



7-Day Easy Ostomy Meal Plan

Gentle, low-fiber meals for the first weeks after surgery

In the first weeks after ostomy surgery the stoma is swollen, so hospitals usually recommend soft, low-fiber (low-residue) foods for about 6 weeks. This plan turns that advice into a simple week of everyday meals. Repeat your favorite days, swap within the lists, and keep it easy.

6 simple habits that make it work

1 Eat 6 small meals a day

Small, regular meals are easier to digest, and an empty stomach can mean more gas and watery output.

2 Make lunch the biggest meal

A larger midday meal and a lighter dinner can mean less output during the night.

3 Chew until soft as applesauce

Slow, thorough chewing helps prevent blockages and helps your body absorb food.

4 Use the fork test

If you cannot cut a fruit or vegetable with the side of a fork, save it for later.

5 Sip fluids all day

Aim for 8 to 10 cups a day, more with an ileostomy or in hot weather, unless told otherwise.

6 Add foods back one at a time

After about 6 weeks, or when your care team says, try one new food a day in a small amount.

Good drinks between meals

Water, broth, decaf tea, and pulp-free juice mixed half and half with water. Sip slowly instead of gulping, and skip straws and fizzy drinks for now, since both add swallowed air.

If output turns watery: pair every drink with a starchy snack such as crackers or pretzels, and call your care team if it continues. Drinking alone can send more liquid out of the stoma.

Each day follows the same easy rhythm

Breakfast

Snack

Lunch (biggest meal)

Snack

Dinner

Evening snack

Call your care team about dehydration if you notice

dizziness when you stand up, a fast heartbeat, very little or very dark urine, or emptying your pouch much more often than usual. This matters most with an ileostomy.



7-Day Easy Ostomy Meal Plan

Days 1 to 4

Day 1

BREAKFAST	Scrambled eggs, white toast with butter
SNACK	Smooth yogurt, no fruit pieces
LUNCH	Tender baked chicken breast, mashed potatoes (no skin), well-cooked carrots
SNACK	Saltine crackers with cheddar cheese
DINNER	Chicken noodle soup made with white noodles, soft white roll
EVENING	Applesauce

TIP OF THE DAY

Sip a cup of water or broth between each meal.

Day 2

BREAKFAST	Cream of rice or farina with milk and a little honey
SNACK	Canned peaches in juice
LUNCH	Tuna salad with mayo (no celery) on white bread, cup of smooth tomato soup
SNACK	Cottage cheese with canned pears
DINNER	White pasta with ground turkey in smooth tomato sauce
EVENING	Vanilla pudding

TIP OF THE DAY

Sit down to eat, and rest your fork between bites.

Day 3

BREAKFAST	White-flour pancakes with syrup, one scrambled egg
SNACK	Pretzels and a string cheese
LUNCH	Flaky baked cod or tilapia, white rice, well-cooked carrots
SNACK	Smooth peanut butter on white crackers
DINNER	Soft turkey meatloaf, mashed sweet potato (no skin)
EVENING	Half a ripe banana

TIP OF THE DAY

Jot down anything new you try and how you felt after.

Day 4

BREAKFAST	Plain white bagel with cream cheese, a few cubes of ripe honeydew
SNACK	Smooth yogurt
LUNCH	Shredded chicken over white rice with well-cooked carrots
SNACK	Graham crackers with smooth peanut butter
DINNER	Baked salmon, mashed potatoes, soft-cooked asparagus tips
EVENING	Applesauce

TIP OF THE DAY

Gentle walks can help with gas and recovery, as your surgeon allows.



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Days 5 to 7, plus easy swaps

Day 5

BREAKFAST	French toast on white bread with syrup
SNACK	Canned pears in juice
LUNCH	Turkey and mild cheese on a soft white roll (no lettuce), cup of smooth tomato soup
SNACK	Saltine crackers with cheddar cheese
DINNER	Egg noodles with butter, tender pork tenderloin, cooked butternut squash
EVENING	Rice pudding

TIP OF THE DAY

Cook extra rice or mashed potatoes to reuse tomorrow.

Day 6

BREAKFAST	Scrambled eggs with cheese, white English muffin
SNACK	Half a ripe banana
LUNCH	Chicken and mild cheese quesadilla on a flour tortilla (no peppers or onions)
SNACK	Smooth yogurt
DINNER	Baked tilapia, white couscous, well-cooked carrots
EVENING	Vanilla pudding

TIP OF THE DAY

Tuck crackers or pretzels in your bag when you go out.

Day 7

BREAKFAST	White-flour waffles with one scrambled egg
SNACK	Cottage cheese with canned peaches
LUNCH	Roast chicken, mashed potatoes with gravy, cooked butternut squash
SNACK	Pretzels with smooth peanut butter
DINNER	Creamy potato soup (no skins), soft white roll
EVENING	Applesauce

TIP OF THE DAY

Circle your favorite days and repeat them next week.

Easy swaps

Proteins: eggs, tender chicken or turkey, ground meat, flaky fish, tofu, smooth nut butter

Starches: white bread, bagels, crackers, pretzels, white rice, white pasta, couscous, peeled potatoes

Fruit: canned fruit (not pineapple), applesauce, ripe banana, ripe melon without seeds

Vegetables: well-cooked carrots, squash, asparagus tips, peeled potatoes, smooth tomato sauce

Dairy: smooth yogurt, mild cheese, cottage cheese, milk, pudding (if dairy agrees with you)

Bananas thicken output. Early on, one small serving a day is plenty.



Shopping List and Go-Slow Foods

Everything for the week, plus what to save for later

Shopping list

Protein

- ☐ Eggs
- ☐ Chicken breast
- ☐ Ground turkey
- ☐ Cod or tilapia
- ☐ Salmon
- ☐ Canned tuna
- ☐ Deli turkey
- ☐ Pork tenderloin
- ☐ Smooth peanut butter

Pantry and drinks

- ☐ Chicken broth
- ☐ Smooth tomato sauce and soup
- ☐ Honey and syrup
- ☐ Butter and mayo
- ☐ Decaf tea
- ☐ Pulp-free juice

Dairy

- ☐ Smooth yogurt
- ☐ Cheddar cheese
- ☐ String cheese
- ☐ Cottage cheese
- ☐ Cream cheese
- ☐ Milk
- ☐ Pudding cups

Fruit and vegetables

- ☐ Ripe bananas
- ☐ Honeydew melon
- ☐ Potatoes
- ☐ Sweet potato
- ☐ Carrots
- ☐ Butternut squash
- ☐ Asparagus tips
- ☐ Canned peaches
- ☐ Canned pears
- ☐ Applesauce

Bread and grains

- ☐ White bread
- ☐ Plain bagels
- ☐ English muffins
- ☐ Soft white rolls
- ☐ Flour tortillas
- ☐ Saltines
- ☐ Pretzels
- ☐ Graham crackers
- ☐ White rice
- ☐ White pasta
- ☐ Egg noodles
- ☐ Couscous
- ☐ Cream of rice or farina
- ☐ Pancake mix

Go slow on these for now

They can be hard to digest and may cause a blockage while the stoma heals: raw vegetables and salads, corn, celery, mushrooms, peas, fruit skins and seeds, dried fruit, pineapple, oranges, grapes, nuts, seeds, popcorn, coconut, beans and lentils, whole grains, and tough or fried meats.

May help thicken loose output

Applesauce, ripe bananas, white rice, white pasta, white bread, peeled potatoes, pretzels, saltine crackers, creamy peanut butter, cheese, yogurt and marshmallows.

Foods affect everyone differently. Keep a simple note of what agrees with you.

Based on low-residue diet guidance from UC Davis Health, UChicago Medicine and the United Ostomy Associations of America (UOAA). Not a substitute for advice from your own care team, especially if you have diabetes, kidney disease, food allergies or another special diet.