lightly steamed carrot blended with fresh orange juice for a refreshing vitamin boost.

Ingredients

- Carrot (steamed, chopped): ½ cup / 75 g
- Fresh orange juice: 1 cup / 240 ml
- Water: ½ cup / 120 ml

Instructions

1. Steam the chopped carrot until tender, about 4–5 minutes, until it feels soft but still holds its bright color.
2. Transfer the steamed carrot to a blender and add the fresh orange juice along with the water.
3. Blend until the mixture becomes smooth and vibrant, releasing a fresh citrus aroma mingled with the subtle sweetness of carrot.
4. Pour into glasses and enjoy right away for a refreshing, nutrient-packed cooler that's gentle on digestion and brightens your day.

Light Banana and Oat Smoothie (week 2)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: light

Suitable for: constipation /
nausea



Nutritional Information (Per Serving)

- Calories: 110
- Protein: 2 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 27 g
- Fiber: 3 g
- Sodium: 20 mg

Creamy banana smoothie with oats for gentle energy and fiber.

Ingredients

- Ripe banana: 1 medium / 120 g
- Rolled oats (soaked): ¼ cup / 25 g
- Lactose-free milk or water: 1 cup / 240 ml
- Honey (optional): ½ tsp

Instructions

1. Soak the rolled oats in lactose-free milk or water for at least 15 minutes beforehand to soften them and improve digestibility.
2. Add the soaked oats, ripe banana, and remaining liquid to a blender.
3. Blend until smooth and creamy, with a naturally sweet aroma from the ripe banana.
4. If desired, stir in honey for a touch of extra sweetness and blend briefly to mix.
5. Pour into glasses and enjoy this gentle, fiber-rich smoothie that provides a light energy boost.

Zucchini and Pear Green Smoothie (week 2)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 45
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 5 mg

A mild, refreshing green smoothie with zucchini and sweet pear, perfect for gentle digestion.

Ingredients

- Steamed zucchini (chopped): 1 cup / 150 g
- Ripe pear (peeled, chopped): 1 medium / 180 g
- Water: 1 cup / 240 ml
- Fresh mint leaves: 1 tsp / 1 g

Instructions

1. Steam the chopped zucchini until tender and soft, about 5 minutes, then let it cool slightly.
2. In a blender, combine the steamed zucchini, water, peeled and chopped pear, and fresh mint leaves.
3. Blend until the mixture turns silky smooth and light green, with a fresh, mild aroma from the mint and pear.
4. Pour into glasses and enjoy right away for a gentle, hydrating smoothie that supports easy digestion.

Creamy Rice and Blueberry Blend (week 2)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: light

Suitable for: diarrhea / post-meal pain



Instructions

1. Place the cooked white rice and fresh blueberries in a blender along with the lactose-free milk or water.
2. Blend the ingredients until creamy and smooth, with a gentle sweetness and vibrant color from the blueberries.
3. If desired, stir in honey for a touch of natural sweetness and blend briefly to combine.
4. Pour into glasses and enjoy immediately—this drink offers a soft texture and a boost of antioxidants, perfect for sensitive digestion.

Nutritional Information (Per Serving)

- Calories: 90
- Protein: 2 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 20 g
- Fiber: 2 g
- Sodium: 10 mg

Smooth blend of cooked rice and fresh blueberries for a soft-textured, antioxidant-rich drink.

Ingredients

- Cooked white rice: $\frac{1}{2}$ cup / 100 g
- Fresh blueberries: $\frac{1}{2}$ cup / 75 g
- Lactose-free milk or water: 1 cup / 240 ml
- Honey (optional): $\frac{1}{2}$ tsp

Sweet Potato and Cinnamon Shake (week 2)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: moderate

Suitable for: constipation / bloating

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 2 g
- Fat: 0.3 g
- Saturated Fat: 0 g
- Carbohydrates: 28 g
- Fiber: 4 g
- Sodium: 15 mg

A warming, lightly spiced shake combining sweet potato and cinnamon for comfort and fiber.

Ingredients

- Cooked sweet potato (mashed): 1 cup / 200 g
- Cinnamon: $\frac{1}{4}$ tsp
- Lactose-free milk or water: 1 cup / 240 ml
- Honey (optional): $\frac{1}{2}$ tsp

Instructions

1. Combine the mashed sweet potato and cinnamon in a blender.
2. Pour in the lactose-free milk or water and blend until smooth and creamy, releasing a warm, comforting aroma.
3. Add honey if desired, blending briefly to incorporate the gentle sweetness.
4. Pour into glasses and enjoy this soothing shake that offers both fiber and a mild spice, perfect for calm digestion.

Mild Melon and Mint Cooler (week 3)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** nausea / bloating



Nutritional Information (Per Serving)

- Calories: 40
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 10 g
- Fiber: 1 g
- Sodium: 5 mg

Refreshing and hydrating, this melon and mint drink is gentle and soothing.

Instructions

1. Combine the cubed ripe melon and fresh mint leaves in a blender.
2. Add the water and lemon juice, then blend until smooth and refreshing, with a bright, fresh aroma.
3. Pour the cooler into glasses and serve immediately to enjoy a light, hydrating drink that's gentle on digestion.
4. For a cooler experience, add a few ice cubes or chill the ingredients beforehand.

Ingredients

- Ripe melon (cubed): 1 cup / 150 g
- Fresh mint leaves: 1 tbsp / 3 g
- Water: 1 cup / 240 ml
- Lemon juice: 1 tsp / 5 ml

Steamed Pumpkin and Pear Smoothie (week 3)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** post-meal pain / constipation

Nutritional Information (Per Serving)

- Calories: 65
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 16 g
- Fiber: 3 g
- Sodium: 5 mg

A creamy, subtly sweet smoothie combining steamed pumpkin and ripe pear.

Instructions

1. Steam the pumpkin cubes until tender and soft, about 8–10 minutes, then let them cool slightly.
2. Place the steamed pumpkin, peeled and chopped pear, water, and ground cinnamon into a blender.
3. Blend the ingredients until smooth and creamy, with warm cinnamon notes and a natural sweetness from the pear.
4. Pour into glasses and enjoy right away for a comforting and gentle smoothie that nourishes and soothes.

Ingredients

- Steamed pumpkin (cubed): 1 cup / 150 g
- Ripe pear (peeled, chopped): 1 medium / 180 g
- Water: 1 cup / 240 ml
- Ground cinnamon: a pinch

Carrot, Apple, and Ginger Elixir (week 3)



Prep Time:
5 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: moderate **Suitable for:** bloating / nausea

Instructions

1. Steam the chopped carrot until tender, about 5 minutes, then allow it to cool slightly.
2. Add the steamed carrot, peeled and chopped apple, grated fresh ginger, and water into a blender.
3. Blend until smooth and fragrant, capturing the sweet and spicy notes in a gentle, refreshing elixir.
4. If desired, stir in honey to add a mild natural sweetness, blending briefly to combine.
5. Pour into glasses and enjoy right away for a soothing drink that supports gentle digestion.



Nutritional Information (Per Serving)

- Calories: 60
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 15 g
- Fiber: 3 g
- Sodium: 5 mg

A refreshing, lightly spiced blend of carrot, apple, and a touch of ginger for gentle digestion.

Ingredients

- Steamed carrot (chopped): 1 cup / 150 g
- Ripe apple (peeled, chopped): 1 medium / 180 g
- Fresh ginger (small piece, grated): 1/8 tsp
- Water: 1 cup / 240 ml
- Honey (optional): 1/2 tsp

Light Coconut-Free Pineapple Smoothie (week 3)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: full

Suitable for: stable digestion / mild bloating

Nutritional Information (Per Serving)

- Calories: 60
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 15 g
- Fiber: 2 g
- Sodium: 5 mg

Tropical pineapple smoothie without coconut, keeping it gentle and digestive-friendly.

Instructions

1. Combine the fresh pineapple chunks and fresh mint leaves in a blender.
2. Add the lactose-free milk or water and blend until smooth and vibrant, with a bright tropical aroma.
3. If desired, stir in honey for a touch of natural sweetness and blend briefly to incorporate.
4. Pour into glasses and enjoy right away for a refreshing, gentle smoothie that supports easy digestion.

Ingredients

- Fresh pineapple chunks: 1 cup / 150 g
- Lactose-free milk or water: 1 cup / 240 ml
- Fresh mint leaves: 1 tsp / 1 g
- Honey (optional): 1/2 tsp

Refreshing Watermelon and Basil Juice (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: nausea /
stable digestion



Nutritional Information (Per Serving)

- Calories: 40
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 10 g
- Fiber: 1 g
- Sodium: 5 mg

A hydrating, fragrant juice combining sweet watermelon with fresh basil.

Instructions

1. Combine the cubed watermelon and fresh basil leaves in a blender.
2. Add the water and lemon juice, then blend until smooth and fragrant, with the sweet freshness of watermelon mingling with the aromatic basil.
3. Serve the juice in glasses and enjoy right away for a refreshing, hydrating drink that's gentle on the stomach.
4. Optionally, add ice cubes for extra chill and refreshment.

Ingredients

- Fresh watermelon (cubed):
1½ cups / 225 g
- Fresh basil leaves: 1 tbsp / 3 g
- Water: ½ cup / 120 ml
- Lemon juice: 1 tsp / 5 ml

Green Detox Smoothie (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /
constipation

Nutritional Information (Per Serving)

- Calories: 30
- Protein: 2 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 6 g
- Fiber: 2 g
- Sodium: 15 mg

A vibrant green smoothie using zucchini and spinach without avocado, easy on digestion.

Instructions

1. Steam the chopped zucchini until soft and tender, about 5 minutes, then let it cool slightly.
2. Place the steamed zucchini, fresh spinach leaves, water, and fresh lemon juice in a blender.
3. Blend until smooth and vibrant green, with a fresh, zesty aroma from the lemon and spinach.
4. Pour into glasses and enjoy right away for a gentle, nutrient-packed detox smoothie that supports easy digestion.

Ingredients

- Steamed zucchini (chopped):
1 cup / 150 g
- Fresh spinach leaves: 1 cup / 30 g
- Water: 1 cup / 240 ml
- Fresh lemon juice: 1 tsp / 5 ml

Creamy Oat and Mango Shake (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: post-meal pain / constipation



Instructions

1. Gently soak the rolled oats in lactose-free milk or water for at least 15 minutes, allowing them to soften and become easier on your digestive system.
2. Add the soaked oats, ripe mango, and remaining liquid to a blender.
3. Blend until smooth and creamy, with the tropical sweetness of mango shining through.
4. If desired, stir in honey for a touch of extra natural sweetness and blend briefly to mix.
5. Pour into glasses and enjoy immediately as a nourishing, gentle snack.

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 3 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 28 g
- Fiber: 4 g
- Sodium: 10 mg

A creamy and naturally sweet shake with oats and mango, perfect for a nourishing snack.

Ingredients

- Rolled oats (soaked): ¼ cup / 25 g
- Ripe mango (peeled, chopped): 1 cup / 150 g
- Lactose-free milk or water: 1 cup / 240 ml
- Honey (optional): ½ tsp

Chilled Cucumber and Lemon Tonic (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 15
- Protein: 0.5 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 4 g
- Fiber: 1 g
- Sodium: 5 mg

A refreshing, detoxifying tonic with cool cucumber and zesty lemon.

Instructions

1. Place the peeled and chopped cucumber into a blender along with the fresh lemon juice and water.
2. Blend until smooth and vibrant, releasing a crisp, refreshing aroma.
3. If using, add fresh mint leaves and blend briefly to incorporate their cooling flavor.
4. Pour the tonic into glasses and serve chilled for a light, detoxifying drink that supports digestion.
5. For extra refreshment, add ice cubes or chill ingredients before blending.

Ingredients

- Cucumber (peeled, chopped): 1 cup / 150 g
- Fresh lemon juice: 2 tsp / 10 ml
- Water: 1½ cups / 360 ml
- Fresh mint leaves (optional): 1 tsp / 1 g

Soft Peach and Rice Milk Smoothie (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
post-meal pain



Nutritional Information (Per Serving)

- Calories: 70
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 17 g
- Fiber: 2 g
- Sodium: 10 mg

A gentle, creamy smoothie combining ripe peaches and mild rice milk.

Instructions

1. Place the peeled and sliced ripe peach in a blender along with the rice milk.
2. Blend until smooth and creamy, with the soft sweetness of peach blending seamlessly with the mild rice milk.
3. If desired, add honey for a gentle touch of natural sweetness and blend briefly to mix.
4. Pour into glasses and enjoy immediately as a soothing and nourishing smoothie.

Ingredients

- Ripe peach (peeled, sliced): 1 medium / 150 g
- Rice milk (unsweetened): 1 cup / 240 ml
- Honey (optional): ½ tsp

Warm Spiced Apple and Pear Cider (week 4)



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
2

Digestive Load: full

Suitable for: nausea /
stable digestion

Nutritional Information (Per Serving)

- Calories: 70
- Protein: 0 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Sodium: 5 mg

A cozy, warming cider infused with gentle spices to soothe digestion.

Instructions

1. Combine the apple juice, sliced pear, ground cinnamon, clove (if using), and water in a small saucepan.
2. Warm gently over low heat, allowing the spices and fruit to infuse slowly. You'll notice a comforting aroma as the mixture heats.
3. Simmer softly for about 10 minutes until the pear slices are tender and the cider is fragrant and warm.
4. Remove the clove before serving. Pour into mugs and enjoy the soothing warmth and subtle spice.
5. This drink is perfect for chilly days or when you need gentle digestive comfort.

Ingredients

- Unsweetened apple juice: 1½ cups / 360 ml
- Pear (peeled, sliced): 1 medium / 180 g
- Ground cinnamon: ¼ tsp
- Clove (optional): 1 small
- Water: ½ cup / 120 ml

Gentle Blueberry and Spinach Smoothie (week 4)



Prep Time:
5 minutes



Cook Time:
0 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
bloating



Instructions

1. Place the fresh blueberries and spinach leaves into a blender.
2. Add the lactose-free milk or water, then blend until smooth and vibrant, with the deep purple of blueberries mixing beautifully with the bright green spinach.
3. Pour into glasses and enjoy right away for a gentle, nutrient-rich smoothie that supports easy digestion.
4. For extra chill, add a few ice cubes before blending.

Nutritional Information (Per Serving)

- Calories: 45
- Protein: 2 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Sodium: 20 mg

A nutrient-packed, mild smoothie combining blueberries and tender spinach leaves.

Ingredients

- Fresh blueberries: ½ cup / 75 g
- Fresh spinach leaves: 1 cup / 30 g
- Lactose-free milk or water:
1 cup / 240 ml

Sweet Carrot and Turmeric Latte (week 4)



Prep Time:
5 minutes



Cook Time:
5 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /
post-meal pain

Nutritional Information (Per Serving)

- Calories: 50
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 12 g
- Fiber: 1 g
- Sodium: 40 mg

A golden-hued, anti-inflammatory latte made with carrot juice and a hint of turmeric.

Instructions

1. In a small saucepan, gently warm the fresh carrot juice and lactose-free milk or water over low heat.
2. Stir in the turmeric powder, allowing its warm golden color to infuse the latte.
3. Heat the mixture until it is comfortably warm but not boiling, releasing a subtle earthy aroma.
4. Remove from heat and, if desired, stir in honey for a touch of natural sweetness.
5. Pour into mugs and savor this soothing, anti-inflammatory drink that's gentle on digestion.

Ingredients

- Fresh carrot juice: 1 cup / 240 ml
- Turmeric powder: ⅓ tsp
- Lactose-free milk or water:
½ cup / 120 ml
- Honey (optional): ½ tsp

CHAPTER 10: GUILT-FREE DESSERTS

Creamy Rice Pudding (week 1)



Prep Time:
5 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: light

Suitable for: post-meal pain /
constipation

Instructions

1. In a small-sized saucepan, combine the cooked white rice and lactose-free milk.
2. Warm gently over medium-low heat, stirring often to prevent sticking, until the mixture thickens to a creamy consistency—this should take about 15–20 minutes.
3. Add the ground cinnamon and vanilla extract, allowing their gentle aromas to blend through the pudding.
4. If desired, stir in honey for a touch of natural sweetness and mix well.
5. Take off the heat and let the pudding cool slightly before serving. It should feel smooth, creamy, and comforting.



Nutritional Information (Per Serving)

- Calories: 140
- Protein: 3 g
- Fat: 1 g
- Saturated Fat: 0 g
- Carbohydrates: 30 g
- Fiber: 1 g
- Sodium: 50 mg

A gentle, comforting dessert made with cooked rice and lactose-free milk, naturally sweetened.

Ingredients

- Cooked white rice: ½ cup / 100 g
- Lactose-free milk: 1 cup / 240 ml
- Honey (optional): 1 tsp
- Ground cinnamon: a pinch
- Vanilla extract: ¼ tsp

Poached Pears in Light Syrup (week 1)



Prep Time:
5 minutes



Cook Time:
25 minutes



Servings:
2

Digestive Load: light

Suitable for: nausea /
constipation

Instructions

1. In a saucepan, combine the water, honey (if using), and vanilla bean or extract. Warm gently to dissolve the honey and infuse the vanilla scent.
2. Add the peeled and halved pears to the syrup, ensuring they are mostly submerged.
3. Simmer gently over low heat, letting the pears soften slowly while absorbing the delicate flavors—this takes about 20–25 minutes.
4. The pears are ready when they feel tender but still hold their shape, with the syrup slightly thickened.
5. Take off the heat and allow pears to cool in the syrup before serving. This dessert is soothing, mildly sweet, and easy on digestion.

Nutritional Information (Per Serving)

- Calories: 90
- Protein: 0.5 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 24 g
- Fiber: 4 g
- Sodium: 2 mg

Soft pears gently poached in a mildly sweetened water syrup with a hint of vanilla.

Ingredients

- Pears (peeled, halved): 2 medium / 360 g
- Water: 2 cups / 480 ml
- Honey (optional): 1 tbsp
- Vanilla bean or extract: ½ tsp

Baked Apples with Cinnamon (week 1)



Prep Time:
5 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: light

Suitable for: bloating / constipation



Instructions

1. Bring the oven up to 350°F / 175°C.
2. Place the peeled and cored apples in a small baking dish, arranging them evenly.
3. Sprinkle the ground cinnamon evenly over the apples for a warm, fragrant touch.
4. Drizzle honey over the apples if you prefer added natural sweetness.
5. Pour the water into the dish to keep the apples moist during baking.
6. Loosely tent the dish with foil and bake for around 25–30 minutes, until the apples are soft and delicate when pierced with a fork.
7. Let cool slightly before serving. The apples should feel juicy and fragrant with cinnamon.

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 0.3 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 1 mg

Tender baked apples with warm cinnamon, naturally sweet and soothing.

Ingredients

- Apples (peeled, cored): 2 medium / 360 g
- Ground cinnamon: ½ tsp
- Honey (optional): 1 tbsp
- Water: ¼ cup / 60 ml

Steamed Sponge Cake (week 2)



Prep Time:
10 minutes



Cook Time:
20 minutes



Servings:
2

Digestive Load: moderate

Suitable for: post-meal pain / stable digestion

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 6 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 20 g
- Fiber: 1 g
- Sodium: 80 mg

A soft, low-fat sponge cake steamed to perfection without added fats or dairy.

Ingredients

- All-purpose flour: ½ cup / 60 g
- Egg whites: 3 large
- Honey: 1 tbsp
- Baking powder: ¼ tsp
- Vanilla extract: ¼ tsp

Instructions

1. In a mixing bowl, whisk the egg whites until soft peaks form, then gradually add honey while continuing to whisk until glossy and stiff.
2. Carefully sift the flour and baking powder together, then fold into the egg whites in batches, taking care to keep the mixture airy.
3. Add the vanilla extract to infuse a delicate flavor.
4. Prepare a heatproof dish or small cake pan that fits inside your steamer. Lightly grease or line with parchment paper.
5. Transfer the batter to the prepared dish, then gently smooth the top for an even surface.
6. Steam over gently simmering water, covered, for about 20 minutes. To check if it's done, insert a toothpick into the center; it should come out clean.
7. Carefully take out of the steamer and let cool slightly before slicing. The cake should be light, moist, and tender.

Banana Oat Cookies (week 2)



Prep Time:
10 minutes



Cook Time:
15 minutes



Servings:
2 (makes
about 6 small cookies)

Digestive Load: moderate

Suitable for: constipation /
bloating



Nutritional Information (Per Serving)

- Calories: 110
- Protein: 2 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Carbohydrates: 26 g
- Fiber: 3 g
- Sodium: 1 mg

Simple, naturally sweet cookies made with ripe bananas and oats, no added fat.

Ingredients

- Ripe banana (mashed): 1 medium / 120 g
- Rolled oats: ½ cup / 50 g
- Ground cinnamon: ½ tsp
- Vanilla extract: ¼ tsp

Instructions

1. Preheat your oven to 350°F / 175°C and line a baking sheet with parchment paper.
2. Mash the ripe banana until it's creamy and smooth in a bowl.
3. Add the rolled oats, ground cinnamon, and vanilla extract until fully combined into a thick batter.
4. Using a spoon, scoop small dollops of the mixture onto the baking sheet, leaving around 1 inch of space between each. Flatten slightly with the back of the spoon for even baking.
5. Bake for about 12–15 minutes until the edges turn golden and the cookies feel set but still soft inside.
6. Let them rest on the baking sheet for a few minutes before moving them to a wire rack to finish cooling. These cookies are tender, naturally sweet, and easy to digest.

Baked Pears with Honey and Cinnamon (week 3)



Prep Time:
5 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: moderate

Suitable for: nausea /
mild constipation

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 0.4 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 33 g
- Fiber: 4 g
- Sodium: 2 mg

Soft-baked pears drizzled with a touch of honey and dusted with warming cinnamon.

Ingredients

- Pears (peeled, halved): 2 medium / 360 g
- Honey: 1 tbsp
- Ground cinnamon: ½ tsp
- Water: ¼ cup / 60 ml

Instructions

1. Bring your oven up to 350°F / 175°C.
2. Arrange the peeled and halved pears in a baking dish, cut side up.
3. Drizzle the honey evenly over the pears, letting it seep into the crevices.
4. Sprinkle the ground cinnamon on top, adding a warm, fragrant layer.
5. Pour the water into the dish to help keep the pears moist during baking.
6. Loosely tent with foil and bake for about 25–30 minutes, until the pears are tender when pierced with a fork.
7. Take out of the oven and let cool slightly before serving. The pears will be soft, juicy, and warmly spiced.

Carrot and Apple Cake (low-fat, no nuts) (week 3)



Prep Time:
15 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: bloating /
post-meal pain



Instructions

1. Bring the oven up to 350°F / 175°C and cover a small baking pan with parchment paper or lightly grease it.
2. In a bowl, whisk the egg whites until they start to form soft peaks. Gradually add the honey, continuing to whisk until glossy.
3. Gently stir in the grated carrot and apple, mixing carefully to maintain airiness.
4. After sifting the flour, baking powder, and cinnamon, add the dry components to the liquid ingredients in batches and blend just until incorporated.
5. Arrange the batter on the prepared pan, evenly smoothing the top.
6. The cake should be springy to the touch, and a toothpick inserted in the center should come out clean after 25–30 minutes of baking.
7. Let the cake cool slightly before slicing. Expect a tender, moist texture with subtle natural sweetness and warm cinnamon notes.

Nutritional Information (Per Serving)

- Calories: 140
- Protein: 5 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 28 g
- Fiber: 3 g
- Sodium: 85 mg

A moist, lightly sweetened cake made with grated carrot and apple, free of nuts and added fats.

Ingredients

- Grated carrot: ½ cup / 50 g
- Grated apple: ½ cup / 60 g
- All-purpose flour: ½ cup / 60 g
- Egg whites: 3 large
- Honey: 1 tbsp
- Baking powder: ¼ tsp
- Ground cinnamon: ½ tsp

Pumpkin Custard (egg-based, low-fat) (week 4)



Prep Time:
10 minutes



Cook Time:
30 minutes



Servings:
2

Digestive Load: full

Suitable for: constipation /
stable digestion

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 5 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 20 g
- Fiber: 2 g
- Sodium: 50 mg

A silky, comforting custard made from puréed pumpkin and eggs, gently sweetened.

Ingredients

- Pumpkin purée (steamed and mashed): 1 cup / 240 g
- Egg whites: 4 large
- Honey: 1 tbsp
- Ground nutmeg: a pinch
- Vanilla extract: ¼ tsp

Instructions

1. Bring your oven up to 325°F / 160°C and prepare two small ramekins or custard cups.
2. Whisk the egg whites gently in a mixing bowl until they're slightly frothy.
3. Stir in the pumpkin puree, honey, ground nutmeg, and vanilla extract until the mixture turns smooth and well combined.
4. Pour the custard mixture into the ramekins in an even layer.
5. Place the ramekins in a deep baking dish and add hot water to the dish until it reaches halfway up the sides of the ramekins, creating a water bath.
6. Bake for around 25–30 minutes until the custard is just set but still tender in the center. A slight jiggle is perfect.
7. Remove from the oven and let cool before serving. The custard should be silky, lightly spiced, and soothing.

Lemon Jelly (homemade, sugar-controlled) (week 4)



Prep Time:
10 minutes



Cook Time:
3 hours
(chilling)



Servings:
2

Digestive Load: full

Suitable for: nausea / post-meal pain



Nutritional Information (Per Serving)

- Calories: 60
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 15 g
- Fiber: 0 g
- Sodium: 5 mg

A light, refreshing lemon jelly made with natural sweetener and no artificial additives.

Ingredients

- Fresh lemon juice: ½ cup / 120 ml
- Water: 1½ cups / 360 ml
- Gelatin powder: 1 tbsp
- Honey: 1 tbsp

Instructions

1. Pour ½ cup (120 ml) of water into a small-sized bowl and sprinkle the gelatin powder over it. Let it soften for 5 minutes without stirring.
2. In a small-sized saucepan, heat the remaining 1 cup (240 ml) of water until it's warm but not boiling.
3. Stir the softened gelatin mixture into the warm water until fully dissolved and smooth.
4. Remove from heat, then whisk in the fresh lemon juice and honey until they're well combined.
5. Pour the mixture into small serving dishes or molds.
6. Refrigerate for at least 3 hours until the jelly is fully set and firm to the touch.
7. Serve chilled for a refreshing, light dessert with gentle natural sweetness and a bright citrus tang.

Mango Sorbet (fruit-only, no cream or sugar added) (week 4)



Prep Time:
10 minutes



Cook Time:
4 hours
(freezing)



Servings:
2

Digestive Load: full

Suitable for: bloating / nausea

Nutritional Information (Per Serving)

- Calories: 90
- Protein: 1 g
- Fat: 0 g
- Saturated Fat: 0 g
- Carbohydrates: 23 g
- Fiber: 3 g
- Sodium: 0 mg

A simple, refreshing sorbet made from ripe mangoes, naturally sweet and cooling.

Ingredients

- Ripe mango (peeled, chopped): 2 cups / 300 g
- Lemon juice: 1 tbsp / 15 ml
- Water: ½ cup / 120 ml

Instructions

1. Place the chopped mango, lemon juice, and water in a blender or food processor.
2. Blend until the mixture turns completely smooth and creamy, releasing a fresh, tropical aroma.
3. Pour the purée into a shallow container suitable for freezing.
4. Freeze for about 1 hour, then stir vigorously with a fork to break up any ice crystals. Repeat this stirring every 30 minutes for the next 3 hours to achieve a smooth texture.
5. Allow the sorbet to soften a bit at room temperature for a few minutes before serving for a perfect scoopable consistency.

CHAPTER 11: ADAPTIVE 8-WEEK MEAL PLAN

A flexible roadmap for rebuilding digestion—one meal, one day, one symptom at a time

After gallbladder removal, your digestive system benefits from a steady, unhurried pace. Smaller portions eaten more often help bile flow smoothly, without straining your intestines, reducing heaviness, bloating, and sudden discomfort. That's why this plan follows a six-meal structure — three main meals (breakfast, lunch, dinner) and three light snacks in between. This gentle rhythm:

- Keeps your energy balanced throughout the day
- Prevents digestive overload by spreading food intake evenly
- Makes it easier to welcome new foods back into your diet

HOW THE MEALS WERE SELECTED

Recipes are drawn from specific categories to provide variety, comfort, and targeted symptom support:

- **Breakfasts** — soft, warm dishes such as porridges, scrambles, and mild grain bowls (*Breakfast Recipes*).
- **Morning and Afternoon Snacks** — light, hydrating, and nutrient-rich options (*Snacks & Light Bites, Salads & Cold Dishes, Drinks & Smoothies*).
- **Lunches** — lean proteins with gentle sides (*Lunch Recipes, Soups & Stews*).
- **Dinners** — baked or steamed proteins with well-cooked vegetables or mild grains (*Dinner Recipes*).
- **Evening Snacks** — small, soothing, low-fat treats or calming drinks (*Guilt-Free Desserts, Drinks & Smoothies*). This meal is optional and can be skipped if you feel satisfied.

USING THE FIRST 4 WEEKS

The plan is designed to guide you through the earliest and most sensitive stages of recovery, with each week building gently on the last:

- **Week 1: Reset & Recovery** — Starts with 3 days of light meals to rest and calm your system, then shifts to moderate meals for the remaining 4 days.
- **Week 2: Gentle Variety** — All 7 days are moderate days, with soft textures, cooked vegetables, and soothing flavors to expand your menu while staying gentle on digestion.
- **Week 3: Balanced & Satisfying** — A mix of moderate and full days, adding lean proteins, more fiber, and broader variety while testing well-tolerated ingredients.
- **Week 4: Confident Eating** — All 7 days are full days, offering the complete range of well-tolerated, sustainable meals for long-term use.

Each day's menu is matched to a **digestive load level** (light • moderate • full) and labeled for symptom support (bloating • nausea • diarrhea • constipation • post-meal pain) so you can make choices that suit your condition.

ADAPTING FOR WEEKS 5-8

From Week 5 onward, the structure becomes more flexible, allowing you to rotate days from the first 4 weeks based on your current symptoms and progress:

- Choose your **digestive load** daily — light/moderate/full — depending on how you feel
- Use symptom tags to select meals that match your needs

- Mix and match meals (e.g., light breakfast + moderate lunch + full dinner)
- Apply the plan to your lifestyle, whether repeating the 4-week structure, following your own rhythm, or creating themed weeks (e.g., Symptom Reset, Confidence Week, Travel Week)

TOOLS TO SUPPORT YOU

- **Post-Meal Tracker** — record how your body responds to meals.
- **Weekly Symptom Checklist** — spot patterns in digestion and energy.
- **Safe / Caution / Avoid Food Table** — make quick ingredient decisions.
- **Eating Away from Home Guide** — adapt the plan during travel or events.

FINAL ENCOURAGEMENT

The first month builds your foundation. The second gives you the freedom to adapt — not with rigid rules, but with tools that help you manage symptoms, restore comfort, and reclaim the joy of eating on your own terms.

IMPORTANT DISCLAIMER

This meal plan is intended for gentle, low-fat, symptom-aware support after gallbladder removal. It is not a substitute for personalized medical advice. Always consult your doctor or dietitian, especially if you have other digestive or liver conditions. Introduce new foods gradually, track your body's response, and adjust portion sizes to match your appetite and energy levels.

CHAPTER 12: WEEKLY SHOPPING LISTS

ABOUT THIS SHOPPING LIST

This shopping list is designed to support the **first 4 weeks of the Adaptive No Gallbladder Diet Cookbook meal plan**. It includes ingredients used throughout Weeks 1–4 and follows the gentle, symptom-aware progression of the plan.

Please keep the following in mind:

- **Not every item is needed every week.**

Each week introduces new ingredients gradually. Use the weekly shopping lists as your guide for what to buy and when.

- **Portions are scaled for 2 servings per recipe.**

Feel free to adjust quantities based on how many meals you're preparing or how often you plan to repeat certain dishes.

- **Adapt to your symptoms.**

If you're currently experiencing a flare (e.g., bloating, nausea, diarrhea), you may need fewer ingredients from Weeks 3–4 and more repeats of Week 1 options.

- **Use your visual tools.**

Refer to the Safe / Caution / Avoid food chart when making substitutions or shopping for alternatives.

- **Fresh is best—but frozen and canned options work too.**

When using packaged items, choose low-sodium, no-added-fat, and additive-free options whenever possible.

This list is a foundation—not a rulebook. Use it flexibly, shop based on your body's feedback, and revisit lighter options if needed.

Scan the QR code now to get instant access to a complete 30-day meal plan and ready-made shopping lists. Just download them to your phone, and you'll always have a convenient guide for the store. This isn't just a book—it's your personal assistant on the path to a healthy liver.



EMOTIONAL AND SOCIAL ADAPTATION

A GUIDE TO FEELING SAFE, SEEN, AND SUPPORTED AFTER GALLBLADDER REMOVAL

Digestive healing isn't only about what's on your plate—it's also about what's happening in your heart. Losing an organ, even a small one, can leave you feeling unsure of your body, disconnected from familiar routines, and cautious about food in a way you never were before. It's common to feel anxiety, social hesitation, or even grief over how your relationship with food has changed.

This section is here to help you make space for all of that—with kindness, clarity, and compassion. You'll find simple tools for navigating fear, talking openly with loved ones, and rebuilding trust in your body, one meal at a time.

SECTION 1: FACING ANXIETY AFTER SURGERY

Why Fear and Food Confusion Are Normal

After gallbladder surgery, it's natural to become hyper-aware of how food affects you. Every bite may feel like a question mark: Will this cause pain? Will I feel sick again? This vigilance is your nervous system trying to protect you—but when it's constant, it becomes exhausting.

Is it a real symptom or fear?

Sometimes it's hard to tell whether your discomfort is physical or emotional. One helpful clue: if the same food causes different reactions on different days, anxiety may be playing a role. That doesn't mean your symptoms aren't real—it just means your body and mind are speaking in the same language.

Tools for calming food anxiety:

- Take three slow breaths before eating to reset your nervous system
- Say something reassuring to yourself, like "I'm safe, I'm supported, I'll go slow"
- Eat in a peaceful setting without rushing or multitasking
- Keep a gentle food journal to track patterns—not to punish yourself, but to stay curious

Grounding prompts you can use:

- "What does my body need right now?"
- "What are three things I can taste, smell, or touch in this moment?"
- "This meal is not a test. It's a chance to nourish myself."

SECTION 2: TALKING TO LOVED ONES ABOUT YOUR DIET

How to Ask for Support without Feeling Like a Burden

The people in your life may not understand your dietary needs—or they may forget. That doesn't mean they don't care. It often means they need guidance. Instead of hoping they guess, try saying:

- “Right now, I’m focusing on meals that are gentler on my digestion. Would you mind if we skip anything fried tonight?”
- “I’d love to join, and I can bring something I know works for me.”
- “This might sound picky, but it’s actually about keeping my body comfortable.”

How to navigate social events or eating out:

- Look at the menu ahead of time and plan what works
- Ask for modifications clearly: “Can I have this grilled instead of fried?”
- Carry a few safe snacks when unsure what will be served

Set boundaries with kindness:

Declining a dish someone offers doesn’t mean rejecting them. A smile and a gentle, “Thank you—it looks great, but I’m following a specific plan right now” can go a long way. Most people will respect clarity delivered with warmth.

SECTION 3: RELEASING THE FEAR OF FOOD

Understanding the Root of Food Fear

When food becomes linked with pain, discomfort, or embarrassment, it’s no wonder we start to fear it. But over-avoiding can shrink your world and disconnect you from pleasure.

How to rebuild trust with food:

- Start with what you know feels safe—even a few ingredients
- Add one new item at a time, in small portions
- Don’t label foods as “good” or “bad”—just “works for me” or “still learning”

Setbacks are part of progress.

One uncomfortable meal doesn’t mean you’ve failed. It just means your body is still calibrating. Gently note what happened and try again with slight adjustments. Confidence grows with each experiment—not from perfection.

SECTION 4: RETURNING TO JOY AND SOCIAL CONNECTION

Planning Meals Out without Panic

Whether it’s a dinner out or a family gathering, planning ahead is your superpower. You don’t need to be rigid—just prepared. Call the restaurant, ask a friend about the menu, or eat something light beforehand so you’re not navigating hunger and anxiety at the same time.

When people ask about your “special” diet:

You don’t owe anyone a medical explanation. A simple response like, “I’ve made changes that help my digestion feel better” is more than enough. If someone’s curious and respectful, feel free to share more. If they’re not, it’s okay to move on.

Bring joy back to your meals:

- Light a candle at the table—even for breakfast
- Eat outside or by a window
- Choose plates and utensils that feel comforting
- Play soft music or eat in silence—whatever helps you feel grounded

Eating should feel like an act of care, not combat. Over time, you’ll find yourself looking forward to food again—not just for nutrition, but for comfort, connection, and pleasure.

APPENDICES

Practical tools and visual guides to support your healing journey beyond the recipes

MEASUREMENT CONVERSION CHART (US-EU)

Volume Measurements

US Volume	Metric Equivalent
1 teaspoon (tsp)	5 ml
1 tablespoon (tbsp)	15 ml
¼ cup	60 ml
⅓ cup	80 ml
½ cup	120 ml
⅔ cup	160 ml
¾ cup	180 ml
1 cup	240 ml
2 cups (1 pint)	480 ml
4 cups (1 quart)	950 ml
1 gallon	3.8 liters

Weight Measurements

US Weight	Metric Equivalent
1 ounce (oz)	28 grams (g)
2 ounces	56 g
3 ounces	85 g
4 ounces (¼ lb)	113 g
8 ounces (½ lb)	227 g
12 ounces	340 g
16 ounces (1 lb)	454 g

Oven Temperature Conversion

Fahrenheit (°F)	Celsius (°C)	Heat Level (Traditional)
200°F	95°C	Very Low
250°F	120°C	Low
300°F	150°C	Moderate
325°F	160°C	Moderate
350°F	175°C	Medium
375°F	190°C	Moderately High
400°F	200°C	High
425°F	220°C	Very High
450°F	230°C	Extra High

Ingredient-Specific Equivalents

Ingredient	US Amount	Metric Equivalent
Rolled oats	½ cup	45 g
Cooked rice	1 cup	150–160 g
Cooked vegetables	1 cup	150–200 g
Raw leafy greens	1 cup	30 g
Mashed potatoes	1 cup	210 g
Cooked lentils/beans	½ cup	100–120 g
Apple, medium	1 unit	150–180 g
Banana, medium	1 unit	120–150 g
Chicken breast, lean	3 oz	85 g
Turkey breast, lean	3 oz	85 g

SYMPTOM TRACKER & DIGESTIVE JOURNAL

Use this chart daily to observe how your body reacts to foods, and to support conversations with your doctor or dietitian.

Sample Entry Template:

Date	Meal	Foods Eaten	Symptoms (if any)	Severity (1–5)	Notes
MM/DD	Breakfast	Oatmeal, Banana	Mild bloating	2	Ate quickly
MM/DD	Lunch	Chicken, Rice	None	–	Felt good

Tips for Use:

- Track all meals and snacks
- Record symptoms within 1–3 hours after eating
- Use consistently to identify patterns

POST-MEAL RESPONSE TRACKER

Sometimes it's not what you eat—but how your body responds afterward—that tells the real story. This tracker helps you become more aware of how meals affect your symptoms in the short term, so you can adjust your diet with confidence and clarity.

Use this chart to record:

- What you ate
- How you felt 30 minutes after eating
- How you felt 60 minutes after eating
- Any notes (energy level, bloating, discomfort, mood, etc.)

Sample Table:

Date	Meal	What I Ate	30 min after	60 min after	Notes (energy, digestion, mood)
MM/DD	Lunch	Grilled chicken, rice, steamed carrots	Slight fullness	Mild bloating	Energy okay, no urgent bathroom trip
MM/DD	Dinner	Soup with white beans, toast	Gassy	Mild cramps	Felt tired; soup maybe too heavy

You can photocopy or print this page for multiple days—or use a dedicated notebook with the same format. The goal is to spot patterns, not to strive for perfection. Every entry helps you better understand what works for your body.

WEEKLY SYMPTOM SELF-CHECKLIST

Some changes after gallbladder removal are subtle—and only show up over time. This checklist helps you zoom out and reflect on how you're feeling across a full week. You can print a new sheet each week, or simply copy the layout into a journal or app.

Use it to gently track:

- Digestive symptoms (bloating, urgency, gas, etc.)
- Energy levels
- Appetite and mood
- Overall food tolerance

Instructions:

Place a ✓ if the symptom was present that day, a ✗ if not, or a ~ if it was mild or uncertain. Add quick notes when helpful.

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Bloating								
Gas or burping								
Loose stools/urgency								
Nausea or queasiness								
Appetite fluctuations								
Fatigue after meals								
Mood changes (anxiety, irritability)								
Overall energy (1–5)								

At the end of the week, ask yourself:

- What meals felt easiest to digest?
- Were there any patterns tied to time of day, portion size, or ingredients?
- What felt emotionally uplifting or stressful this week?

This tool isn't for judgment—it's here to help you become a more compassionate listener to your body's signals.

SAFE / CAUTION / AVOID FOOD TABLE

This chart categorizes common foods into three levels of digestive tolerance based on fat content, fiber type, and potential irritants. Everyone's body is different, but this guide provides a helpful starting point—especially in the early weeks of recovery.

Category	Safe (✓ Best tolerated)	Caution (~ Introduce slowly)	Avoid (✗ High risk of discomfort)
Proteins	Egg whites, white fish, skinless chicken breast, tofu	Poached salmon, lean turkey, soft scrambled eggs	Sausage, bacon, red meat, fried proteins
Carbs & Grains	White rice, oatmeal, mashed potatoes, polenta	Quinoa, barley, bulgur, whole-grain toast	Fried rice, pastries, high-fat baked goods
Vegetables	Steamed carrots, zucchini, squash, peeled potatoes	Cooked green beans, soft spinach, pumpkin	Raw onions, garlic, broccoli, cabbage, peppers
Fruits	Bananas, applesauce, soft pears, baked apples	Ripe peaches, melons, peeled grapes	Citrus fruits, dried fruit, fruit with skin
Fats & Oils	Extra light olive oil (¼–½ tsp), sunflower oil, thistle oil	Avocado (small amounts), ghee (if tolerated)	Butter, cream, coconut oil, nut butters, lard
Dairy	Lactose-free milk (small amounts), plain low-fat yogurt (later stages)	Plant-based milks (unsweetened), goat cheese	Whole milk, cheese, heavy cream, ice cream

Category	Safe (✓ Best tolerated)	Caution (~ Introduce slowly)	Avoid (X High risk of discomfort)
Beverages	Water, herbal teas, clear broth	Bone broth, low-fat milk alternatives	Coffee (early weeks), soda, alcohol, sweet drinks
Spices & Extras	Parsley, basil, turmeric, ginger (fresh)	Cinnamon, cumin, fennel (start slow)	Chili, cayenne, hot sauce, vinegar, pepper blends

EATING AWAY FROM HOME: SURVIVAL TIPS

Food outside your home can feel like a minefield after gallbladder surgery—but it doesn't have to be. With some thoughtful planning and a few phrases in your pocket, you can enjoy social meals without sacrificing comfort or confidence.

Reading Menus Strategically

- Focus on keywords like: *grilled, steamed, baked, roasted, broth-based*
- Avoid dishes described as: *fried, creamy, smothered, crispy, breaded*
- Look for “build-your-own” options (bowls, salads, wraps) where you can control ingredients
- Don't hesitate to ask: “Is this dish made with butter or oil? Can it be prepared without?”

Requesting Modifications (Without Stress)

Servers hear special requests all the time—you're not being difficult. Try these phrases:

- “Could I have this grilled instead of fried?”
- “Is it possible to have the sauce on the side or removed entirely?”
- “I'm avoiding rich or fatty foods—could this be made with less oil?”
- “Would it be okay to swap the side dish for something plain, like rice or steamed vegetables?”

Bonus: most restaurants are more than happy to accommodate when you're kind and direct.

Smart Travel Strategies

- Bring safe snacks: plain rice cakes, oatmeal packets, peeled fruit, roasted veggies, boiled eggs
- Research restaurant options near your hotel or route in advance
- Request a mini-fridge at your hotel for keeping fresh, simple foods
- Use local grocery stores to grab a few go-to items (bananas, broth, cooked grains)

Pro tip: When flying, avoid heavy meals before or during travel. Opt for hydrating foods, herbal teas, and small bites.

Eating at Someone Else's Home

It can feel awkward to explain your needs in someone else's kitchen—but honesty, framed positively, is your best tool.

- Offer to bring a dish you know works for you.
- Let your host know ahead of time: “I'm on a gentle diet for digestion—nothing fancy, just avoiding rich or fried foods.”
- Compliment what you can eat, and skip the rest without guilt.
- If someone insists, try: “It looks delicious—I wish I could! I'm just following a temporary plan to help my system reset.”

When in Doubt: Choose Simplicity

Stick with basics: plain rice, poached or grilled protein, cooked vegetables, broth-based soups. The fewer surprises on the plate, the easier it is on your system.

Social eating is part of life—and you don't have to opt out. With awareness, preparation, and confidence, you can be fully present at the table while still honoring your health.

FOOD COMBINING TIPS FOR GENTLE DIGESTION

Strict food-combining protocols aren't necessary after gallbladder removal, but thoughtful meal composition can make a noticeable difference in how your body responds. These flexible suggestions are designed to reduce digestive discomfort and support smoother recovery—especially in the early weeks:

- **Pair carbohydrates with lean protein**

Combining simple starches like rice or potatoes with gentle proteins (such as poultry or tofu) helps keep energy steady and may prevent bloating or fatigue.

- **Avoid combining high-fat and high-fiber foods early on**

Both types of foods require more digestive effort. When eaten together too soon after surgery, they may cause discomfort or urgency.

- **Keep meals simple and focused**

Aim for no more than three or four easy-to-digest components per plate. For example: rice + steamed zucchini + poached chicken.

- **Cook ingredients together when possible**

Soups, porridges, or gently simmered one-pot meals soften plant fibers and enhance digestibility—making meals easier on your gut.

These aren't hard rules—they're gentle guideposts. If you notice symptoms like gas, urgency, or heaviness, adjusting how you combine foods can often help.

REFERENCES AND CLINICAL FOUNDATIONS

The information and recommendations throughout this cookbook are grounded in credible, evidence-based guidance from respected health organizations. Each recipe and tip has been thoughtfully adapted to suit the real-world needs of individuals recovering from gallbladder removal.

Key references include:

- **The North American Society for Gastroenterology**
- **Mayo Clinic – Post-Cholecystectomy Nutrition Guidelines**
- **Cleveland Clinic – Gallbladder-Safe Eating Recommendations**
- **National Institutes of Health (NIH) – Digestive Health Research**
- **Harvard T.H. Chan School of Public Health – Fat Digestion After Gallbladder Surgery**
- **The British Dietetic Association – Nutrition After Gallbladder Removal**

Our goal was to translate medical science into practical, low-fat, whole-food meals you can rely on every day. Each element is tailored to support comfort, balance, and recovery at your own pace.

CONCLUSION

Living without a gallbladder opens the door to a new relationship with your body. Rather than seeing it as a loss, think of it as a chance to explore what truly nourishes and comforts you—meals that support your digestion, habits that bring ease, and mindful choices that promote balance.

This cookbook is your companion on that path. It's not about limits or restrictions, but about discovering how gentle, thoughtful eating can be both delicious and satisfying. Within these pages, you'll find recipes and guidance to help you regain confidence in your digestion and enjoy food without worry or hesitation.

Through these chapters and recipes, you've gained more than instructions—you've gathered a toolkit for lasting well-being:

- A thoughtful 4-week roadmap designed for each stage of recovery
- A clear understanding of how to choose foods that support, not strain
- Recipes built on low-fat foundations, yet rich in flavor and comfort
- Daily practices that help you interpret and respond to your body's signals
- A sense of ease, knowing that your meals can bring stability and joy

You've already taken steps: maybe sipping warm tea with a gentle breakfast in the early days, or preparing colorful, balanced dinners in later weeks. Each choice adds up. And while the path won't always be perfect, you now know how to move with awareness—adjusting, adapting, and staying kind to yourself along the way.

This book was never about rigid rules. It's a flexible framework—a way to build meals that respond to your evolving needs. Some days, you may want the comfort of familiar foods. Other days, you may feel ready to explore something new. Let this be your companion through both.

Return to recipes that made you feel good. Modify ingredients when something doesn't sit right. Use what you've learned to make confident decisions at home or when dining out.

Most importantly, give yourself permission to enjoy food again—not fear it. You don't need to know every answer right now. You just need to stay curious, compassionate, and committed to what works for you.

You've chosen to learn, to listen, and to lead your recovery with care. That choice is powerful—and worth honoring.

Here's to steady progress, gentle meals, and the deep relief of feeling well again.

Your next bite is a chance to support your body. Let it be a kind one.

THANKS FOR THE JOURNEY!

Congratulations! You've completed your 28-day journey with "No Gallbladder Diet Cookbook for Beginners."

But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal.

Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.

IF YOU WANT TO:

- Stay up to date with new books and meal plans,
- Get access to additional catalogs of alternative dishes,
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Thank you for choosing mindful eating with us.

See you in the next book!

— Iris Kennedy