

# Pancreatitis Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> <li>Oatmeal with a sliced banana</li> <li>Toast with a thin layer of jam</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicken salad w/ lettuce, cucumber, and a light vinaigrette</li> <li>A small apple</li> </ul>	<ul style="list-style-type: none"> <li>Baked white fish with lemon</li> <li>Steamed carrots and zucchini</li> <li>White rice</li> </ul>	<ul style="list-style-type: none"> <li>A cup of blueberries</li> <li>A small yogurt (low-fat)</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Scrambled egg whites</li> <li>Whole grain toast</li> <li>A cup of cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>Turkey breast sandwich with lettuce on whole-wheat bread</li> <li>A small peach</li> </ul>	<ul style="list-style-type: none"> <li>Baked chicken breast</li> <li>Steamed broccoli and cauliflower</li> <li>Quinoa</li> </ul>	<ul style="list-style-type: none"> <li>A handful of grapes</li> <li>A rice cake</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Smoothie with low-fat yogurt, strawberries, and a small banana</li> </ul>	<ul style="list-style-type: none"> <li>Lentil soup with vegetables</li> <li>A slice of whole-grain bread</li> </ul>	<ul style="list-style-type: none"> <li>Grilled shrimp</li> <li>Green beans</li> <li>Couscous</li> </ul>	<ul style="list-style-type: none"> <li>An apple</li> <li>A handful of almonds</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Low-fat cottage cheese with pineapple chunks</li> <li>A slice of whole-wheat toast</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable stir-fry with tofu and a small amount of soy sauce</li> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>Poached salmon</li> <li>Mixed veggies (carrots, peas, and spinach)</li> <li>Mashed potatoes</li> </ul>	<ul style="list-style-type: none"> <li>A banana</li> <li>A few whole-grain crackers</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Wheat cereal with skim milk</li> <li>A small orange</li> </ul>	<ul style="list-style-type: none"> <li>Chicken noodle soup</li> <li>A small green salad with light dressing</li> </ul>	<ul style="list-style-type: none"> <li>Lean pork loin</li> <li>Steamed asparagus</li> <li>Baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>A pear</li> <li>Low-fat yogurt</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Cooked barley with a splash of almond milk</li> <li>A few slices of watermelon</li> </ul>	<ul style="list-style-type: none"> <li>Baked turkey meatballs</li> <li>Whole-wheat pasta w/ marinara sauce</li> <li>Steamed green beans</li> </ul>	<ul style="list-style-type: none"> <li>Baked cod</li> <li>Roasted bell peppers and zucchini</li> <li>Couscous</li> </ul>	<ul style="list-style-type: none"> <li>An apple</li> <li>A small handful of walnuts</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Greek yogurt with a drizzle of honey &amp; a few raspberries</li> <li>Whole-grain toast</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicken wrap with lettuce and a bit of avocado</li> <li>A small nectarine</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable curry with tofu (low-fat)</li> <li>Basmati rice</li> </ul>	<ul style="list-style-type: none"> <li>A peach</li> <li>A few rice cakes</li> </ul>



Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.