

Gastritis Meal Plan

DAY 1

Breakfast: Two soft-boiled eggs, Three slices of toast, Sweetened chamomile tea

Lunch: Grilled chicken breast, Boiled spinach, Three slices of white bread

Snack: One medium ripe banana

Dinner: White rice risotto with two medium carrots, Boiled chicken legs

DAY 2

Breakfast: Two scrambled eggs, Three slices of bread, Sweetened chamomile tea

Lunch: White pasta with boiled mushrooms

Snack: Plain, salted crackers

Dinner: Three boiled chicken legs, Steamed vegetables, Plain white bread

DAY 3

Breakfast: Three slices of toast, Two-egg omelet, Sweetened chamomile tea

Lunch: White rice risotto with two medium carrots, Boiled chicken legs

Snack: Plain bagels

Dinner: Three boiled chicken legs, Steamed vegetables, Plain, white bread

DAY 4

Breakfast: Two scrambled eggs, Three slices of toast, Sweetened chamomile tea

Lunch: Chicken noodle soup

Snack: Stewed apples or pears (skin removed), Plain crackers

Dinner: White rice risotto, Boiled chicken legs

DAY 5

Breakfast: Half an avocado (ripe), Three slices of toast, Sweetened chamomile tea

Lunch: Mashed potatoes, Grilled chicken breasts, Two slices of bread

Snack: Quiche

Dinner: Boiled chicken legs, White bread

DAY 6

Breakfast: Two hard-boiled eggs, Three slices of toast, Sweetened chamomile tea

Lunch: Grilled chicken breasts, Plain croutons

Snack: One stewed pear

Dinner: White rice risotto, Boiled chicken legs

DAY 7

Breakfast: Two soft-boiled eggs, Three slices of toast, Sweetened chamomile tea

Lunch: Plain rice risotto with carrots

Snack: Unsalted dry crackers

Dinner: Boiled chicken legs, Steamed vegetables, White bread

