



PATIENT HANDOUT

The 7-Day Gut-Friendly Meal Plan

A week of generally well-tolerated meal ideas for people with Crohn's or colitis, ready to follow or adapt

Vance Medical Ltd provides general information and community support for people affected by gastrointestinal conditions. It is not medical advice and is not a substitute for the care of your own healthcare team. Nothing on this site should be used to diagnose or treat a health problem or disease. Always speak to your GP, pharmacist, dietitian or other qualified healthcare professional before making changes to your diet, medication or treatment, and with any questions about a medical condition. If you think you may have a medical emergency, call 999 or NHS 111 straight away.

The 7-Day Gut-Friendly Meal Plan

A week of generally well-tolerated meal ideas for people with Crohn's or colitis, ready to follow or adapt

This plan follows the same principles as our Practical Food Guide: small, frequent meals, easy on insoluble fibre where that helps you personally, and built around protein rather than around it. Swap anything freely: the point is a week of ready ideas, not a prescription.

BEFORE YOU START

How to Use This Plan

- Written for someone in remission or with mild symptoms: during an active flare, follow the Flare Survival Guide's food advice instead
- Swap any dish for a similar one without breaking the plan; the structure (protein + cooked veg + a manageable starch) matters more than the exact recipe
- If a food on this page is one of your own known triggers, swap it: this plan cannot know your individual pattern
- Portions are deliberately not prescribed: eat to your own appetite and any guidance your dietitian has given you

DAY BY DAY

The Week

Monday

Breakfast	Scrambled eggs on white toast, ripe banana
Lunch	Grilled chicken, white rice, steamed carrots
Dinner	Baked salmon, mashed potato, cooked green beans
Snack	Plain yoghurt with a drizzle of honey

Tuesday

Breakfast	Smooth porridge made with lactose-free milk, stewed apple
Lunch	Turkey and cream cheese wrap (soft tortilla), cucumber sticks
Dinner	Beef and vegetable stew (well-cooked carrot, potato, courgette)

Tuesday

Snack Rice cakes with peanut butter

Wednesday

Breakfast Greek yoghurt (or lactose-free) with peeled, stewed fruit

Lunch Baked cod, white rice, steamed courgette

Dinner Chicken and vegetable stir-fry, egg noodles, low-fat sauce

Snack A small handful of pretzels

Thursday

Breakfast Two boiled eggs, white toast soldiers

Lunch Leftover chicken stir-fry, or a deli-meat sandwich on white bread

Dinner Grilled salmon, mashed sweet potato (peeled), steamed spinach

Snack Ripe banana

Friday

Breakfast Smooth porridge, a spoon of smooth peanut butter stirred in

Lunch Tuna (in oil or mayo) on white bread, with peeled cucumber

Dinner Turkey meatballs, white pasta, well-cooked tomato sauce (skinned/seedless if needed)

Snack Plain rice cakes

Saturday

Breakfast Pancakes (plain flour) with syrup, or scrambled eggs

Lunch Homemade soup (carrot, potato, well-blended) with a bread roll

Dinner Roast chicken, roast potatoes, well-cooked carrots and parsnip

Snack Lactose-free rice pudding

Sunday

Breakfast French toast (white bread), stewed berries (seeds strained if needed)

Lunch Leftover roast chicken sandwich, white bread

Sunday

Dinner Baked white fish, mashed potato, steamed green beans

Snack A small bowl of tinned peaches

MAKE IT EASIER

Batch Prep & Shopping Tips

- Cook proteins (chicken, fish, meatballs) in double batches and freeze half
- Peel and de-seed fruit and vegetables in one session at the start of the week
- Tinned and frozen vegetables can be just as nutritious as fresh, and softer once cooked
- Keep a few "safe" ready meals or soups in the freezer for a day cooking feels like too much

Want a different week?

The Gastro Recipes & Meal Planner on VanceHealthHub builds a fresh weekly plan from EPA-rich, gut-friendly recipes with full nutrition data, free to browse, no account needed to use it.

GO FURTHER

More Support From VanceHealthHub

- **Gastro Recipes & Meal Planner:** build your own week from EPA-rich, gut-friendly recipes
- **The Practical Food Guide for Crohn's & Colitis:** the principles this plan is built on, and when to see a dietitian
- **Malnutrition Calculator:** track unintentional weight change to raise with a dietitian or GP
- **Health Record:** log symptoms and any foods you notice a pattern with

This plan is a starting point, not individual dietary advice. None of these replace your GP, gastroenterologist or dietitian, and nothing on VanceHealthHub should be used to diagnose or treat a condition.

THE PRINCIPLES BEHIND IT

References

Crohn's & Colitis UK · British Dietetic Association · Guts UK

1. British Dietetic Association. Inflammatory Bowel Disease (IBD) and diet, food fact sheet.
2. Bischoff SC, et al. ESPEN guideline on Clinical Nutrition in inflammatory bowel disease. Clin Nutr, 2023;42(3):352-379.
3. Crohn's & Colitis UK. Food and IBD, 2023.

Medical disclaimer: general information only, not individual dietary advice, and not a substitute for advice from your own healthcare team or a registered dietitian. For a life-threatening emergency, call 999 or go to A&E. If you need urgent medical advice and it isn't an emergency, contact NHS 111.

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