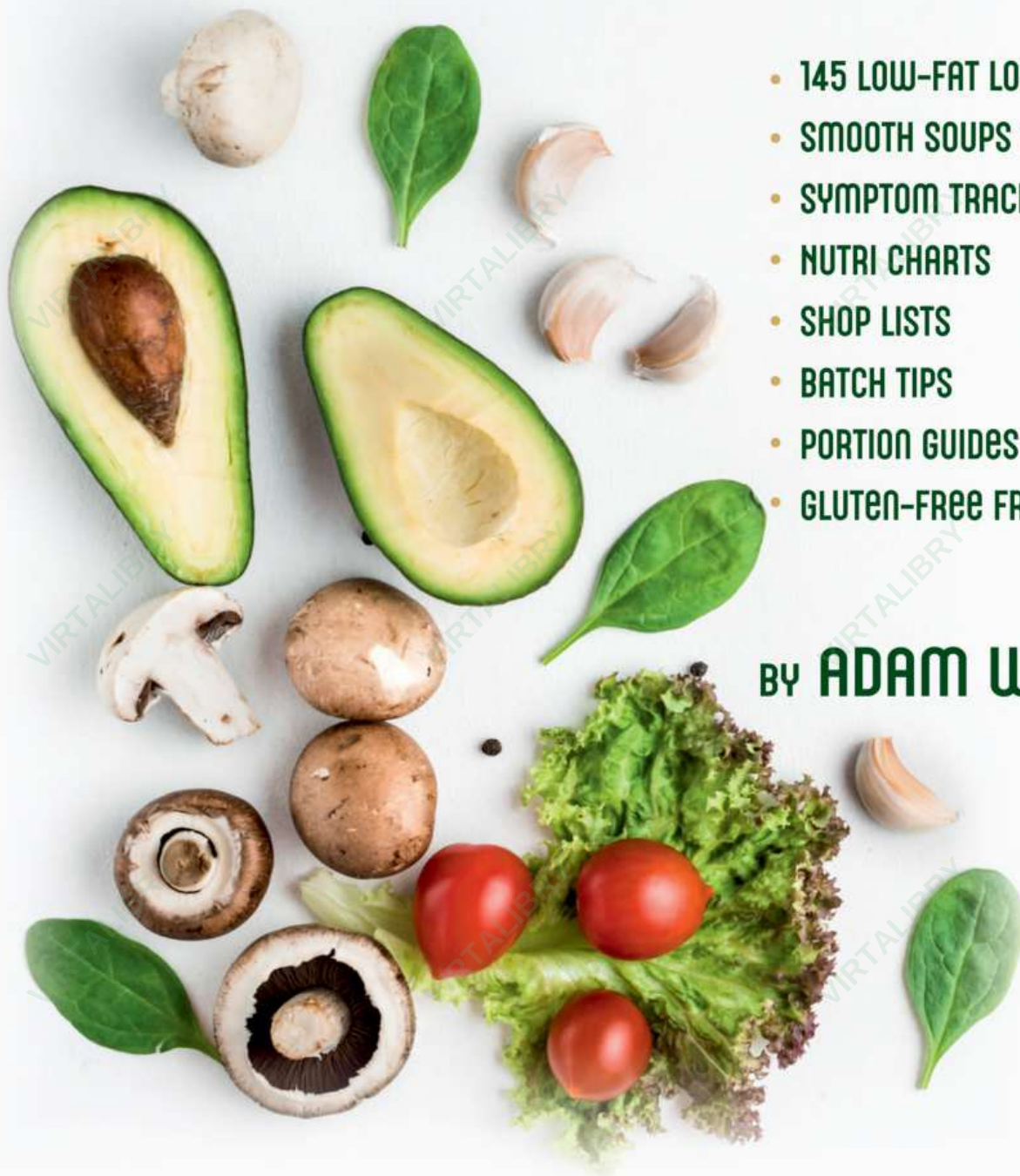


GASTROPARESIS EASY-DIGEST COOKBOOK

+ 8-Week Meal Plan

- 145 LOW-FAT LOW-FIBER RECIPES
- SMOOTH SOUPS & PURÉES
- SYMPTOM TRACKER
- NUTRI CHARTS
- SHOP LISTS
- BATCH TIPS
- PORTION GUIDES
- GLUTEN-FREE FRIENDLY

BY **ADAM WILKERSON**



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145 LOW-FAT LOW-FIBER RECIPES

SMOOTH SOUPS & PURÉES

SYMPTOM TRACKER

NUTRI CHARTS

SHOP LISTS | BATCH TIPS

PORTION GUIDES

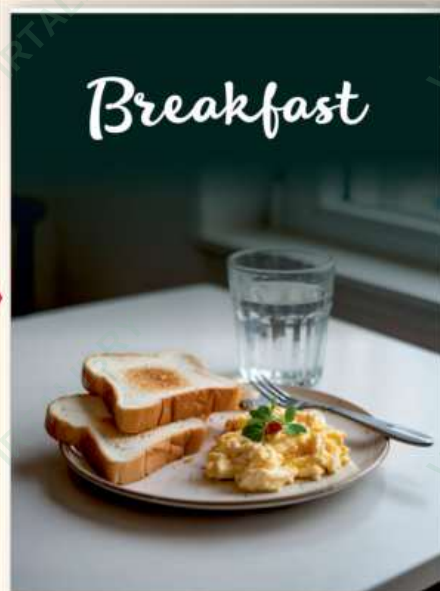
GLUTEN-FREE FRIENDLY

MEAL PLANNING AND PREP TIPS

56 Days Meal Plan

Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Creamy Rice Porridge with Banana	Creamy Banana Oat Balls	Silly Carrot Gratin	Banana Popsicle	Soft Baked Chicken with White Rice + Pureed Cauliflower	Baked Banana Pudding
Appleauce	Soft Pear & Oat Balls	Soft Baked Chicken with White Rice + Pureed Cauliflower	Pumpkin & Rice Pudding	Pureed Turkey and Zucchini with White Rice + Pureed Cauliflower	Warm Pumpkin Pudding
Pureed Chicken and Rice Porridge	Steamed Apple Slices with Maple Syrup	Soft Baked Chicken with White Rice + Pureed Cauliflower	Cooking Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Banana Pudding
Pureed Peach Yogurt Porridge	Maple Pear & Rice Balls	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Pear Oatmeal Squares
Smooth Banana Rice Cereal	Smooth Banana Rice Cereal	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Banana Pear Soft Balls
Smooth Banana Rice Cereal	Smooth Banana Rice Cereal	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Apple Banana Cream Bowl
Smooth Banana Rice Cereal	Smooth Banana Rice Cereal	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Apple Banana Cream Bowl
Smooth Banana Rice Cereal	Smooth Banana Rice Cereal	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Apple Banana Cream Bowl
Smooth Banana Rice Cereal	Smooth Banana Rice Cereal	Soft Baked Chicken with White Rice + Pureed Cauliflower	Steamed Cauliflower Boil	Soft Baked Chicken with White Rice + Pureed Cauliflower	Apple Banana Cream Bowl

Breakfast



Creamy Rice Porridge with Banana

This smooth, comforting porridge is gentle on the stomach and naturally sweetened with ripe banana for easy digestion.

Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
White rice: 1/2 cup / 100 g
Water: 2 cups / 400 ml
Low-fat milk: 1/2 cup / 120 ml

Nutritional Value (Per Serving):
Calories: 160 kcal | Fiber: 1.3 g | Saturated Fat: 0.5 g
Trans Fat: 0 g | Carbs: 36 g | Glycemic Index: 50

1. To get rid of the starch, rinse the white rice under cold water until the water runs clear.
2. Rinse the rice and add the water to a medium saucepan. Over medium heat, bring to a boil.
3. Reduce the heat to low, cover, and simmer for 12 minutes, stirring regularly to prevent sticking.
4. After carefully adding the low-fat milk into the saucepan, heat it for three more minutes or until it becomes creamy.
5. Remove from heat, stir in the mashed banana, honey, and cinnamon until well combined.
6. Divide the porridge evenly into two bowls, ensuring the texture is smooth and soft.



Soft Scrambled Egg Whites with White Toast

This light, protein-packed breakfast is quick to prepare and gentle on the stomach with minimal fat.

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Egg whites: 4 large / 120 ml
Low-fat milk: 2 tbsp / 30 ml

Nutritional Value (Per Serving):
Calories: 100 kcal | Fiber: 0.5 g | Saturated Fat: 0.2 g
Trans Fat: 0 g | Carbs: 14 g | Glycemic Index: 50

1. Beat the egg whites, low-fat milk, and salt together in a small bowl until well blended.
2. Heat a non-stick skillet over low heat and evenly coat the bottom with oil.
3. After adding the egg mixture to the skillet, heat it gently for three to four minutes, stirring often with a spatula, until soft curds form.
4. When the eggs are just set but still soft and somewhat runny, take them off the fire.
5. Toast the white bread slices until lightly golden for about 1-2 minutes in a toaster or oven.
6. Divide the scrambled egg whites between two plates, serving each with a slice of toast.



+ 8-Week Meal Plan

INTRODUCTION

Purpose of the Cookbook

This cookbook is designed to support individuals with gastroparesis by providing accessible, symptom-friendly recipes that prioritize easy digestion and nutritional balance. Our goal is to help you enjoy food while managing dietary restrictions, offering flavorful meals that align with your needs and promote well-being.

Understanding Gastroparesis

A chronic medical disorder known as gastroparesis, or «delayed gastric emptying,» occurs when the stomach's motility is compromised, allowing food to stay in the stomach longer than usual before passing into the small intestine. The quality of life may be severely impacted by a variety of incapacitating symptoms and problems that may result from this delay.

Below is a detailed examination of gastroparesis, covering its definition, causes, symptoms, diagnostic methods, treatment strategies, potential complications, and practical considerations for management.

Definition and Overview

Gastroparesis is a disorder characterized by slowed or incomplete emptying of the stomach contents into the small intestine without a mechanical obstruction (e.g., a blockage).

Normally, the stomach's muscles, controlled by the vagus nerve and other neural and hormonal mechanisms, contract rhythmically to grind and move food through the digestive tract. In gastroparesis, these contractions are weak or uncoordinated, leading to delayed gastric emptying. The condition can be mild to severe, with symptoms ranging from manageable discomfort to debilitating effects requiring medical intervention.

Gastroparesis can affect individuals of all ages, though it is more common in adults and has a higher prevalence in women. It is often chronic, with symptoms fluctuating over time, and can significantly affect nutritional status, weight, and overall well-being. Understanding the condition involves recognizing its multifaceted causes, varied presentations, and the need for individualized management.

Causes and Risk Factors

Gastroparesis arises from disruptions in the stomach's motility, often due to damage or dysfunction of the vagus nerve, stomach muscles, or related neurological pathways. The causes are diverse, and in many cases, the exact trigger remains unknown (idiopathic). The main causes and risk factors are listed below:

- **Diabetes Mellitus (30-50% of cases):**

Mechanism: Chronic high blood sugar levels can damage the vagus nerve and other nerves controlling gastric motility, leading to diabetic gastroparesis. This is particularly common in type 1 and type 2 diabetes.

Details: Prolonged hyperglycemia impairs nerve function (diabetic neuropathy), affecting the stomach's ability to contract effectively. Poorly controlled diabetes increases the risk, with studies suggesting 20-40% of diabetic patients may develop gastroparesis over time.

- **Idiopathic Gastroparesis (30-40% of cases):**

Mechanism: No clear cause is identified. It may result from viral infections (e.g., post-viral gastroparesis from Epstein-Barr or cytomegalovirus), autoimmune processes, or subtle neurological changes.

Details: Often seen in younger women, idiopathic gastroparesis may follow a viral illness, with symptoms persisting after the infection resolves. Research suggests possible immune-mediated or inflammatory mechanisms.

- **Post-Surgical Gastroparesis:**

Mechanism: Surgeries involving the stomach, esophagus, or vagus nerve (e.g., bariatric surgery, fundoplication for GERD, or pancreatic surgery) can damage nerves or muscles, impairing motility.

Details: Vagus nerve injury during surgery is a common culprit. For example, gastric bypass or esophageal surgeries may disrupt normal gastric function.

- **Neurological Disorders:**

Examples: Parkinson's disease, multiple sclerosis, or stroke can affect the autonomic nervous system, including gastric motility.

Details: These conditions impair neural signals to the stomach, reducing muscle contractions. Parkinson's-related gastroparesis is linked to dopamine deficiency affecting gut motility.

- **Medications:**

Examples: Opioids, anticholinergics, tricyclic antidepressants, or certain chemotherapy drugs can slow gastric emptying as a side effect.

Details: Opioids, commonly prescribed for pain, inhibit gastric motility by affecting opioid receptors in the gut. Discontinuing or adjusting these medications may improve symptoms, though this must be done under medical supervision.

- **Other Causes:**

Connective Tissue Diseases: Scleroderma or lupus can affect gastric smooth muscle or nerves.

Infections: Viral infections (e.g., norovirus) or bacterial overgrowth may trigger temporary or persistent gastroparesis.

Hypothyroidism: Slowed metabolism can reduce gastric motility.

Autoimmune Conditions: Some cases are linked to autoimmune attacks on gastric nerves or muscles.

- **Risk Factors:**

Female gender (women are 4 times more likely to develop gastroparesis, possibly due to hormonal influences on motility).

Chronic diabetes with poor glycemic control.

History of abdominal or thoracic surgery.

Use of motility-slowng medications.

Family history of gastrointestinal motility disorders.

Symptoms

Gastroparesis symptoms vary in intensity and frequency, often fluctuating based on disease severity, diet, stress, or underlying conditions. Common symptoms include:

- **Nausea:** Persistent or episodic, often worsened by eating. It may occur daily or during flares.
- **Vomiting:** Undigested food may be vomited hours after eating, sometimes containing food from previous meals.
- **Early Satiety:** Feeling full after small amounts of food due to delayed gastric emptying.
- **Bloating:** Abdominal distension or a sensation of fullness, often with visible swelling.
- **Abdominal Pain:** Dull, cramping, or burning pain in the upper abdomen, varying from mild to severe.

- *Heartburn or Reflux:* Delayed emptying can cause stomach acid to reflux into the esophagus, mimicking GERD.
- *Loss of Appetite:* Reduced desire to eat due to nausea, fullness, or fear of symptoms worsening.
- *Weight Loss:* Unintentional weight loss from reduced food intake or malabsorption, is common in severe cases.
- *Malnutrition:* Nutrient deficiencies (e.g., iron, vitamin B12, vitamin D) due to limited food variety or vomiting.
- *Erratic Blood Sugar (in people with diabetes):* Delayed food absorption can cause unpredictable glucose levels, complicating diabetes management.

Symptom Patterns:

- Symptoms may worsen after large, fatty, or fibrous meals.
- Flares can be triggered by stress, illness, or hormonal changes (e.g., menstrual cycles).
- Some patients experience cyclic symptoms, with periods of remission and exacerbation.

Diagnosis

Diagnosing gastroparesis involves confirming delayed gastric emptying and ruling out other conditions with similar symptoms (e.g., peptic ulcers, gastric obstruction, or irritable bowel syndrome). A gastroenterologist typically oversees the diagnostic process, using a combination of clinical evaluation and specialized tests:

- **Medical History and Physical Exam:**

Details: The doctor assesses symptoms, medical history (e.g., diabetes, surgeries), medication use, and family history. Physical exams may reveal abdominal tenderness or bloating but are often normal.

Purpose: Identifies potential causes (e.g., diabetes) and rules out red flags (e.g., unintentional weight loss, blood in stool) that suggest other conditions.

- **Gastric Emptying Scintigraphy:**

Description: The gold-standard test. Patients eat a standardized meal (e.g., eggs with radioactive trace) and imagine how long it takes for the stomach to empty.

Criteria: Gastroparesis is diagnosed if >10% of the meal remains in the stomach after 4 hours (normal is <10%).

Details: Non-invasive, performed in a nuclear medicine department, takes 4–6 hours.

- **SmartPill (Wireless Motility Capsule):**

Description: A swallowable capsule measures pH, pressure, and temperature as it moves through the digestive tract, providing data on gastric emptying time.

Details: Useful for assessing small intestine and colon motility in addition to stomach emptying. Results are transmitted wirelessly to a receiver.

- **Breath Testing:**

Description: Patients consume a meal with a carbon-labeled compound (e.g., ¹³C-spirulina). Breath samples measure how quickly the compound is metabolized, indicating gastric emptying rate.

Details: Non-invasive, increasingly used as an alternative to scintigraphy.

- **Upper Endoscopy:**

Description: A flexible tube with a camera examines the stomach and esophagus to rule out mechanical obstructions, ulcers, or inflammation.

Details: Performed under sedation. Normal in gastroparesis but essential to exclude other causes.

- **Other Tests:**

Abdominal Ultrasound or CT: Rules out structural issues (e.g., tumors, gallstones).

Electrogastrography (EGG): Measures electrical activity of stomach muscles, though rarely used.

Blood Tests: Check for diabetes (HbA1c), thyroid function, or nutritional deficiencies.

Challenges in Diagnosis:

- Symptoms overlap with other conditions (e.g., functional dyspepsia, cyclic vomiting syndrome).
- Severity of symptoms may not correlate with the degree of gastric delay.
- Multiple tests may be needed for confirmation, especially in atypical cases.

Treatment Options

Gastroparesis treatment focuses on symptom relief, improving gastric motility, and addressing underlying causes. Management is individualized, often requiring a multidisciplinary team (gastroenterologist, dietitian, and sometimes a psychologist or pain specialist). Treatment options include:

- ***Dietary Modifications:***

Details: A cornerstone of management, detailed in previous guidelines. Key strategies include small, frequent, low-fat, low-fiber meals, easily digestible foods, and liquid nutrition during flares.

Implementation: Work with a dietitian to create a personalized plan. Examples include pureed soups, smoothies, or lean proteins like baked chicken.

Impact: Reduces symptom severity and supports nutrition. It may prevent weight loss or malnutrition.

- ***Medications:***

Prokinetics: Stimulate stomach motility.

Metoclopramide: Enhances gastric contractions but carries a risk of neurological side effects (e.g., tardive dyskinesia). FDA-approved for gastroparesis.

Domperidone: Like metoclopramide, less likely to cause neurological issues but is not FDA-approved in the U.S. (available in other countries or via special access).

Erythromycin: An antibiotic that stimulates motility via motilin receptors. Effective short-term but may lose efficacy over time.

Antiemetics: Control nausea and vomiting.

Ondansetron (Zofran): Commonly used for nausea.

Prochlorperazine: Helps with nausea but may cause drowsiness.

Pain Management: Low-dose tricyclic antidepressants (e.g., nortriptyline) or gabapentin for abdominal pain.

Details: Medications require careful monitoring of side effects. Dosage and type depend on symptom severity and patient tolerance.

- ***Surgical and Procedural Interventions:***

Gastric Electrical Stimulation (GES):

Description: A device implanted in the stomach delivers electrical pulses to improve motility and reduce nausea.

Candidates: Severe, refractory cases not responding to diet or medications.

Details: FDA-approved for humanitarian use. Benefits vary, with some patients experiencing significant symptom relief.

Pyloric Interventions:

Botulinum Toxin (Botox) Injections: Injected into the pylorus (stomach outlet) to relax it, potentially improving emptying. Evidence is mixed, and effects are temporary.

Pyloroplasty or Pyloromyotomy: Surgical procedures to widen the pylorus, facilitating gastric emptying.

Feeding Tubes:

Jejunostomy Tube (J-tube): Bypasses the stomach, delivering nutrition directly to the small intestine.

Details: Used in severe cases with significant weight loss or inability to tolerate oral intake. Requires careful management to prevent infections.

Parenteral Nutrition: Intravenous nutrition for patients unable to tolerate enteral feeding. Used as a last resort due to risks (e.g., infections, liver issues).

- **Management of Underlying Conditions:**

Diabetes: Tight glycemic control (e.g., HbA1c <7%) can improve motility and reduce symptoms. Coordinate meals with insulin timing.

Thyroid Disorders: Optimize thyroid hormone levels.

Medication Adjustments: Discontinue or replace motility-slowing drugs (e.g., opioids) if possible.

- **Complementary Therapies:**

Acupuncture: May reduce nausea and pain in some patients, though the evidence is limited.

Stress Management: Stress-related symptoms can be addressed by methods such as cognitive-behavioral therapy (CBT), mindfulness, or meditation.

Physical Activity: Light walking after meals may promote motility but avoid strenuous exercise post-meal.

Complications

Untreated or poorly managed gastroparesis can lead to serious complications, including:

- Malnutrition and Weight Loss: Reduced food intake or vomiting can cause deficiencies in calories, protein, vitamins (e.g., B12, D, iron), and minerals (e.g., potassium, magnesium).
- Bezoar Formation: Hardened masses of undigested food (often high-fiber foods) can form in the stomach, potentially causing obstruction, nausea, or pain.
- Dehydration: Vomiting and reduced fluid intake increase dehydration risk, leading to electrolyte imbalances, low blood pressure, or kidney issues.
- Erratic Blood Sugar (in people with diabetes): Delayed gastric emptying causes unpredictable glucose absorption, complicating diabetes management.
- Gastroesophageal Reflux Disease (GERD): Delayed emptying can increase acid reflux, damaging the esophagus.
- Small Intestinal Bacterial Overgrowth (SIBO): Slow motility allows bacterial overgrowth in the small intestine, causing bloating, diarrhea, or malabsorption.
- Reduced Quality of Life: Chronic symptoms, dietary restrictions, and social limitations can lead to anxiety, depression, or social isolation.

Practical Considerations for Living with Gastroparesis

Living with gastroparesis requires ongoing management and lifestyle adjustments. Below are practical strategies:

- **Dietary Adherence:**

Follow a gastroparesis-friendly diet (small, frequent, low-fat, low-fiber meals) as outlined previously.

To find triggers and improve the diet, keep a food and symptom journal.

To guarantee enough nutrition and modify the plan during flare-ups or remissions, consult a dietitian.

- **Symptom Management:**

Nausea: Sip ginger tea, use antiemetics as prescribed, or avoid strong food odors.

Pain: Discuss pain management options (e.g., low-dose antidepressants) with a doctor.

Bloating: Avoid carbonated drinks and gas-producing foods. Eat slowly and chew thoroughly.

- **Lifestyle Adjustments:**

Meal Timing: To lessen reflux, space meals two to three hours apart and refrain from eating two to three hours before bed.

Posture: Sit upright during and for 1-2 hours after meals to aid gastric emptying.

Stress Reduction: Practice relaxation techniques (e.g., deep breathing, yoga) to minimize stress-related flares.

- **Social and Emotional Support:**

Support Groups: Join organizations like G-PACT (Gastroparesis Patient Association for Cures and Treatments) or online communities for peer support.

Counseling: Consider therapy (e.g., CBT) to address the emotional toll of chronic illness.

Social Eating: Plan for dining out by choosing gastroparesis-friendly options or eating a small meal beforehand.

- **Medical Follow-Up:**

Schedule regular appointments with a gastroenterologist and dietitian to monitor symptoms, adjust treatments, and check for complications.

Monitor for signs of deficiencies (e.g., fatigue, bruising) and discuss with a doctor.

- **Education and Advocacy:**

Learn about gastroparesis to communicate effectively with healthcare providers.

Advocate for appropriate testing or treatments if symptoms are not adequately addressed.

Special Populations

- **Diabetic Gastroparesis:**

Coordinate meals with insulin or medication timing to manage blood sugar fluctuations.

Use continuous glucose monitoring to track erratic glucose levels caused by delayed emptying.

Work with an endocrinologist and dietitian to optimize glycemic control.

- **Post-Surgical Gastroparesis:**

Monitor for symptoms after abdominal or thoracic surgeries.

Discuss surgical history with a gastroenterologist to assess vagus nerve involvement.

- **Pediatric Gastroparesis:**

Rare but possible, often linked to congenital issues or viral infections.

Requires pediatric gastroenterologist oversight and child-friendly dietary plans.

- **Pregnancy:**

Gastroparesis symptoms may worsen due to hormonal changes or increased abdominal pressure.

Safe treatments (e.g., dietary changes, select antiemetics) must be discussed with an obstetrician and gastroenterologist.

Research and Future Directions

Ongoing research aims to improve gastroparesis management, including:

- New Medications: Development of novel prokinetics with fewer side effects (e.g., relamorelin, a ghrelin agonist).
- Advanced Diagnostics: Improved imaging or biomarkers to assess gastric motility more accurately.
- Neuromodulation: Refining gastric electrical stimulation or exploring vagus nerve stimulation.
- Personalized Medicine: Tailoring treatments based on genetic or microbiome profiles.

How to Use This Cookbook

This cookbook is structured to make meal planning simple and adaptable for individuals with gastroparesis. Here's how to navigate it:

- **Meal Types:** Recipes are categorized by meal types (breakfast, lunch, dinner, snacks, and beverages) to suit different times of the day.
- **Difficulty Levels:** Each recipe is labeled with a difficulty level (easy, moderate, advanced) to match your cooking skills and energy levels.
- **Symptom-Friendly Design:** Recipes prioritize low-fat, low-fiber ingredients and small portion sizes to support digestion. Nutritional information is included where relevant.
- **Adapting Recipes:**
 - Personal Tolerances: Adjust portion sizes or ingredients based on your specific triggers (e.g., avoid dairy if lactose intolerant).
 - Preparation Tips: Blend or puree foods for easier digestion, cook vegetables until soft, or opt for liquid-based meals like smoothies or soups if solids are challenging.

Substitution Suggestions: Each recipe includes notes on ingredient swaps (e.g., using lactose-free milk or replacing high-fiber vegetables with gentler options like peeled zucchini).

Meal Timing: Aim for small, frequent meals (4-6 per day) to avoid overwhelming the stomach.

Recipes are portioned accordingly.

Gastroparesis is a complex, chronic condition requiring a multifaceted approach to management. Understanding its causes, symptoms, and treatment options empowers patients to work effectively with healthcare providers. Dietary modifications, medications, and, in severe cases, procedural interventions can alleviate symptoms and prevent complications. Regular collaboration with a gastroenterologist and dietitian and a support network is essential for optimizing quality of life.

By using this cookbook, you can explore a variety of recipes tailored to your needs, with clear instructions and tips to customize meals for your comfort and enjoyment.

DIETARY GUIDELINES FOR GASTROPARESIS

A disorder called gastroparesis, which is characterized by delayed stomach emptying, requires a carefully tailored diet to minimize symptoms such as nausea, vomiting, bloating, early satiety, and abdominal pain while maintaining adequate nutrition and hydration. These guidelines provide a detailed framework for dietary management, incorporating practical strategies, specific food recommendations, and professional guidance to optimize quality of life.

Key Principles

The foundation of a gastroparesis-friendly diet revolves around reducing the stomach's workload and promoting easier digestion. Key principles include:

- **Small, Frequent Meals:** Consuming 5-6 small meals or snacks daily (each about 1-1.5 cups or 200-300 calories) helps prevent overloading the stomach, which can exacerbate symptoms. Spacing meals 2-3 hours apart allows the stomach to process smaller volumes more efficiently. For example, instead of three large meals, a person might have a small breakfast, mid-morning snack, light lunch, afternoon snack, early dinner, and a small evening snack.
- **Low-Fat Foods:** High-fat foods, including fried items or fatty meats, slow gastric emptying due to their longer digestion time. For best tolerance, choose foods with fewer than 10 grams of fat per serving, preferably less than 5 grams.
- For instance, grilled chicken breast is preferable to fried chicken, and low-fat yogurt is better than full-fat ice cream.
- **Low-Fiber Foods:** Insoluble fiber, which is present in whole grains and raw vegetables, can be hard to digest and may be a factor in the development of bezoar, which are solid lumps of undigested food in the stomach.
- Soluble fiber in small amounts may be tolerated, but insoluble fiber should be minimized. Foods should be soft, well-cooked, or pureed to reduce the mechanical effort required for digestion.
- **Easily Digestible Ingredients:** Foods that are soft, low in residue, and broken down easily are ideal. This includes well-cooked vegetables without skin, refined carbohydrates, and lean proteins. For example, pureed soups or mashed potatoes are gentler on the stomach than raw salads or tough meats. Cooking methods like boiling, steaming, or baking are preferred over grilling or frying to reduce fat and texture complexity.

Foods to Include

Selecting foods that promote gastric emptying and are easy on the stomach is essential.

Below is a detailed list of recommended foods across major food groups, with notes on preparation and portion sizes:

- **Carbohydrates:**
 - **Refined Grains:** White rice, white bread, plain bagels, refined cereals (e.g., Cream of Wheat, Rice Krispies), crackers, or pasta made from white flour. These are low in fiber and digest more quickly than whole grains. For example, a small serving of white rice (½ cup cooked) with a light sauce is often well-tolerated.
 - **Potatoes:** Mashed or boiled potatoes (peeled) are soft and low in fiber. Avoid fried potatoes or

skins, which are harder to digest.

- **Fruits:**

Low-Fiber Fruits: Bananas (ripe, not green), applesauce, canned peaches or pears (in juice, not heavy syrup), or pureed fruits like mango or melon. Canned fruits should be drained to avoid excess sugar. A typical serving is ¼–½ cup.

Fruit Juices: Clear, pulp-free juices like apple, cranberry, or white grape juice. Dilute with water if it is too sweet, as high sugar can slow digestion.

- **Vegetables:**

Well-Cooked, Low-Fiber Options: Carrots, zucchini, green beans, or beets (peeled, boiled, or steamed until very soft). Pureed vegetables in soups (e.g., cream of carrot soup) are often easier to tolerate. Aim for ¼–½ cup per serving.

Avoid Skins and Seeds: Remove skins and seeds to reduce fiber content (e.g., peel zucchini or strain tomato puree).

- **Proteins:**

Lean Meats: Skinless chicken breast, turkey, or lean fish (e.g., cod, tilapia) prepared by baking, poaching, or steaming. Ground lean meats (e.g., ground turkey) are easier to chew and digest. A serving size is typically 2-3 ounces.

Plant-Based Proteins: Tofu (soft or silken) or smooth peanut butter in small amounts (1-2 tablespoons) for those who tolerate it.

Eggs: Egg whites or well-cooked scrambled eggs (avoid frying or adding cheese).

- **Dairy:**

Low-Fat Options: Fat-free or low-fat milk, yogurt, cottage cheese, or pudding. Lactose-free versions are ideal for those with lactose intolerance, a common issue in gastroparesis. A serving might be ½ cup of low-fat yogurt.

Non-Dairy Alternatives: Almond or rice milk (unsweetened, low-fat) if dairy is poorly tolerated.

- **Beverages:**

Water, herbal teas (e.g., chamomile, peppermint), ginger ale (non-caffeinated), or sports drinks with low sugar. Ginger-based drinks may help reduce nausea.

Foods to Avoid

Certain foods can worsen gastroparesis symptoms by slowing gastric emptying, irritating the stomach, or being difficult to digest. Avoid or minimize:

- **High-Fat Meats:** Bacon, sausage, fatty beef or pork cuts, ribs, or fried meats. These require prolonged digestion and can trigger nausea or fullness.

- **High-Fat Dairy:** Whole milk, cream, ice cream, high-fat cheeses (e.g., cheddar, brie), or creamy sauces.

- **Raw Fibrous Vegetables:** Broccoli, cabbage, cauliflower, Brussels sprouts, raw leafy greens (e.g., spinach, kale), or corn. These are high in insoluble fiber and can form bezoars.

- **Whole Grains:** Brown rice, quinoa, whole wheat bread, bran cereals, or oatmeal with high-fiber content.

- **Nuts and Seeds:** Almonds, peanuts, walnuts, chia seeds, flaxseeds, or popcorn. These are hard to digest and are high in fat or fiber.

- **Other Problematic Foods:**

Carbonated Beverages: Soda or sparkling water can increase bloating and gas.

Alcohol: Can irritate the stomach and slow motility.

Spicy Foods: Chili, hot sauces, or heavily seasoned dishes may trigger nausea or discomfort.

Sugary Foods: High-sugar items like candy or desserts can delay gastric emptying, especially in diabetic gastroparesis.

Tough or Chewy Foods: Steak, raw apples, or dried fruits, which require significant chewing and digestion.

Hydration and Liquid Nutrition

Maintaining hydration and incorporating liquid nutrition is critical, as gastroparesis can lead to dehydration from vomiting, reduced fluid intake, or poor absorption. Particularly when symptoms flare up, liquid meals are frequently more easily tolerated than solid ones.

- **Staying Hydrated:**

Sip small amounts of fluid (1-2 ounces at a time) throughout the day to avoid overloading the stomach. Aim for 6-8 cups of total fluid daily, adjusted for individual needs and medical advice.

Use oral rehydration solutions like Pedialyte, Gatorade (low sugar), or a homemade solution (1-liter water, 6 tsp sugar, ½ tsp salt) to replenish electrolytes, especially after vomiting.

Avoid drinking large volumes during meals, as this can increase fullness. Wait 30-60 minutes after eating to consume fluids.

- **Liquid Nutrition:**

Smoothies: Blend low-fiber fruits (e.g., bananas, peeled peaches), low-fat yogurt or milk, and a protein powder (e.g., whey or pea protein). Add a small amount of spinach for nutrients if tolerated. Example: A smoothie with ½ banana, ½ cup low-fat yogurt, and ½ cup water.

Broths and Soups: Low-sodium chicken, beef, or vegetable broths provide hydration and nutrients. Pureed soups (e.g., butternut squash or potato-leek) are filling yet easy to digest.

Meal Replacement Drinks: Commercial options like Ensure Clear or Boost Glucose Control (low-sugar, high-protein) can supplement nutrition. Check with a dietitian for appropriate brands and serving sizes.

- **Tips for Liquids:**

Sip slowly over 15-20 minutes rather than gulping.

Keep beverages at room temperature, as very cold or hot liquids may worsen symptoms for some.

Ginger tea or diluted ginger ale may help settle nausea, a common symptom.

Working with a Dietitian

A registered dietitian (RD) with expertise in gastrointestinal disorders is invaluable for personalizing a gastroparesis diet and addressing individual challenges.

- **Personalized Plans:** An RD can assess symptom triggers, nutritional deficiencies, and comorbidities (e.g., diabetes, celiac disease) to create a tailored meal plan. For example, if dairy causes bloating, they might recommend lactose-free or plant-based alternatives.

- **Nutritional Monitoring:** Gastroparesis can lead to weight loss, malnutrition, or deficiencies in vitamins (e.g., B12, iron) or minerals (e.g., potassium). A dietitian can monitor intake and suggest supplements or fortified foods as needed.

- **Adjusting for Symptom Changes:** Gastroparesis symptoms may fluctuate, requiring dietary tweaks. For instance, during a flare, a dietitian might recommend a liquid-only diet temporarily, then gradually reintroduce solids.

- **Practical Support:** Dietitians can provide:

Sample meal plans (e.g., a day with six small meals totaling 1200–1500 calories).

Recipes for gastroparesis-friendly dishes (e.g., pureed vegetable soup or baked chicken with mashed potatoes).

Strategies for dining out or managing social eating, such as choosing broth-based soups or plain grilled proteins at restaurants.

- **Finding a Dietitian:** Seek an RD through referrals from a gastroenterologist, organizations like the Academy of Nutrition and Dietetics, or telehealth platforms. Ensure they have experience with gastroparesis or motility disorders.

Additional Practical Tips

- Chew Thoroughly: Chew food to a paste-like consistency (20-30 chews per bite) to reduce the stomach's workload. This is especially important for proteins and denser carbohydrates.

- *Eat Slowly:* Take 20-30 minutes per meal to pace intake and avoid overwhelming the stomach. Set a timer if needed to maintain a relaxed pace.
- *Maintain Upright Posture:* Sit upright during meals and for 1-2 hours afterward to aid gravity in gastric emptying. To avoid nausea or indigestion, avoid reclining down right after eating.
- *Track Symptoms:* Use a food and symptom diary to make meals, portion sizes, and symptoms (e.g., nausea, bloating). Share this with your dietitian to identify patterns or triggers. Apps like MyFitnessPal or a simple notebook work well.
- *Manage Nausea:* Small amounts of ginger (e.g., ginger tea or crystallized ginger) or peppermint may help. Consult a doctor if nausea persists, as antiemetic medications may be needed.
- *Consider Texture Modifications:* During symptom flares, switch to pureed or liquid foods. A blender or food processor can help prepare smooth textures at home.
- *Address Appetite Loss:* If appetite is low, focus on nutrient-dense liquids like smoothies or meal replacements. Eating in a calm environment or using smaller plates can also help.

Fluids: Sip 6-8 cups of water, herbal tea, or low-sugar electrolyte drinks throughout the day, avoiding large volumes during meals.

Special Considerations

- *Diabetic Gastroparesis:* Coordinate meals with blood sugar monitoring, as delayed gastric emptying can affect glucose control. Choose low-glycemic, low-sugar foods and work with a dietitian to align with insulin or medication timing.
- *Weight Management:* Gastroparesis can cause unintended weight loss or, less commonly, weight gain from relying on calorie-dense liquids. A dietitian can help balance calorie needs.
- *Vitamin and Mineral Deficiencies:* If solid food intake is limited, consider a multivitamin or specific supplements (e.g., vitamin D, B12) under medical supervision.
- *Symptom Flares:* During severe symptoms, switch to a liquid diet (e.g., broths, smoothies) for 1-2 days, then gradually reintroduce soft solids as tolerated.

Gastroparesis, a condition marked by delayed gastric emptying, significantly has a major negative influence on quality of life because of symptoms like bloating, nausea, and early satiety. Effective management hinges on a tailored dietary approach, emphasizing small, frequent, low-fat, and low-fiber meals to ease digestion and reduce symptoms. By incorporating easily digestible foods, prioritizing hydration, and working closely with a dietitian to personalize plans, individuals can better navigate the challenges of gastroparesis, maintain nutritional balance, and improve overall well-being.

Recipe Section



Breakfast



Creamy Rice Porridge with Banana

This smooth, comforting porridge is gentle on the stomach and naturally sweetened with ripe banana for easy digestion

Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

White rice: ½ cup / 100 g
Water: 2 cups / 480 ml
Low-fat milk: ½ cup / 120 ml

Ripe banana: 1 medium / 120 g (mashed)
Honey: 1 tsp / 5 ml
Cinnamon: ¼ tsp / 1 g

Cooking Instructions:

1. To get rid of extra starch, rinse the white rice under cold water until the water runs clean.
2. Rinse the rice and add the water to a medium saucepan. Over medium heat, bring to a boil.
3. Reduce the heat to low, cover, and simmer for 12 minutes, stirring regularly, to prevent sticking.
4. After carefully adding the low-fat milk into the saucepan, heat it for three more minutes or until it becomes creamy.
5. Remove from heat, stir in the mashed banana, honey, and cinnamon until well combined.
6. Divide the porridge evenly into two bowls, ensuring the texture is smooth and soft.

Nutritional Value (Per Serving):

Calories: 180 kcal | Fiber: 1.5 g | Saturated Fat: 0.5 g
Trans Fats: 0 g | Carbs: 35 g | Glycemic Index: 60



Soft Scrambled Egg Whites with White Toast

This light, protein-packed breakfast is quick to prepare and gentle on the stomach with minimal fat.

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:

Egg whites: 4 large / 120 ml
Low-fat milk: 2 tbsp / 30 ml

White bread: 2 slices / 60 g
Olive oil: 1 tsp / 5 ml
Salt: 1/8 tsp / 0.5 g

Cooking Instructions:

1. Beat the egg whites, low-fat milk, and salt together in a small bowl until well blended.
2. Heat a non-stick skillet over low heat and evenly coat the bottom with olive oil.
3. After adding the egg mixture to the skillet, heat it gently for three to four minutes, stirring often with a spatula, until soft curds form.
4. When the eggs are just set but still soft and somewhat runny, take them off the fire.
5. Toast the white bread slices until lightly golden for about 1-2 minutes in a toaster or oven.
6. Divide the scrambled egg whites between two plates, serving each with a slice of toast.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 50



BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Apples (peeled, cooked, pureed):
½ cup / 120 g

Rolled oats (finely ground):
¼ cup / 20 g

A tall glass filled with a thick, light-brown smoothie, topped with a dusting of brown powder. The glass sits on a white paper doily on a dark wooden surface. Beside the glass are two whole apples and one apple cut in half, revealing its core. A cinnamon stick and some loose powder are also on the doily. In the background, a window with a view of the outdoors is visible.

1. Peel and core one medium apple, then steam or boil until very soft, about 5 minutes (can be done in advance).
2. Puree the cooked apple in a blender until smooth to make homemade applesauce.
3. Add the ground rolled oats, low-fat yogurt, low-fat milk, honey, and cinnamon to the blender with the applesauce.
4. Blend on high for 1-2 minutes until the mixture is completely smooth and no grainy texture remains.
5. Pour the smoothie into two glasses, ensuring each serving is about $\frac{3}{4}$ cup for easy consumption.
6. Serve immediately, sipping slowly to avoid overwhelming the stomach.

Calories: 150 kcal | Fiber: 1.2 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 28 g | Glycemic Index: 55

This savory porridge offers a protein boost with tender poached chicken, perfect for a gentle morning meal

A bowl of chicken and vegetable porridge, garnished with shredded chicken and yellow vegetables, served with a wooden spoon. The porridge is light-colored and creamy, topped with tender, shredded chicken pieces and small, bright yellow vegetable cubes. A smooth, light-brown wooden spoon rests diagonally across the top right of the bowl. The bowl itself is a simple, light-colored ceramic or stoneware. The background is softly blurred, showing a rustic wooden surface, a piece of light-colored fabric, and a small, round, light-colored object, possibly a lid or a small bowl, adding to the warm, homey atmosphere.

Chicken breast (skinless):
4 oz / 115 g
White rice: 1/3 cup / 65 g

1. To get rid of the starch, rinse the white rice under cold water until the water runs clean.
2. In a small pot, bring 1 cup of water to a boil, add the chicken breast, and reduce the heat to a simmer.
3. Poach the chicken for 10-12 minutes until fully cooked, then remove, shred finely with a fork, and set aside.
4. Rinse the rice, add the low-sodium chicken broth, and the remaining 1 cup of water to a medium saucepan. Bring to a boil.
5. The rice should be tender and porridge-like after 15 minutes of simmering over low heat with a lid on and occasional stirring.
6. Stir in the shredded chicken and grated ginger, cook for 2 more minutes, then divide into two bowls.

Calories: 200 kcal | Fiber: 0.5 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 6

Pureed Peach Yogurt Parfait

This light, creamy parfait blends sweet peaches with low-fat yogurt for a refreshing, stomach-friendly breakfast

Prep Time: 8 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Peaches (peeled, fresh):
1 medium / 150 g
Low-fat plain yogurt: 1 cup / 240 g

Honey: 1 tsp / 5 ml
Vanilla extract: ¼ tsp / 1 ml
Rice cereal (low fiber, like Rice Krispies): 2 tbsp / 10 g

Cooking Instructions:

1. Peel and pit the fresh peach, then steam or boil for 5 minutes until it is very soft (can be done in advance).
2. Puree the cooked peach in a blender until smooth, ensuring no chunks remain.
3. In a small bowl, mix the low-fat yogurt, honey, and vanilla extract until well combined.
4. In two small glasses or bowls, layer ¼ cup of yogurt, followed by 2 tablespoons of peach puree, then another ¼ cup of yogurt.
5. Sprinkle 1 tablespoon of rice cereal on top of each parfait for a slight crunch.
6. Serve immediately, eating slowly to ensure easy digestion.

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.8 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 50



Smooth Banana Rice Cereal

This creamy cereal blends white rice and banana for a naturally sweet, easily digestible start to the day

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
White rice (finely ground):
⅓ cup / 65 g
Water: 1.5 cups / 360 ml
Low-fat milk: ½ cup / 120 ml

Ripe banana: 1 medium / 120 g (mashed)
Maple syrup: 1 tsp / 5 ml
Nutmeg: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Grind white rice in a blender or food processor until it resembles a coarse powder to ensure a smoother texture.
2. In a small saucepan, combine the ground rice and water, then bring to a boil over medium heat, stirring occasionally.
3. To avoid clumping, lower the heat to low, cover, and simmer for 8 minutes while stirring.
4. Add low-fat milk and cook for an additional 2 minutes, stirring until the mixture is creamy and smooth.
5. Remove from heat, stir in the mashed banana, maple syrup, and nutmeg until fully incorporated.
6. Divide into two bowls, ensuring the consistency is soft.

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 1.3 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 34 g | Glycemic Index: 58



Soft Poached Egg with Mashed Potato

This gentle, savory breakfast combines fluffy mashed potatoes with a perfectly poached egg for a protein-rich meal

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Potato (peeled): 1 medium / 150 g
Low-fat milk: ¼ cup / 60 ml
Eggs: 2 large / 100 g

Water: 2 cups / 480 ml
Olive oil: 1 tsp / 5 ml
Salt: 1 tsp / 0.5 g



Cooking Instructions:

1. After peeling and chopping the potato into tiny cubes, boil it in one cup of water for ten to twelve minutes or until it is quite tender.
2. After draining, use a potato masher or fork to mash the potato until it's smooth, and add salt and low-fat milk. Set aside.
3. To aid in egg cohesiveness, add a dash of vinegar (optional) to the remaining 1 cup of water in a small saucepan and bring to a slow simmer.
4. After cracking each egg into a small cup, carefully drop it into the simmering water and cook it for three to four minutes or until the yolks are soft but the whites are set.
5. Remove the eggs with a slotted spoon and place them on a paper towel to drain.
6. Divide the mashed potato between two plates, drizzle with olive oil, top each with a poached egg.

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.7 g | Saturated Fat: 0.6 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Pear Puree Yogurt Bowl

This refreshing bowl combines pureed pear with creamy yogurt for a light, stomach-soothing breakfast

Prep Time: 8 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:

Pear (peeled, ripe):
1 medium / 150 g
Low-fat plain yogurt: 1 cup / 240 g

Honey: 1 tsp / 5 ml
Vanilla extract: ¼ tsp / 1 ml
Rice cereal (low fiber,
like Rice Krispies): 2 tbsp / 10 g



Cooking Instructions:

1. Peel and core the pear, then steam or boil for 5 minutes until it is very soft.
2. Puree the cooked pear in a blender until completely smooth, with no chunks remaining.
3. In a small bowl, mix the low-fat yogurt, honey, and vanilla extract until well blended.
4. Divide the yogurt mixture into two small bowls, about ½ cup each.
5. Spoon 2 tablespoons of pear puree over each yogurt portion, swirling gently to combine.
6. Sprinkle 1 tablespoon of rice cereal on top of each bowl for a light crunch and serve immediately.

Nutritional Value (Per Serving):

Calories: 135 kcal | Fiber: 0.9 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 48

Creamy Polenta with Applesauce

This warm, smooth polenta paired with homemade applesauce offers a comforting, low-fiber breakfast

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Cornmeal (fine, white):
¼ cup / 40 g
Water: 1.5 cups / 360 ml

Low-fat milk: ¼ cup / 60 ml
Apple (peeled): 1 medium / 120 g
Honey: 1 tsp / 5 ml
Cinnamon: ¼ tsp / 1 g

Cooking Instructions:

1. Peel and core the apple, then steam or boil for 5 minutes until soft, and puree in a blender to make smooth applesauce.
2. In a small saucepan, bring water to a boil over medium heat.
3. Reduce the heat to low, whisk in the cornmeal gradually, and stir constantly for 5 to 7 minutes or until the mixture is smooth and thick.
4. Add low-fat milk and cook for an additional 2 minutes, stirring until creamy.
5. Remove from heat, stir in honey and cinnamon, and divide the polenta into two bowls.
6. Top each serving with 2 tablespoons of applesauce.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 1.0 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 30 g | Glycemic Index: 55



Turkey and Rice Porridge

This savory porridge combines lean turkey with soft white rice for a gentle, protein-packed breakfast

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Ground turkey (lean): 4 oz / 115 g
White rice: ⅓ cup / 65 g
Water: 2 cups / 480 ml

Low-sodium vegetable broth (homemade): ½ cup / 120 ml
Ginger: ¼ tsp / 1 g (grated)

Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. In a small skillet, sauté the ground turkey over medium heat, breaking it up, until it is cooked through, 5 to 7 minutes. Set aside.
3. Bring the rinsed rice, water, and vegetable broth to a boil in a medium saucepan.
4. The rice should be tender and porridge-like after 15 minutes of simmering over low heat with a lid on and occasional stirring.
5. Add the cooked turkey and grated ginger and simmer for another two minutes to combine the flavors.
6. Divide into two bowls, ensuring a smooth consistency.

Nutritional Value (Per Serving):

Calories: 190 kcal | Fiber: 0.5 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 60



Banana Pancakes (Pureed)

These soft, blended pancakes are naturally sweet and easy to digest, perfect for a gastroparesis-friendly treat

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:

Ripe banana: 1 medium / 120 g
White flour: $\frac{1}{3}$ cup / 40 g
Low-fat milk: $\frac{1}{4}$ cup / 60 ml

Egg white: 1 large / 30 ml
Baking powder: $\frac{1}{2}$ tsp / 2 g
Olive oil: 1 tsp / 5 ml



Cooking Instructions:

1. In a blender, combine the banana, white flour, low-fat milk, egg white, and baking powder, blending until smooth.
2. Heat a nonstick skillet over low heat after lightly oiling it.
3. Pour two small pancakes (about 2 tbsp batter each) into the skillet, cooking for 2-3 minutes per side until lightly golden.
4. Repeat with remaining batter, making four small pancakes in total.
5. Puree the cooked pancakes in a blender with a splash of water if needed to ensure a soft, smooth texture.
6. Divide the pureed pancakes into two bowls.

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 1.0 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 28 g | Glycemic Index: 55

Creamy Carrot Soup Breakfast

This warm, pureed carrot soup is a soothing, savory option for a gentle morning meal

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Carrots (peeled): 1 cup / 120 g
Low-sodium vegetable broth (homemade): 1.5 cups / 360 ml

Low-fat milk: $\frac{1}{4}$ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: $\frac{1}{8}$ tsp / 0.5 g



Cooking Instructions:

1. To guarantee that the carrots cook quickly, peel and slice them into little pieces.
2. In a small saucepan, heat the olive oil over medium heat. Add the carrots and cook for two minutes.
3. The vegetable broth should be brought to a boil, then lower the heat and simmer the carrots for 10 to 12 minutes or until they are very tender.
4. Blend or use an immersion blender to puree the mixture until it's completely smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls, about $\frac{3}{4}$ cup each, sipping slowly.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.5 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 45

White Bread French Toast Puree

This soft, pureed French toast offers a sweet, comforting breakfast with minimal digestive effort

Prep Time: 10 minutes

Cook Time: 8 minutes

Servings: 2

Ingredients:

White bread: 2 slices / 60 g

Egg white: 1 large / 30 ml

Low-fat milk: ¼ cup / 60 ml

Maple syrup: 1 tsp / 5 ml

Cinnamon: ¼ tsp / 1 g

Olive oil: 1 tsp / 5 ml

Cooking Instructions:

1. Whisk together the egg white, low-fat milk, cinnamon, and maple syrup in a shallow basin.
2. Lightly oil a nonstick skillet and heat it over low heat.
3. Dip each bread slice into the egg mixture, coating both sides, and place in the skillet.
4. Cook for 2-3 minutes per side until lightly golden, ensuring the bread remains soft.
5. Transfer the cooked bread to a blender, add a splash of water (1-2 tbsp), and blend until smooth and puree-like.
6. Divide the puree into two bowls.

Nutritional Value (Per Serving):

Calories: 130 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g

Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 50



Silken Tofu Smoothie

This creamy, plant-based smoothie is packed with protein and gentle on the stomach

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

Silken tofu: ½ cup / 120 g

Ripe banana: ½ medium / 60 g

Low-fat almond milk:

½ cup / 120 ml

Honey: 1 tsp / 5 ml

Vanilla extract: ¼ tsp / 1 ml

Cooking Instructions:

1. Place the silken tofu, banana, almond milk, honey, and vanilla extract in a blender.
2. Blend on high for 1-2 minutes until the mixture is completely smooth and creamy.
3. Check for any lumps, blending longer if needed to ensure a uniform texture.
4. Pour into two glasses, about ¾ cup each, and serve immediately, sipping slowly.
5. If the smoothie is too thick, add 1-2 tablespoons of water and blend again.
6. Any leftovers should be eaten within a few hours after being refrigerated.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 0.7 g | Saturated Fat: 0.2 g

Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 50



Soft-Baked Chicken and Potato Puree

This savory puree combines lean chicken and mashed potato for a gentle, nutrient-rich breakfast

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
Potato (peeled): 1 medium / 150 g

Low-sodium chicken broth
(homemade): ½ cup / 120 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml



Cooking Instructions:

1. After peeling and chopping the potato into little cubes, boil it in water for ten to twelve minutes or until it is very tender.
2. In a separate small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
3. Drain the potato and mash with low-fat milk until smooth.
4. In a blender, combine the mashed potato, shredded chicken, chicken broth, and olive oil, blending until completely smooth.
5. Heat the puree gently in a saucepan over low heat for 2 minutes, stirring to prevent sticking.
6. Divide into two bowls, about ¾ cup each.

Nutritional Value (Per Serving):

Calories: 180 kcal | Fiber: 0.7 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Mango Yogurt Smoothie

This vibrant smoothie blends mango and yogurt for a sweet, creamy, and easily digestible breakfast

Prep Time: 8 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:

Mango (peeled, ripe):
½ cup / 80 g
Low-fat plain yogurt:
½ cup / 120 g

Low-fat milk: ½ cup / 120 ml
Honey: 1 tsp / 5 ml
Vanilla extract: ¼ tsp / 1 ml



Cooking Instructions:

1. Peel and dice the mango, ensuring no fibrous parts remain.
2. Place the mango, yogurt, low-fat milk, honey, and vanilla extract in a blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and free of lumps.
4. Taste and adjust with an additional teaspoon of water if it is too thick.
5. Pour into two glasses, about ¾ cup each, and serve immediately, sipping slowly.
6. Stir before drinking if the smoothie separates slightly.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 50

Creamy Semolina Porridge

This silky semolina porridge is lightly sweetened and perfect for a gentle, warm breakfast

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Semolina: ¼ cup / 40 g
Water: 1 cup / 240 ml
Low-fat milk: ½ cup / 120 ml

Maple syrup: 1 tsp / 5 ml
Cinnamon: ¼ tsp / 1 g

Cooking Instructions:

1. In a small saucepan, bring the water to a boil over medium heat.
2. Gradually whisk in the semolina, reducing heat to low to avoid lumps.
3. Cook, stirring frequently, until the mixture thickens, 5 to 7 minutes.
4. Add the low-fat milk and cook for an additional 2-3 minutes, stirring until creamy.
5. Take off the heat and thoroughly whisk in the cinnamon and maple syrup.
6. Divide into two bowls, about ¾ cup each.

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.5 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 26 g | Glycemic Index: 55



Soft Fish and Rice Puree

This savory puree combines tender fish with white rice for a gentle, protein-rich breakfast

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Cod fillet (skinless): 4 oz / 115 g
White rice: ⅓ cup / 65 g
Water: 2 cups / 480 ml

Low-sodium fish broth
(homemade): ½ cup / 120 ml
Olive oil: 1 tsp / 5 ml

Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. In a small pot, poach the cod fillet in 1 cup of water for 8-10 minutes until fully cooked, then flake into small pieces.
3. Bring the rice, fish broth, and 1 cup of water to a boil in a medium saucepan.
4. The rice should be tender and porridge-like after 15 minutes of simmering on low heat with a lid on.
5. Blend the cooked rice, flaked cod, and olive oil in a blender until smooth, adding a splash of water if needed.
6. Divide into two bowls, about ¾ cup each.

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 60



Pureed Zucchini and Egg White Scramble

This light, savory puree blends zucchini and egg whites for a gentle, nutrient-packed breakfast

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Zucchini (peeled): 1 small / 100 g
Egg whites: 4 large / 120 ml
Low-fat milk: 2 tbsp / 30 ml

Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. After peeling and chopping the zucchini, steam it for 8 to 10 minutes or until it is very tender.
2. Puree the steamed zucchini in a blender until smooth and set aside.
3. Beat the egg whites, low-fat milk, and salt together in a small bowl.
4. Pour the egg mixture into a non-stick skillet that has been heated to low heat and oiled with olive oil.
5. Cook the eggs gently, stirring constantly for 3-4 minutes until soft curds form, then blend with the zucchini puree until smooth.
6. Divide into two bowls, about ½ cup each.

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 0.6 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 4 g | Glycemic Index: 40

Apple Cinnamon Rice Pudding

This creamy rice pudding is naturally sweetened with apple and cinnamon for a comforting, easy-to-digest breakfast

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

White rice: ⅓ cup / 65 g
Water: 1.5 cups / 360 ml
Low-fat milk: ½ cup / 120 ml

Apple (peeled): 1 small / 100 g
Honey: 1 tsp / 5 ml
Cinnamon: ¼ tsp / 1 g



Cooking Instructions:

1. Peel and core the apple, then steam or boil for 5 minutes until soft, and puree until smooth.
2. Use cold water to rinse the white rice until the water runs clear.
3. Rice and water should be combined in a medium saucepan and brought to a boil over medium heat.
4. Cover, lower the heat to low, and simmer for 15 minutes, stirring now and then, until tender.
5. Add the low-fat milk, apple puree, honey, and cinnamon, stirring for 3-4 minutes until creamy.
6. Divide into two bowls, about ¾ cup each.

Nutritional Value (Per Serving):

Calories: 175 kcal | Fiber: 0.9 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 33 g | Glycemic Index: 58

Soups and Broths



Silky Carrot Ginger Soup

This smooth, mildly spiced soup combines pureed carrots with a hint of ginger for a soothing, nutrient-rich meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Carrots (peeled): 1 cup / 120 g
Low-sodium vegetable broth (homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Ginger (grated): ¼ tsp / 1 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. To guarantee that the carrots cook quickly, peel and slice them into little pieces.
2. Heat the olive oil in a medium skillet over medium heat. Add the carrots and sauté them for two minutes to soften them a little.
3. After adding the low-sodium vegetable broth and bringing it to a boil, lower the heat and simmer the carrots for 15 minutes or until they are very tender.
4. Add the grated ginger and simmer for an additional 2 minutes to infuse flavor.
5. Puree the mixture in a blender or with an immersion blender until it is entirely smooth and free of any lumps.
6. Stir in the low-fat milk and salt, heat gently for 1 minute without boiling, then divide into two bowls (about 1 cup each).

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 1.5 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 45

Velvety Potato Leek Soup

This creamy, pureed soup blends soft potatoes and leeks for a mild, comforting flavor that's easy on the stomach

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Potato (peeled): 1 medium / 150 g
Leek (white part only):
½ cup / 50 g

Low-sodium chicken broth (homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: 1/8 tsp / 0.5 g



Cooking Instructions:

1. Slice the white portion of the leek thinly, removing the green sections, and peel and chop the potato into small cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the leek and cook for three minutes or until it is tender but not browned.
3. Add the potato and low-sodium chicken broth, bring to a boil, then reduce heat to low and simmer for 20 minutes until the potato is very soft.
4. To ensure a silky texture, purée using an immersion blender or in a blender until smooth.
5. Stir in the low-fat milk and salt, heat gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 1.0 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 50

Gentle Chicken Broth with Rice

This light, savory broth with soft rice provides a protein-rich, easily digestible option for sensitive stomachs

Prep Time: 10 minutes
Cook Time: 30 minutes
Servings: 2

Ingredients:
Chicken breast (skinless):
4 oz / 115 g
White rice: ¼ cup / 50 g
Water: 2 cups / 480 ml

Low-sodium chicken broth
(homemade): 1 cup / 240 ml
Parsley (fresh, finely chopped):
1 tsp / 1 g
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To get rid of extra starch, rinse the white rice under cold water until the water runs clean.
2. The chicken breast should be poached in 1 cup of water over medium heat for 10 to 12 minutes until it is cooked through. After that, shred it finely and put it aside.
3. Bring the rice, low-sodium chicken broth, and 1 cup of water to a boil in a medium saucepan.
4. The rice should be very tender and just mushy after 15 minutes of simmering on low heat with a lid on.
5. Add the shredded chicken, parsley, and salt, stirring gently, and cook for an additional 2 minutes to blend flavors.
6. If you want a smoother texture, strain through a fine mesh screen after dividing into two dishes, each holding about 1 cup.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 55



Pureed Zucchini and Herb Soup

This smooth, herb-infused zucchini soup is light and gentle, perfect for a gastroparesis-friendly meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Zucchini (peeled): 1 cup / 120 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml

Dill (fresh, finely chopped):
1 tsp / 1 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To guarantee consistent cooking, peel and thinly slice the zucchini.
2. Heat the olive oil in a medium skillet over medium heat. Add the zucchini and cook for 3 minutes or until they are somewhat tender.
3. Add the low-sodium vegetable broth, bring to a boil, then reduce heat to low and simmer for 15 minutes until the zucchini is very soft.
4. Transfer to a blender or use an immersion blender, then purée until lump-free and perfectly smooth.
5. Stir in the low-fat milk, dill, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed for a smoother texture.

Nutritional Value (Per Serving):

Calories: 80 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 40



Creamy Butternut Squash Soup

This velvety butternut squash soup is naturally sweet and smooth, ideal for a comforting, low-fiber meal

Prep Time: 15 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Butternut squash (peeled, seeded):
1 cup / 120 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Nutmeg: ⅛ tsp / 0.5 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. For rapid cooking, peel, seed, and cut the butternut squash into small cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the squash and cook for 3 minutes to soften it a little.
3. Add the low-sodium vegetable broth, bring to boil, then reduce heat to low and simmer for 20 minutes until the squash is very soft.
4. Puree until smooth and creamy using an immersion blender or a blender.
5. Stir in the low-fat milk, nutmeg, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.2 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Smooth Spinach and Potato Soup

This creamy, pureed soup blends spinach and potato for a mild, nutrient-rich meal that's easy to digest

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Potato (peeled): 1 medium / 150 g
Spinach (fresh, stems removed):
1 cup / 30 g

Low-sodium vegetable broth
(homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To facilitate rapid cooking, peel and cut the potato into small cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the spinach and cook for one to two minutes or until it wilts.
3. Bring the low-sodium vegetable broth and potato to a boil, then lower the heat and simmer for 15 to 18 minutes or until the potato is very tender.
4. Puree until smooth, making sure no lumps remain, using an immersion blender or transferring to a blender.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed for a smoother texture.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.0 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 17 g | Glycemic Index: 50

Gentle Turkey Broth with Noodles

This light broth with soft noodles and lean turkey provides a savory, protein-packed option for sensitive stomachs

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
White pasta (small shapes, like orzo): ¼ cup / 40 g
Water: 2 cups / 480 ml

Low-sodium chicken broth (homemade): 1 cup / 240 ml
Parsley (fresh, finely chopped): 1 tsp / 1 g
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes, breaking it up until it's cooked through, and then put it aside.
2. In a medium saucepan, bring the water and low-sodium chicken broth to a boil.
3. After adding the pasta, lower the heat to medium and cook it for 8 to 10 minutes or until it is extremely tender.
4. Add the cooked turkey, salt, and parsley and simmer for another two minutes to combine the flavors.
5. If preferred, strain through a fine mesh screen or purée gently in a blender or immersion blender to achieve a smoother texture.
6. Divide into two bowls (about 1 cup each), sipping slowly.

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 0.5 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 55



Pureed Parsnip Soup

This velvety parsnip soup offers a subtly sweet flavor and smooth texture, ideal for a gentle meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Parsnip (peeled): 1 cup / 120 g
Low-sodium vegetable broth (homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml

Nutmeg: ⅛ tsp / 0.5 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To guarantee consistent cooking, peel the parsnip and cut it into little pieces.
2. Heat the olive oil in a medium saucepan over medium heat. Add the parsnip and cook for 3 minutes to soften it a little.
3. Add the low-sodium vegetable broth, bring to a boil, then reduce heat to low and simmer for 15 minutes until the parsnip is very soft.
4. Puree until smooth and creamy using an immersion blender or a blender.
5. Stir in the low-fat milk, nutmeg, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 1.3 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 48



Cod and Potato Broth

This light, pureed broth with tender cod and potato provides a savory, protein-rich option for easy digestion

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Cod fillet (skinless): 4 oz / 115 g
Potato (peeled): 1 medium / 150 g
Low-sodium fish broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Cut the cod into small pieces and peel and chop the potato into small cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the potato and cook for two minutes.
3. Bring the low-sodium fish broth to a boil, add the potato, reduce the heat, and simmer until the potato is cooked for about 15 minutes.
4. Add the cod pieces and cook for an additional 5-7 minutes until fully cooked and flaky.
5. Use a blender or an immersion blender to puree until perfectly smooth.
6. Stir in the low-fat milk and salt, heat gently for 1 minute, divide into two bowls (about 1 cup each).

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.7 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Creamy Zucchini and Rice Soup

This smooth soup blends zucchini and rice for a mild, filling meal that's gentle on the stomach

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Zucchini (peeled): 1 cup / 120 g
White rice: ¼ cup / 50 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Rinse the white rice with cold water until it becomes clear, then peel and slice the zucchini into small pieces.
2. Heat the olive oil in a medium saucepan over medium heat. Add the zucchini and cook for three minutes.
3. Once the low-sodium vegetable broth and rice have reached a boil, lower the heat to a simmer and let the rice and zucchini cook for 15 minutes or until they are very tender.
4. Puree until smooth and creamy using an immersion blender or a blender.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 55

Silky Sweet Potato Soup

This naturally sweet, pureed sweet potato soup is smooth and comforting, perfect for a gentle meal

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

Sweet potato (peeled):

1 cup / 120 g

Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml

Cinnamon: ⅛ tsp / 0.5 g

Olive oil: 1 tsp / 5 ml

Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To cook the sweet potato, quickly peel it and cut it into little cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the sweet potato and cook for three minutes.
3. Add the low-sodium vegetable broth, bring it to a boil, then reduce heat to low and simmer for 15 minutes until it is very soft.
4. Puree until completely smooth using an immersion blender or a blender.
5. Stir in the low-fat milk, cinnamon, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 1.2 g | Saturated Fat: 0.3 g

Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 50



Chicken and Carrot Broth

This light, pureed broth with chicken and carrots offers a savory, protein-rich option for easy digestion

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

Chicken breast (skinless):

4 oz / 115 g

Carrots (peeled): 1 cup / 120 g

Low-sodium chicken broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml

Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Slice the chicken breast into small pieces, then peel and slice the carrots.
2. Heat the olive oil in a medium saucepan over medium heat. Add the carrots and cook for three minutes.
3. Bring the chicken and low-sodium chicken broth to a boil, then lower the heat to a simmer and let it cook for 20 minutes or until the chicken and carrots are very tender.
4. Puree in a blender or with an immersion blender until smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 1.5 g | Saturated Fat: 0.4 g

Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 45



Pureed Green Bean Soup

This smooth green bean soup is mild and creamy, offering a gentle, low-fiber meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Green beans (fresh, trimmed):
1 cup / 100 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Dill (fresh, finely chopped):
1 tsp / 1 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Trim and chop the green beans into small pieces, discarding tough ends.
2. In a medium saucepan, heat the olive oil over medium heat. Add the green beans and cook for three minutes.
3. Add the low-sodium vegetable broth, bring to a boil, then reduce heat to low and simmer for 15 minutes until the beans are very soft.
4. Puree until completely smooth using an immersion blender or a blender.
5. Stir in the low-fat milk, dill, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 1.0 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 11 g | Glycemic Index: 40

Creamy Rice and Turkey Soup

This savory, pureed soup combines white rice and lean turkey for a gentle, protein-rich meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
White rice: ¼ cup / 50 g
Low-sodium chicken broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. In a small skillet, cook the ground turkey over medium heat for 5-7 minutes, breaking it apart until fully cooked, then set aside.
3. Put the rice and low-sodium chicken broth in a medium saucepan, bring to a boil, then lower the heat and simmer for 15 minutes or until the rice is tender.
4. Transfer the cooked turkey to a blender or use an immersion blender to mix it until it's smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 0.4 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 55

Silky Beet & Apple Soup

Beautifully colored and softly sweet, this smooth blend of beet and apple soothes and energizes

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

Beet (peeled, diced):

1 medium / 120 g

Sweet apple (peeled, chopped):

1 medium / 150 g

Olive oil: 1 tsp / 5 ml

Water: 2 cups / 480 ml

Fresh thyme leaves: ¼ tsp / 0.5 g

Cooking Instructions:

1. Peel the beet and apple, then cut into small cubes.
2. Heat the olive oil in a medium saucepan over low heat.
3. Add the beet and apple, stir gently, and sauté for 2-3 minutes.
4. Pour in the water and add thyme leaves. Bring to a gentle boil.
5. Cover and reduce heat. Simmer for 20-22 minutes or until beet pieces are fork-tender.
6. Remove from heat and blend until silky smooth.

Nutritional Value (Per Serving):

Calories: 115 kcal | Fiber: 2.8 g | Saturated Fat: 0.1 g

Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 50



Gentle Fish Broth with Potato

This light, pureed broth with cod and potato offers a savory, easily digestible meal

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

Cod fillet (skinless): 4 oz / 115 g

Potato (peeled): 1 medium / 150 g

Low-sodium fish broth

(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml

Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Cut the cod into small pieces and peel and chop the potato into small cubes.
2. Heat the olive oil in a medium saucepan over medium heat. Add the potato and cook for two minutes.
3. After adding the low-sodium fish broth and bringing it to a boil, lower the heat and simmer the potato for 15 minutes or until it is tender.
4. Add the cod and cook for 5-7 minutes until fully cooked and flaky.
5. Puree until completely smooth using an immersion blender or a blender.
6. Stir in the low-fat milk and salt, heat gently for 1 minute, divide into two bowls (about 1 cup each).

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.7 g | Saturated Fat: 0.3 g

Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50



Creamy Cauliflower Soup

This smooth cauliflower soup is mild and creamy, offering a low-fiber, gentle meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Cauliflower (florets only):
1 cup / 100 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Nutmeg: ⅛ tsp / 0.5 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Remove the tough stalks from the cauliflower and cut it into little florets.
2. After heating the olive oil in a medium saucepan over medium heat, add the cauliflower and cook it for three minutes.
3. Add the low-sodium vegetable broth, bring to a boil, then reduce heat to low and simmer for 15 minutes until the cauliflower is very soft.
4. Puree until smooth and creamy using an immersion blender or a blender.
5. Stir in the low-fat milk, nutmeg, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 80 kcal | Fiber: 0.9 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 40

Chicken and Rice Broth

This light, pureed broth with chicken and rice is a savory, protein-rich option for sensitive stomachs

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
White rice: ¼ cup / 50 g

Low-sodium chicken broth
(homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. In a small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
3. Put the rice and low-sodium chicken broth in a medium saucepan, bring to a boil, then lower the heat and simmer for 15 minutes or until the rice is tender.
4. Add the chicken shreds and process in a blender or an immersion blender until smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 0.4 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 55

Mild Cauliflower Purée Soup

A creamy, neutral-flavored soup made with tender cauliflower for gentle, light nourishment

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Cauliflower florets:
1 ½ cups / 150 g
White potato (peeled, chopped):
1 small / 100 g

Olive oil: 1 tsp / 5 ml
Water: 2 cups / 480 ml
Ground white pepper:
a pinch / less than 0.1 g

Cooking Instructions:

1. After giving the cauliflower a good cleaning, cut it into tiny florets. Cut the potato into tiny cubes after peeling it.
2. Place both vegetables in a medium saucepan and add the water.
3. Over medium heat, bring to a gentle boil, then lower the heat and cover.
4. Simmer for 12-15 minutes, until both cauliflower and potato are very soft.
5. Remove from heat and cool slightly.
6. Use an immersion blender or transfer to a standard blender and purée until completely smooth.
7. Stir in the olive oil and a small pinch of white pepper. Reheat gently if needed before serving.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 40



Turkey and Potato Soup

This creamy, pureed soup with lean turkey and potato is a gentle, protein-packed meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Ground turkey (lean): 4 oz / 115 g
Potato (peeled): 1 medium / 150 g
Low-sodium chicken broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes or until it is cooked through, after peeling and chopping the potato into tiny chunks.
2. Heat the olive oil in a medium saucepan over medium heat. Add the potato and cook for two minutes.
3. Bring the low-sodium chicken broth to a boil, then lower the heat and cook the potato for 15 minutes or until it is tender.
4. Transfer the cooked turkey to a blender or use an immersion blender to mix it until it's smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 0.7 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50



Creamy Pumpkin Soup

This velvety pumpkin soup is naturally sweet and smooth, ideal for a comforting, low-fiber meal

Prep Time: 15 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Pumpkin (peeled, seeded):
1 cup / 120 g
Low-sodium vegetable broth
(homemade): 2 cups / 480 ml

Low-fat milk: ¼ cup / 60 ml
Cinnamon: ⅛ tsp / 0.5 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Cut the pumpkin into small cubes for easy cooking after peeling and seeding it.
2. Heat the olive oil in a medium saucepan over medium heat. Add the pumpkin and cook for three minutes.
3. Add the low-sodium vegetable broth, bring to a boil, then reduce heat to low and simmer for 20 minutes until the pumpkin is very soft.
4. Puree until smooth and creamy using an immersion blender or a blender.
5. Stir in the low-fat milk, cinnamon, and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.2 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Chicken and Zucchini Broth

This light, pureed broth with chicken and zucchini is a savory, gentle option for sensitive stomachs

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
Zucchini (peeled): 1 cup / 120 g

Low-sodium chicken broth
(homemade): 2 cups / 480 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Slice the chicken breast into small pieces and peel and chop the zucchini.
2. Heat the olive oil in a medium saucepan over medium heat. Add the zucchini and cook for three minutes.
3. Bring the chicken and low-sodium chicken broth to a boil, then lower the heat to a simmer and let it cook for 20 minutes or until the chicken and zucchini are very tender.
4. Puree in a blender or with an immersion blender until smooth.
5. Stir in the low-fat milk and salt, heating gently for 1-2 minutes without boiling.
6. Divide into two bowls (about 1 cup each), strain if needed.

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 0.8 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 45

Creamy Zucchini Basil Soup

A light, velvety green soup with mild flavor and fresh basil, easy to blend and easy to digest

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Zucchini (peeled, chopped):
1 medium / 180 g
Potato (peeled, chopped):
1 small / 100 g

Olive oil: 1 tsp / 5 ml
Fresh basil leaves: 2 tbsp / 4 g
Water: 2 cups / 480 ml

Cooking Instructions:

1. Wash and peel the zucchini, then chop it into small pieces. Peel and dice the potato into cubes.
2. Heat the olive oil in a saucepan over low heat for one minute.
3. Add the zucchini and potato. Stir to coat with oil.
4. Pour in the water and cover the pot. Increase heat to bring it to a boil, then reduce it to a simmer.
5. Cook for 12-15 minutes, until vegetables are very soft.
6. Add fresh basil leaves. Remove from heat and cool slightly.
7. Use an immersion blender to blend until smooth or transfer in batches to a standard blender.
8. Return to pot to warm if needed and serve immediately.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 2.5 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 48



Butternut Pear Soup

Silky and mellow, this slightly sweet soup is perfect for soothing the digestive system

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Butternut squash (peeled, cubed):
1 cup / 150 g
Ripe pear (peeled, chopped):
1 medium / 150 g

Olive oil: 1 tsp / 5 ml
Water: 2 cups / 480 ml
Ground nutmeg: 1/8 tsp / 0.25 g

Cooking Instructions:

1. Peel and chop the squash and pear into small chunks.
2. In a medium saucepan, heat the olive oil over low heat.
3. Add the squash and pear, stir gently, and sauté for 2 minutes.
4. Bring to a slow boil after adding the water.
5. Cover with a lid and simmer for 20-22 minutes or until both squash and pear are completely soft.
6. Add a pinch of nutmeg, then blend the soup until smooth.
7. Reheat gently before serving.

Nutritional Value (Per Serving):

Calories: 115 kcal | Fiber: 2.6 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 51



Soothing Rice & Carrot Broth

A gentle, broth-based soup featuring soft carrots and rice—perfect for light nourishment

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

Carrots (peeled, chopped):

½ cup / 65 g

Cooked white rice: ½ cup / 90 g

Olive oil: 1 tsp / 5 ml

Water: 2 ½ cups / 600 ml

Fresh parsley (finely chopped):

1 tsp / 1 g



Cooking Instructions:

1. Peel and dice the carrots into small, thin slices.
2. In a medium saucepan, add water and carrots. Bring to a low boil.
3. Reduce the heat to a simmer, cover, and cook until the carrots are very tender, from 15 to 20 minutes.
4. Add the cooked rice and olive oil. Stir well.
5. To blend the flavors, boil the soup uncovered for a further five minutes.
6. Sprinkle with chopped parsley just before serving.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.8 g | Saturated Fat: 0.1 g

Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 55

Main Dishes



Pureed Chicken and Mashed Potato Bowl

This creamy, savory dish combines tender chicken and smooth mashed potatoes for a gentle, protein-rich meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Chicken breast (skinless):
4 oz / 115 g
Potato (peeled): 1 medium / 150 g

Low-sodium chicken broth
(homemade): ½ cup / 120 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. To guarantee rapid cooking, peel and cut the potato into small cubes.
2. Poach the chicken breast in 1 cup of water over medium heat for 10 to 12 minutes or until it is cooked through, and then use a fork to shred it finely.
3. In a separate saucepan, boil the potato in water for 10-12 minutes until very soft, then drain.
4. Using a potato masher or fork, mash the potato until it's smooth after adding salt and low-fat milk.
5. In a blender, combine the shredded chicken, mashed potato, low-sodium chicken broth, and olive oil, blending until completely smooth and creamy.
6. Heat the puree gently in a saucepan over low heat for 2 minutes, divide into two bowls (about ¾ cup each).

Nutritional Value (Per Serving):

Calories: 180 kcal | Fiber: 0.7 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Soft Baked Cod with White Rice

This tender cod and fluffy white rice dish is mild and easily digestible, perfect for a gastroparesis-friendly meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Cod fillet (skinless): 4 oz / 115 g
White rice: ½ cup / 100 g
Water: 1 cup / 240 ml
Low-sodium fish broth
(homemade): ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml
Salt: 1/8 tsp / 0.5 g
Parsley (fresh, finely chopped):
1 tsp / 1 g



Cooking Instructions:

1. To get rid of extra starch, rinse the white rice under cold water until the water runs clean.
2. Put the rice and water in a small saucepan, bring to a boil, then lower the heat to low, cover, and simmer for 15 minutes or until the rice is tender and fluffy.
3. Put parchment paper in a small baking dish and preheat the oven to 350°F/175°C.
4. Place the cod fillet in the baking dish, drizzle with olive oil and low-sodium fish broth, and sprinkle with salt and parsley.
5. To ensure that the cod stays tender, bake it for 10 to 12 minutes or until it flakes easily with a fork.
6. Divide the rice and cod between two plates (about ¼ cup of rice and 2 oz cod each), mash the cod slightly if needed for easier digestion.

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 60

Pureed Turkey and Zucchini Medley

This smooth, savory puree blends lean turkey and zucchini for a gentle, nutrient-packed main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
Zucchini (peeled): 1 cup / 120 g
Low-sodium chicken broth (homemade): ½ cup / 120 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To cook the zucchini quickly, peel and slice it into small pieces.
2. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes, breaking it up until it's cooked through, and then put it aside.
3. Heat the olive oil in a medium saucepan over medium heat. Add the zucchini and cook for three minutes or until it is tender.
4. Bring the low-sodium chicken broth to a boil, then lower the heat and cook the zucchini for 15 minutes or until it is very tender.
5. Combine the cooked turkey, zucchini mixture, and low-fat milk in a blender, blending until completely smooth.
6. Heat the puree gently in a saucepan for 1-2 minutes, divide into two bowls (about ¾ cup each).

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 0.8 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 8 g | Glycemic Index: 45



Soft Chicken and Mashed Sweet Potato

This tender chicken paired with creamy sweet potato is a mildly sweet, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
Sweet potato (peeled):
1 medium / 150 g

Low-sodium chicken broth (homemade): ¼ cup / 60 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To cook the sweet potato, quickly peel it and cut it into little cubes.
2. The chicken breast should be poached in 1 cup of water over medium heat for 10 to 12 minutes until it is cooked through. After that, shred it finely.
3. In a separate saucepan, boil the sweet potato in water for 10-12 minutes until very soft, then drain.
4. Mash the sweet potato with low-fat milk and salt until smooth, using a fork or potato masher.
5. Add the low-sodium chicken broth and the shredded chicken to a small skillet over low heat. Warm for two minutes.
6. Divide the mashed sweet potato and chicken between two plates (about ½ cup sweet potato and 2 oz chicken each), mashing further if needed for easier digestion.

Nutritional Value (Per Serving):

Calories: 190 kcal | Fiber: 1.2 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 50



Pureed Tilapia and Rice Bowl

This smooth, savory puree blends tender tilapia with white rice for a gentle, protein-rich meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Tilapia fillet (skinless): 4 oz / 115 g
White rice: ½ cup / 100 g
Low-sodium fish broth
(homemade): ½ cup / 120 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. Put the rice and 1 cup of water in a small saucepan, bring to a boil, then lower the heat to low, cover, and simmer for 15 minutes or until the rice is tender.
3. The tilapia fillet should flake easily after 3-4 minutes on each side of a small skillet with olive oil heated to medium heat.
4. In a blender, combine the cooked rice, flaked tilapia, low-sodium fish broth, low-fat milk, and salt, blending until completely smooth.
5. Heat the puree gently in a saucepan over low heat for 1-2 minutes, stirring to prevent sticking.
6. Divide into two bowls (about ¾ cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 55

Pureed Turkey and Mashed Carrot Bowl

This smooth, savory puree blends lean turkey with sweet carrots for a gentle, nutrient-rich meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
Carrots (peeled): 1 cup / 120 g
Low-sodium chicken broth
(homemade): ½ cup / 120 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. To cook them quickly, peel and cut the carrots into little pieces.
2. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes, breaking it up until it's cooked through, and then put it aside.
3. Drain the carrots after 15 minutes of boiling them in water in a medium saucepan until they are extremely tender.
4. Mash the carrots with a fork or blend lightly to ensure a smooth texture.
5. In a blender, combine the cooked turkey, mashed carrots, low-sodium chicken broth, low-fat milk, and salt, blending until completely smooth.
6. Heat the puree gently in a saucepan over low heat for 1-2 minutes, divide into two bowls (about ¾ cup each).

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 1.5 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 45

Soft Baked Chicken with White Rice

This tender chicken and fluffy white rice dish is mild and easily digestible, perfect for a gastroparesis-friendly meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Chicken breast (skinless):
4 oz / 115 g
White rice: ½ cup / 100 g
Water: 1 cup / 240 ml

Low-sodium chicken broth
(homemade): ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g
Parsley (fresh, finely chopped):
1 tsp / 1 g

Cooking Instructions:

1. To get rid of the starch, rinse the white rice under cold water until the water runs clean.
2. Put the water and rice in a small saucepan, bring to a boil, lower the heat, cover, and simmer for 15 minutes or until the rice is tender.
3. Put parchment paper in a small baking dish and preheat the oven to 350°F/175°C.
4. Put the chicken breast in the baking dish, cover it with low-sodium chicken stock and olive oil, and then season it with salt and parsley.
5. Bake the chicken for 15-18 minutes until fully cooked and tender, then slice or shred finely.
6. Divide the rice and chicken between two plates (about ¼ cup rice and 2 oz chicken each), mash slightly if needed for easier digestion.

Nutritional Value (Per Serving):

Calories: 180 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 60



Soft Cod & Mashed Cauliflower

Light and flakey cod served with smooth mashed cauliflower makes a gentle and satisfying meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Cod fillet: 6 oz / 170 g
Cauliflower (chopped):
2 cups / 200 g

Olive oil: 1 tsp / 5 ml
Water: ¾ cup / 180 ml
Ground white pepper:
a pinch / less than 0.1 g

Cooking Instructions:

1. Wash the cauliflower thoroughly and chop it into small, even florets.
2. Put the florets in a pot and cover them with water.
3. After bringing the water to a slow boil, decrease the heat and simmer the cauliflower for 10 to 12 minutes or until it is very soft.
4. Put the fish fillet in a skillet with half a cup of water while the cauliflower cooks.
5. Fish should be opaque and flake readily with a fork after 8 to 10 minutes of cooking over low heat in a covered skillet.
6. Drain the cooked cauliflower and transfer it to a bowl. Mash thoroughly using a fork or immersion blender until smooth.
7. Add a dash of white pepper and olive oil and stir. Stir until the mash is creamy and tender.
8. Flake the cooked cod gently with a fork and serve it over or beside the cauliflower mash.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 0.7 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50



Tender Chicken & Pumpkin Mash

Delicate shredded chicken paired with creamy pumpkin for a nutrient-rich and soft main course

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Boneless chicken thigh (trimmed):
6 oz / 170 g
Mashed pumpkin (cooked):
¾ cup / 165 g

Olive oil: 1 tsp / 5 ml
Ground sage: ¼ tsp / 0.5 g
Water: ¼ cup / 60 ml

Cooking Instructions:

1. Place the boneless chicken thigh in a small saucepan and add enough water to cover it completely.
2. Bring to a slow boil, then lower the heat and simmer until the chicken is soft and cooked through 15 to 18 minutes.
3. After taking the chicken out of the pot, allow it to cool a little before using two forks to shred it finely.
4. Put the mashed pumpkin and ¼ cup water in a small pot while the chicken cooks.
5. Stir in olive oil and ground sage and cook over low heat until the mixture is hot and smooth.
6. Divide the warm pumpkin mash between two plates or shallow bowls.
7. Top each portion with shredded chicken.

Nutritional Value (Per Serving):

Calories: 235 kcal | Fiber: 2.0 g | Saturated Fat: 0.6 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 50



Carrot Millet Patties

Soft patties made from finely grated carrot and cooked millet for a gentle, meatless meal

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Cooked millet: 1 cup / 180 g
Carrot (peeled, finely grated):
½ cup / 65 g

Olive oil: 1 tsp / 5 ml
Ground turmeric: ¼ tsp / 0.5 g
Water: 2 tbsp / 30 ml

Cooking Instructions:

1. Peel the carrot and grate it finely using the small side of a box grater.
2. Add the water, turmeric, cooked millet, and grated carrot to a mixing bowl.
3. Mix thoroughly with a spoon or your hands until the mixture holds together when pressed.
4. Wet your hands lightly, then form the mixture into 4 small round patties.
5. Heat a nonstick skillet over low heat with a small amount of olive oil.
6. Place the patties in the skillet and cook for 4-5 minutes on one side until slightly golden.
7. Carefully flip each patty with a spatula and cook the other side for another 4-5 minutes.

Nutritional Value (Per Serving):

Calories: 190 kcal | Fiber: 2.3 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 29 g | Glycemic Index: 48



Soft Baked Tilapia with Mashed Potato

This tender tilapia paired with creamy mashed potato is a mild, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Tilapia fillet (skinless): 4 oz / 115 g
Potato (peeled): 1 medium / 150 g
Low-sodium fish broth
(homemade): ¼ cup / 60 ml

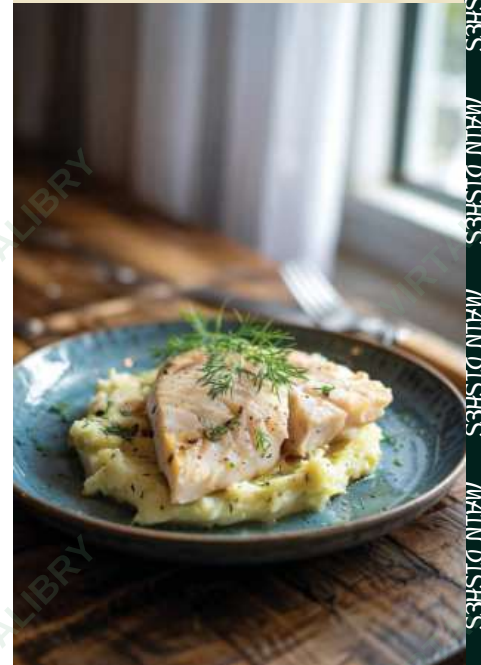
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g
Dill (fresh, finely chopped):
1 tsp / 1 g

Cooking Instructions:

1. After peeling and chopping the potato into tiny cubes, boil it in water for ten to twelve minutes until it is very tender, then drain.
2. Mash the potato with low-fat milk and a pinch of salt until smooth, then set aside.
3. Put parchment paper in a small baking dish and preheat the oven to 350°F/175°C.
4. Place the tilapia fillet in the baking dish, drizzle with olive oil and low-sodium fish broth, and sprinkle with salt and dill.
5. Bake the tilapia for 10-12 minutes until it flakes easily, then mash slightly with a fork for easier digestion.
6. Divide the mashed potato and tilapia between two plates (about ½ cup potato and 2 oz tilapia each).

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 0.7 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50



Pureed Turkey and Sweet Potato Blend

This creamy puree combines lean turkey and sweet potato for a mildly sweet, nutrient-rich meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
Sweet potato (peeled):
1 medium / 150 g

Low-sodium chicken broth
(homemade): ½ cup / 120 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To cook the sweet potato, quickly peel it and cut it into little cubes.
2. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes, breaking it up until it's cooked through, and then put it aside.
3. Boil the sweet potato in water for 10 to 12 minutes until it is extremely tender, then drain.
4. Mash the sweet potato lightly, then combine with the cooked turkey, low-sodium chicken broth, low-fat milk, olive oil, and salt in a blender.
5. Blend until completely smooth, ensuring no lumps remain.
6. Heat the puree gently in a saucepan for 1-2 minutes, divide into two bowls (about ¾ cup each).

Nutritional Value (Per Serving):

Calories: 190 kcal | Fiber: 1.2 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 50



Soft Chicken and Zucchini Mash

This tender chicken paired with pureed zucchini offers a savory, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Chicken breast (skinless):
4 oz / 115 g
Zucchini (peeled): 1 cup / 120 g

Low-sodium chicken broth
(homemade): ¼ cup / 60 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. After peeling and chopping the zucchini into little pieces, steam it for 10 to 12 minutes or until it is very tender.
2. In a small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
3. Mash the steamed zucchini with low-fat milk and salt until smooth.
4. Add the low-sodium chicken broth and the shredded chicken to a small skillet over low heat. Warm for two minutes.
5. Combine the zucchini mash and chicken, mashing further if needed for a smoother texture.
6. Divide between two plates (about ½ cup zucchini mash and 2 oz chicken each).

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 8 g | Glycemic Index: 45

Creamy Egg & Millet Bowl

A soft and gentle meal with scrambled eggs and creamy cooked millet, mild in taste and texture

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Eggs: 2 medium / 100 g
Cooked millet: 1 cup / 180 g
Olive oil: 1 tsp / 5 ml

Water: 2 tbsp / 30 ml
Dried basil: ¼ tsp / 0.5 g



Cooking Instructions:

1. Place cooked millet in a saucepan with 2 tablespoons of water.
2. Stir gently and warm over low heat for 3-5 minutes until soft and hot.
3. Crack the eggs into a bowl and beat lightly with a fork while the millet heats.
4. In a nonstick skillet, heat the olive oil over low heat.
5. Add the eggs and use a spatula to gently whisk them constantly until they are softly scrambled.
6. Stir in the dried basil, then remove from heat.
7. Spoon the millet into bowls and top each with scrambled eggs.

Nutritional Value (Per Serving):

Calories: 220 kcal | Fiber: 1.6 g | Saturated Fat: 1.3 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 48

Soft Turkey and Rice Bowl

This tender turkey paired with fluffy white rice is a mild, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
White rice: ½ cup / 100 g
Water: 1 cup / 240 ml
Low-sodium chicken broth
(homemade): ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g
Parsley (fresh, finely chopped):
1 tsp / 1 g

Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. Put the water and rice in a small saucepan, bring to a boil, lower the heat, cover, and simmer for 15 minutes or until the rice is tender.
3. Heat the olive oil in a small skillet over medium heat. Add the ground turkey and sauté, breaking it up until it is cooked through, approximately 5 to 7 minutes.
4. Add the low-sodium chicken broth and parsley to the turkey, simmering for 2 minutes to blend flavors.
5. Mash the turkey slightly with a fork for easier digestion, if needed.
6. Divide the rice and turkey between two plates (about ¼ cup rice and 2 oz turkey each).

Nutritional Value (Per Serving):

Calories: 180 kcal | Fiber: 0.4 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 60



Pureed Chicken and Cauliflower Blend

This creamy puree combines chicken and cauliflower for a gentle, nutrient-rich main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
Cauliflower (florets only):
1 cup / 100 g

Low-sodium chicken broth
(homemade): ½ cup / 120 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Remove the tough stalks from the cauliflower and cut it into little florets.
2. In a small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
3. In a medium saucepan, steam the cauliflower for 10-12 minutes until very soft, then drain.
4. In a blender, combine the shredded chicken, steamed cauliflower, low-sodium chicken broth, low-fat milk, olive oil, and salt, blending until completely smooth.
5. Heat the puree gently in a saucepan for 1-2 minutes, stirring to prevent sticking.
6. Divide into two bowls (about ¾ cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 150 kcal | Fiber: 0.9 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 8 g | Glycemic Index: 40



Soft Baked Salmon with Mashed Potato

This tender salmon paired with creamy mashed potato is a mild, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Salmon fillet (skinless):
4 oz / 115 g
Potato (peeled): 1 medium / 150 g
Low-sodium fish broth
(homemade): ¼ cup / 60 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g
Dill (fresh, finely chopped):
1 tsp / 1 g



Cooking Instructions:

1. After peeling and chopping the potato into tiny cubes, boil it in water for ten to twelve minutes until it is very tender, then drain.
2. Mash the potato with low-fat milk and a pinch of salt until smooth, then set aside.
3. Put parchment paper in a small baking dish and preheat the oven to 350°F/175°C.
4. Pour the low-sodium fish stock and olive oil over the salmon fillet in the baking dish, then season with salt and dill.
5. For simpler digestion, lightly mash the salmon with a fork after baking it for 10 to 12 minutes or until it flakes easily.
6. Divide the mashed potato and salmon between two plates (about ½ cup potato and 2 oz salmon each).

Nutritional Value (Per Serving):

Calories: 190 kcal | Fiber: 0.7 g | Saturated Fat: 0.5 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Pureed Turkey and Parsnip Blend

This smooth puree combines lean turkey and parsnip for a subtly sweet, nutrient-rich meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
Parsnip (peeled): 1 cup / 120 g
Low-sodium chicken broth
(homemade): ½ cup / 120 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. To cook the parsnip, quickly peel it and cut it into small pieces.
2. Cook the ground turkey in a small skillet over medium heat for 5 to 7 minutes, breaking it up until it's cooked through, and then put it aside.
3. In a medium saucepan, boil the parsnip in water for 15 minutes until it is very soft, then drain.
4. In a blender, combine the cooked turkey, parsnip, low-sodium chicken broth, low-fat milk, olive oil, and salt, blending until completely smooth.
5. Heat the puree gently in a saucepan for 1-2 minutes, stirring to prevent sticking.
6. Divide into two bowls (about ¾ cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 160 kcal | Fiber: 1.3 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 48

Soft Chicken and Rice Patties

These tender chicken and rice patties are mild and easy to digest, perfect for a gastroparesis-friendly meal

Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Chicken breast (skinless):
4 oz / 115 g
White rice: ½ cup / 100 g
Water: 1 cup / 240 ml

Low-sodium chicken broth
(homemade): ¼ cup / 60 ml
White breadcrumbs: 2 tbsp / 10 g
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Use cold water to rinse the white rice until the water runs clear.
2. Put the water and rice in a small saucepan, bring to a boil, lower the heat, cover, and simmer for 15 minutes or until the rice is tender.
3. In a small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
4. Combine the cooked rice, white breadcrumbs, low-sodium chicken broth, salt, and shredded chicken in a bowl and mash until thoroughly blended.
5. Form the mixture into four small patties, about 2 inches in diameter.
6. Heat the olive oil in a non-stick skillet over low heat. Cook the patties for 3-4 minutes on each side or until they are just beginning to turn golden. If necessary, serve two patties per plate with slightly mashed rice.

Nutritional Value (Per Serving):

Calories: 200 kcal | Fiber: 0.4 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 60



Pureed Tilapia and Zucchini Blend

This smooth puree combines tender tilapia and zucchini for a gentle, nutrient-packed meal

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Tilapia fillet (skinless): 4 oz / 115 g
Zucchini (peeled): 1 cup / 120 g
Low-sodium fish broth
(homemade): ½ cup / 120 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. After peeling and chopping the zucchini into little pieces, steam it for 10 to 12 minutes or until it is very tender.
2. The tilapia fillet should flake easily after 3-4 minutes on each side of a small skillet with olive oil heated to medium heat.
3. In a blender, combine the cooked zucchini, flaked tilapia, low-sodium fish broth, low-fat milk, and salt, blending until completely smooth.
4. Heat the puree gently in a saucepan for 1-2 minutes, stirring to prevent sticking.
5. Divide into two bowls (about ¾ cup each), strain if any lumps remain.

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.8 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 8 g | Glycemic Index: 45



Soft Turkey and Mashed Parsnip

This tender turkey paired with creamy parsnip mash is a subtly sweet, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Ground turkey (lean): 4 oz / 115 g
Parsnip (peeled): 1 cup / 120 g
Low-sodium chicken broth
(homemade): ¼ cup / 60 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Peel and chop the parsnip into small cubes, then boil in water for 15 minutes until it is very soft, and drain.
2. Mash the parsnip with low-fat milk and a pinch of salt until smooth, then set aside.
3. Heat the olive oil in a small skillet over medium heat. Add the ground turkey and sauté, breaking it up until it is cooked through, approximately 5 to 7 minutes.
4. Add the low-sodium chicken broth to the turkey, simmering for 2 minutes to blend flavors.
5. Mash the turkey slightly with a fork for easier digestion, if needed.
6. Divide the parsnip mash and turkey between two plates (about ½ cup parsnip and 2 oz turkey each).

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 1.3 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 48

Steamed Sole with Pureed Zucchini

A tender, white fish fillet served over smooth zucchini for a mild and moisture-rich main dish

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Sole fillet: 6 oz / 170 g
Zucchini (peeled, chopped):
1 ½ cups / 180 g

Olive oil: 1 tsp / 5 ml
Water: ½ cup / 120 ml



Cooking Instructions:

1. Place the chopped zucchini in a saucepan with ¼ cup water. It should be very soft after 10 minutes of steaming over low heat with a lid on.
2. While zucchini is cooking, place the sole fillet in a shallow pan with ¼ cup water.
3. Cover and gently steam-poach the fish over low heat for 6-8 minutes until opaque and flakes easily.
4. Transfer zucchini to a bowl and mash or blend until smooth. Stir in olive oil.
5. Flake the cooked sole and place it on top of the zucchini purée.

Nutritional Value (Per Serving):

Calories: 195 kcal | Fiber: 1.2 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 4 g | Glycemic Index: 43

Soft Cod and Mashed Cauliflower

This tender cod paired with creamy cauliflower mash is a mild, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Cod fillet (skinless): 4 oz / 115 g
Cauliflower (florets only):
1 cup / 100 g

Low-sodium fish broth
(homemade): ¼ cup / 60 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. After trimming and chopping the cauliflower into tiny florets, steam it for ten to twelve minutes until it is extremely tender, then drain it.
2. Mash the cauliflower with low-fat milk and a pinch of salt until smooth, then set aside.
3. Put parchment paper in a small baking dish and preheat the oven to 350°F/175°C.
4. Place the cod fillet in the baking dish, drizzle with olive oil and low-sodium fish broth, and sprinkle with salt.
5. Bake the cod for 10-12 minutes until it flakes easily, then mash slightly with a fork for easier digestion.
6. Divide the cauliflower mash and cod between two plates (about ½ cup cauliflower and 2 oz cod each).

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 0.9 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 8 g | Glycemic Index: 40



Egg Potato Soft Bake

A soft oven-baked dish with whipped egg and mashed potato for a warm, filling, and gentle-textured entrée

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:
Eggs: 2 medium / 100 g
White potato (peeled, chopped):
1 medium / 180 g

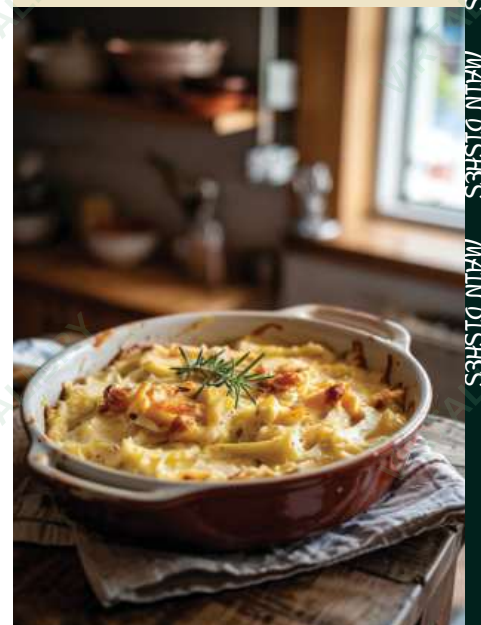
Olive oil: 1 tsp / 5 ml
Water: 2 tbsp / 30 ml

Cooking Instructions:

1. Lightly grease a small baking dish and preheat the oven to 325°F (165°C).
2. Boil the chopped potato in water for 15-18 minutes until very soft.
3. Drain and mash until smooth.
4. In a bowl, beat the eggs until creamy, then stir in the mashed potato and olive oil.
5. Fill the baking dish with the ingredients, then bake it uncovered for 20 to 25 minutes or until it is completely set.

Nutritional Value (Per Serving):

Calories: 215 kcal | Fiber: 1.4 g | Saturated Fat: 1.1 g
Trans Fats: 0 g | Carbs: 17 g | Glycemic Index: 54



Soft Chicken and Mashed Parsnip

This tender chicken paired with creamy parsnip mash is a subtly sweet, easily digestible main dish

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients:

Chicken breast (skinless):
4 oz / 115 g
Parsnip (peeled): 1 cup / 120 g

Low-sodium chicken broth
(homemade): ¼ cup / 60 ml
Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Peel and chop the parsnip into small cubes, then boil in water for 15 minutes until it is very soft, and drain.
2. Mash the parsnip with low-fat milk and a pinch of salt until smooth, then set aside.
3. In a small pot, poach the chicken breast in 1 cup of water for 10-12 minutes until fully cooked, then shred finely.
4. Add the low-sodium chicken broth and the shredded chicken to a small skillet over low heat. Warm for two minutes.
5. Divide the parsnip mash and chicken between two plates (about ½ cup parsnip and 2 oz chicken each), mashing further if needed.
6. Serve warm, ensuring the texture is soft and easy to swallow.

Nutritional Value (Per Serving):

Calories: 170 kcal | Fiber: 1.3 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 48

Side Dishes



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Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Potato (peeled): 1 medium / 150 g
Low-fat milk: ¼ cup / 60 ml

A bowl of creamy mashed potatoes topped with a swirl of butter, served on a rustic wooden table with warm string lights in the background.

1. To guarantee rapid cooking, peel and cut the potato into small cubes.
2. In a medium saucepan, add the potato cubes, cover with water, and heat to a boil.
3. After lowering the heat to low and simmering the potatoes for 10 to 12 minutes until they are extremely tender, drain them thoroughly.
4. Using a potato masher or fork, mash the potatoes until they are smooth. To get a creamy texture, add the low-fat milk gradually.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure the texture is lump-free.

Calories: 100 kcal | Fiber: 0.7 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 50

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Carrots (peeled): 1 cup / 120 g
Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml

A bowl of orange soup with a swirl of cream, served on a wooden table next to a window.

1. To cook them quickly, peel and cut the carrots into little pieces.
2. Place the carrots in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. The carrots should be quite tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. After draining any extra liquid, either use an immersion blender or move the carrots to a blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and creamy, with no lumps.
6. Divide into two portions (about $\frac{1}{3}$ cup each), heat gently if needed.

Calories: 70 kcal | Fiber: 1.5 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 45

Soft White Rice

This fluffy, plain white rice is a simple, easily digestible side dish perfect for sensitive stomachs

Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
White rice: ½ cup / 100 g
Water: 1 cup / 240 ml

Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To get rid of extra starch, rinse the white rice under cold water until the water runs clean.
2. In a small saucepan, combine the rinsed rice, water, olive oil, and salt.
3. Over medium heat, bring the mixture to a boil, stirring once to avoid sticking.
4. Reduce heat to low, cover, and simmer for 12-15 minutes until the rice is soft and the water is fully absorbed.
5. To guarantee a light texture, lightly fluff the rice with a fork.
6. Divide into two portions (about ¼ cup each) and serve warm, ensuring the rice is soft and not sticky.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 0.4 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 60



Pureed Zucchini Silk

This smooth, mild zucchini puree is a light, stomach-friendly side dish with a subtle flavor

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Zucchini (peeled): 1 cup / 120 g
Low-sodium vegetable broth (homemade): ¼ cup / 60 ml

Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Remove the tough bits and seeds from the zucchini and cut them into little pieces.
2. Place the zucchini in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. The zucchini should be quite tender after 10 to 12 minutes of simmering over low heat with a lid on.
4. After draining any extra liquid, either use an immersion blender or move the zucchini to a blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and lump-free.
6. Divide into two portions (about ⅓ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 60 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 6 g | Glycemic Index: 40



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Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Sweet potato (peeled):
1 medium / 150 g
Low-fat milk: ¼ cup / 60 ml

A bowl of orange mashed sweet potatoes with a silver spoon, garnished with fresh rosemary, on a wooden table.

1. To guarantee rapid cooking, peel and cut the sweet potato into small cubes.
2. In a medium saucepan, add the sweet potato cubes, cover with water, and heat to a boil.
3. After lowering the heat to low, simmer the sweet potatoes for 10 to 12 minutes or until they are very tender, and then drain thoroughly.
4. Mash the sweet potatoes with a fork or potato masher, gradually adding the low-fat milk to achieve a smooth, creamy texture.
5. Stir in the olive oil, salt, and cinnamon, mix thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Calories: 120 kcal | Fiber: 1.2 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 50

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Parsnip (peeled): 1 cup / 120 g
Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml

A bowl of yellow corn soup with a metal spoon on a rustic wooden table. The soup is thick and yellow, served in a simple, light-colored bowl. The spoon is placed next to the bowl on the wooden surface. The background is blurred, showing a wooden chair and a window with a lattice pattern.

1. Peel and chop the parsnip into small pieces for quick cooking. Quickly peel it and cut it into small pieces.
2. Place the parsnip in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. The parsnip should be very tender after 12 to 15 minutes of simmering over low heat with a lid on.
4. After draining any extra liquid, either use an immersion blender or move the parsnip to a blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and creamy, with no lumps.
6. Divide into two portions (about 1/3 cup each), heat gently if needed.

Calories: 80 kcal | Fiber: 1.3 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 48

Soft Polenta Glow

This creamy, soft polenta is a mild, easily digestible side dish with a comforting texture

Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Cornmeal (fine, white):
¼ cup / 40 g
Water: 1 cup / 240 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. In a small saucepan, bring the water to a boil over medium heat.
2. Reduce the heat to low and whisk in the cornmeal gradually to avoid lumps.
3. Stir continuously for 5-7 minutes until the polenta thickens and becomes smooth.
4. Add the low-fat milk and continue stirring for 2-3 minutes until creamy and soft.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a smooth texture.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 0.5 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 55



Pureed Cauliflower Cloud

This light, creamy cauliflower puree is a gentle, low-fiber side dish with a mild flavor

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Cauliflower (florets only):
1 cup / 100 g
Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml

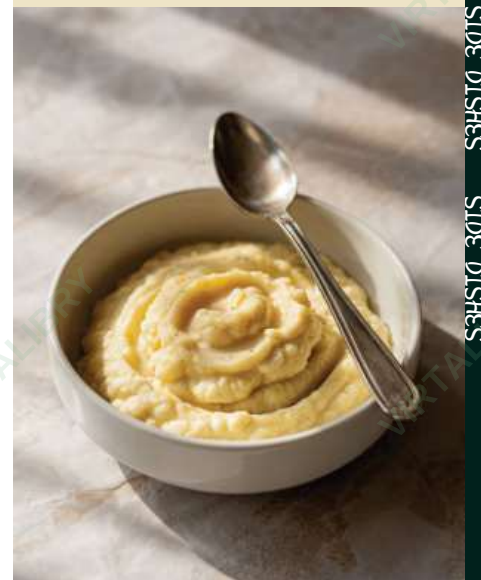
Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Remove the tough stalks from the cauliflower and cut it into little florets.
2. Place the cauliflower in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. The cauliflower should be quite tender after 10 to 12 minutes of simmering over low heat with a lid on.
4. After draining any extra broth, either use an immersion blender or move the cauliflower to a blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and lump-free.
6. Divide into two portions (about ⅓ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 60 kcal | Fiber: 0.9 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 6 g | Glycemic Index: 40



Creamy Mashed Turnip

This smooth, mildly sweet turnip mash is a comforting, easily digestible side dish

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Turnip (peeled): 1 cup / 120 g
Low-fat milk: ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Peel and chop the turnip into small cubes to ensure quick cooking.
2. In a medium saucepan, add the turnip cubes, cover with water, and heat to a boil.
3. Turnip should be quite tender after 12 to 15 minutes of simmering on low heat. Drain thoroughly.
4. Mash the turnip with a fork or potato masher, gradually adding the low-fat milk to achieve a smooth texture.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Nutritional Value (Per Serving):

Calories: 70 kcal | Fiber: 1.0 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 45

Pureed Pumpkin Velvet

This naturally sweet pumpkin puree is a smooth, nutrient-rich side dish that's gentle on the stomach

Prep Time: 15 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Pumpkin (peeled, seeded):
1 cup / 120 g
Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml

Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g
Cinnamon: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Cut the pumpkin into small cubes for easy cooking after peeling and seeding it.
2. Place the pumpkin in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. The pumpkin should be quite tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. After draining any extra broth, either use an immersion blender or move the pumpkin to a blender.
5. Add the low-fat milk, olive oil, salt, and cinnamon, blending until completely smooth and creamy.
6. Divide into two portions (about ½ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 80 kcal | Fiber: 1.2 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 50

Creamy Pumpkin Purée

This creamy semolina porridge is a mild, easily digestible side dish with a smooth texture

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Pumpkin (peeled, cubed):
1 cup / 150 g

Olive oil: 1 tsp / 5 ml
Water: ¼ cup / 60 ml

Cooking Instructions:

1. Peel the pumpkin and cut it into small, even cubes.
2. Put the water and pumpkin in a pot, cover, and steam for 10 minutes over low heat or until the pumpkin is extremely tender.
3. Drain any excess water and transfer the pumpkin to a bowl.
4. Mash with a fork or blend using an immersion blender until it is very smooth.
5. Add the olive oil and stir until thoroughly mixed.
6. Divide into two portions (about ½ cup each), ensure a smooth texture.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 55



Gentle Pear Purée

A naturally sweet, soft-textured side with steamed pear for a refreshing, fruit-based option

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 large / 200 g

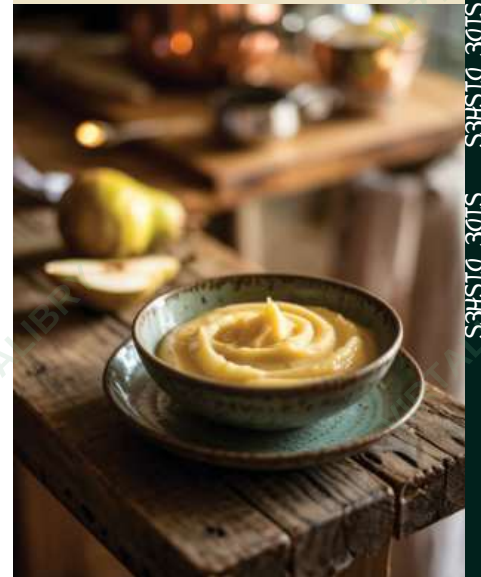
Water: 2 tbsp / 30 ml
Olive oil: ½ tsp / 2.5 ml

Cooking Instructions:

1. Cut the pear into little pieces after peeling it and removing the core.
2. Place the pear and water into a small saucepan and cover with a lid.
3. Simmer gently for 10 minutes until the pear is very soft.
4. Take off the heat and purée in an immersion blender or mash with a fork until smooth.
5. Stir in olive oil and mix until evenly blended.
6. Divide into two portions (about ⅓ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 2.4 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 19 g | Glycemic Index: 41



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Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Celery root (peeled): 1 cup / 120 g
Low-fat milk: ¼ cup / 60 ml

A bowl of creamy mashed potatoes, topped with a swirl of melted butter and fresh herbs, served on a rustic wooden table. The bowl is made of light-colored ceramic or stone. The background shows a window with a view of a garden.

1. To guarantee rapid cooking, peel and cut the celery root into small cubes.
2. In a medium saucepan, add the celery root cubes, cover with water, and heat to a boil.
3. After lowering the heat to low, simmer the celery root for 12 to 15 minutes or until it is very tender, and then drain thoroughly.
4. Using a potato masher or fork, mash the celery root until it's smooth, then slowly pour in the low-fat milk.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Calories: 70 kcal | Fiber: 1.0 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 45

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Zucchini (peeled): ½ cup / 60 g
Potato (peeled): ½ medium / 75 g
Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml

A bowl of green pea soup with a whole cucumber, a potato, and cucumber slices in the background.

1. Peel and chop the zucchini and potato into small pieces for quick cooking.
2. Place the zucchini and potato in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. Both should be extremely tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. Drain any excess broth, then transfer the zucchini and potato to a blender or use an immersion blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and lump-free.
6. Divide into two portions (about $\frac{1}{3}$ cup each), heat gently if needed.

Calories: 70 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 10 g | Glycemic Index: 48

Soft White Pasta

This tender, plain white pasta is a simple, easily digestible side dish for sensitive stomachs

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:

White pasta (small shapes, like orzo): ½ cup / 80 g
Water: 2 cups / 480 ml

Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. In a medium saucepan over medium heat, bring the water to a boil.
2. To keep the pasta from sticking, mix it once after adding it and a touch of salt.
3. Cook for 8-10 minutes until the pasta is very soft, then drain well.
4. Return the pasta to the saucepan, add the olive oil, and toss gently to coat.
5. Divide into two portions (about ¼ cup each), ensuring the pasta is soft and not sticky.
6. Serve warm, mashing slightly with a fork if a softer texture is needed.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 0.5 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 55



Pureed Sweet Potato and Carrot Blend

This smooth, sweet puree combines sweet potato and carrot for a vibrant, gentle side dish

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:

Sweet potato (peeled):
½ medium / 75 g
Carrots (peeled): ½ cup / 60 g

Low-sodium vegetable broth (homemade): ¼ cup / 60 ml
Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To cook them quickly, peel and cut the carrots and sweet potato into small pieces.
2. Place the sweet potato and carrots in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. Both should be extremely tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. Drain any excess broth, then transfer the sweet potato and carrots to a blender or use an immersion blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and creamy.
6. Divide into two portions (about ⅓ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 1.3 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 50



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Prep Time: 15 minutes
Cook Time: 15 minutes
Servings: 2

Butternut squash
(peeled, seeded): 1 cup / 120 g
Low-fat milk: ¼ cup / 60 ml

A bowl of steaming, orange-colored soup or puree, likely pumpkin or sweet potato, served on a rustic wooden table with a cloth napkin.

1. To guarantee rapid cooking, peel, seed, and cut the butternut squash into small cubes.
2. Squash cubes should be put in a medium pot, covered with water, and heated to a boil.
3. After lowering the heat to low, simmer the squash for 12 to 15 minutes, or until it is very tender, and then drain thoroughly.
4. Using a potato masher or fork, mash the squash until it's smooth, then slowly pour in the low-fat milk.
5. Stir in the olive oil, salt, and nutmeg, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Calories: 90 kcal | Fiber: 1.2 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 50

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Cooked millet: ½ cup / 90 g
Zucchini (peeled, chopped):
1 cup / 120 g

A bowl of creamy avocado dip with a swirl of hummus on top, garnished with herbs, served on a patterned napkin.

1. Slice the zucchini into little pieces after peeling it.
2. Put it in a pot with a quarter cup of water and put a lid on it.
3. Steam over low heat for 10-12 minutes until the zucchini is very soft.
4. Drain and mash the zucchini thoroughly with a fork or immersion blender.
5. Stir in the cooked millet and olive oil. Blend until everything is well incorporated and the mixture is spoonable and smooth.
6. Divide into two portions (about $\frac{1}{3}$ cup each), heat gently if needed.

Calories: 100 kcal | Fiber: 1.8 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 48

Soft Rice Porridge

This smooth, mild rice porridge is an easily digestible side dish with a comforting texture

Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
White rice: ¼ cup / 50 g
Water: 1.5 cups / 360 ml

Low-fat milk: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. To get rid of the starch, rinse the white rice under cold water until the water runs clean.
2. In a small saucepan, combine the rice and water and bring it to a boil over medium heat.
3. The rice should be very tender and porridge-like after 15 to 18 minutes of simmering over low heat with a lid on and periodic stirring.
4. Add the low-fat milk and stir for an additional 2 minutes until creamy.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a smooth texture.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 0.4 g | Saturated Fat: 0.3 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 60



Pureed Parsnip and Carrot Blend

This smooth, sweet puree combines parsnip and carrot for a gentle, nutrient-rich side dish

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Parsnip (peeled): ½ cup / 60 g
Carrots (peeled): ½ cup / 60 g
Low-sodium vegetable broth (homemade): ¼ cup / 60 ml

Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Peel and chop the parsnip and carrots into small pieces for quick cooking.
2. Place the parsnip and carrots in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. Both should be extremely tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. Drain any excess broth, then transfer the parsnip and carrots to a blender or use an immersion blender.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and creamy.
6. Divide into two portions (about ⅓ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 80 kcal | Fiber: 1.3 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 48



Silky Beet Purée

A vibrant and mild beet purée that's as beautiful as it is gentle and gut friendly

Prep Time: 10 minutes
Cook Time: 30 minutes
Servings: 2

Ingredients:
Beet (peeled, cubed):
1 medium / 120 g

Olive oil: 1 tsp / 5 ml
Water: ¼ cup / 60 ml



Cooking Instructions:

1. Peel the beet and cut it into small cubes (about ½ inch thick).
2. Place the cubes in a saucepan with ¼ cup of water. Cover with a lid.
3. Simmer over low heat for 25-30 minutes or until the beet is very soft and easily pierced with a fork.
4. Drain excess water and mash the beet using a fork or blend until smooth.
5. Add olive oil, stir, and stir until the purée is smooth and shiny.
6. Serve warm or at room temperature after allowing it to cool somewhat.
7. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 2.5 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 12 g | Glycemic Index: 45

Pureed Cauliflower and Zucchini Blend

This smooth puree combines cauliflower and zucchini for a mild, gentle side dish

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Cauliflower (florets only):
½ cup / 50 g
Zucchini (peeled): ½ cup / 60 g

Low-sodium vegetable broth
(homemade): ¼ cup / 60 ml
Low-fat milk: 2 tbsp / 30 ml
Olive oil: 1 tsp / 5 ml
Salt: ⅛ tsp / 0.5 g



Cooking Instructions:

1. Trim the cauliflower into small florets and peel and chop the zucchini into small pieces.
2. Place the cauliflower and zucchini in a small saucepan with the low-sodium vegetable broth and bring to a boil over medium heat.
3. Both should be extremely tender after 12 to 15 minutes of simmering on low heat with a lid on.
4. Rinse the cauliflower and zucchini in a blender or an immersion blender after draining any extra broth.
5. Add the low-fat milk, olive oil, and salt, blending until completely smooth and lump-free.
6. Divide into two portions (about ½ cup each), heat gently if needed.

Nutritional Value (Per Serving):

Calories: 60 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 6 g | Glycemic Index: 40

Silky Pumpkin & Cauliflower Blend

A softly textured, fiber-light mash made with tender pumpkin and cauliflower for extra creaminess

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Pumpkin (peeled, chopped):
¾ cup / 110 g
Cauliflower florets: 1 cup / 100 g

Olive oil: 1 tsp / 5 ml
Water: ⅓ cup / 80 ml

Cooking Instructions:

1. Chop the pumpkin into cubes and cut the cauliflower into small florets.
2. Place both in a saucepan with ⅓ cup of water.
3. Cover with a lid and steam gently over low heat for 12-15 minutes until completely soft.
4. After draining, move to a bowl. Mash into a smooth purée with a fork or immersion blender.
5. Add the olive oil and stir until smooth.

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 2.3 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 14 g | Glycemic Index: 49



Soft Rice & Parsnip Mash

A creamy, naturally sweet mash combining white rice and soft parsnip for a soothing, starchy side

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Cooked white rice: ½ cup / 90 g
Parsnip (peeled, chopped):
1 medium / 130 g

Water: ¼ cup / 60 ml
Olive oil: 1 tsp / 5 ml

Cooking Instructions:

1. Peel the parsnip and cut it into small chunks.
2. Place it in a saucepan with water and cover with a lid.
3. Simmer over low heat for 15-18 minutes or until the parsnip is very tender.
4. Drain the parsnip and mash it thoroughly in a bowl.
5. Add the olive oil and cooked rice and stir.
6. Mix until smooth and cohesive, adding a tablespoon of warm water if needed.

Nutritional Value (Per Serving):

Calories: 115 kcal | Fiber: 2.0 g | Saturated Fat: 0.2 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 53



Creamy Mashed Zucchini

This smooth zucchini mash is light and mild, offering a gentle, low-fiber side dish

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

Zucchini (peeled): 1 cup / 120 g

Low-fat milk: ¼ cup / 60 ml

Olive oil: 1 tsp / 5 ml

Salt: ⅛ tsp / 0.5 g

Cooking Instructions:

1. Remove the tough bits and seeds from the zucchini and cut them into little pieces.
2. Place the zucchini in a medium saucepan, cover with water, and bring to a boil over medium heat.
3. After lowering the heat to low and simmering the zucchini for 10 to 12 minutes until it is extremely tender, drain thoroughly.
4. Using a potato masher or fork, mash the zucchini until it's smooth, then slowly pour in the low-fat milk.
5. Stir in the olive oil and salt, mixing thoroughly to combine.
6. Divide into two portions (about ½ cup each), ensure a lump-free texture.

Nutritional Value (Per Serving):

Calories: 60 kcal | Fiber: 0.8 g | Saturated Fat: 0.2 g

Trans Fats: 0 g | Carbs: 6 g | Glycemic Index: 40



Smoothies and Beverages



Banana Silk Smoothie

This creamy, naturally sweet banana smoothie is gentle on the stomach and quick to prepare

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:

Banana (ripe, peeled):
1 medium / 120 g
Low-fat milk: 1 cup / 240 ml

Plain low-fat yogurt:
½ cup / 120 g
Honey: 1 tsp / 5 ml



Cooking Instructions:

1. To make blending easier, peel and chop the banana into small pieces.
2. Place the banana pieces, low-fat milk, plain low-fat yogurt, and honey in a blender.
3. For one to two minutes, blend on high speed until the mixture is lump-free and perfectly smooth.
4. Check the consistency, adding a small amount of extra milk (1-2 tbsp) if a thinner texture is preferred.
5. Pour the smoothie into two glasses (about ¾ cup each), ensuring an even distribution.
6. Serve immediately, sipping slowly to aid digestion.

Nutritional Value (Per Serving):

Calories: 140 kcal | Fiber: 1.5 g | Saturated Fat: 0.5 g
Trans Fats: 0 g | Carbs: 28 g | Glycemic Index: 55

Peach Bliss Smoothie

This smooth, mildly sweet peach smoothie is refreshing and easy to digest for sensitive stomachs

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:

Peach (ripe, peeled, pitted):
1 medium / 150 g
Low-fat milk: 1 cup / 240 ml

Plain low-fat yogurt:
½ cup / 120 g
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Peel and pit the peach, then chop it into small pieces for easier blending.
2. Add the peach pieces, low-fat milk, plain low-fat yogurt, and maple syrup to a blender.
3. For one to two minutes, blend on high speed until the mixture is fully lump-free and smooth.
4. If the smoothie is too thick, add 1-2 tablespoons of additional milk and blend briefly to adjust consistency.
5. Divide the smoothie evenly into two glasses (about ¾ cup each).
6. Serve immediately, sipping slowly to ensure comfort.

Nutritional Value (Per Serving):

Calories: 130 kcal | Fiber: 1.0 g | Saturated Fat: 0.5 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 50

Apple Essence Juice

This clear, strained apple juice is light and soothing, perfect for a gastroparesis-friendly beverage

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Apple (peeled, cored):
1 large / 180 g

Water: 1 cup / 240 ml
Honey: 1 tsp / 5 ml
Lemon juice: 1 tsp / 5 ml

Cooking Instructions:

1. To guarantee rapid cooking, peel, core, and cut the apple into small pieces.
2. In a small saucepan, combine the apple chunks and water. Over medium heat, bring to a simmer.
3. Cook for 5 minutes until the apple is very soft, stirring occasionally.
4. Take off the heat and use a blender or immersion blender to puree the mixture until it's smooth.
5. To extract the juice and remove the pulp, strain the blended liquid into a bowl using cheesecloth or a fine mesh sieve, gently pressing.
6. Stir in the honey and lemon juice, divide into two glasses (about ½ cup each), and serve warm or chilled, sipping slowly.

Nutritional Value (Per Serving):

Calories: 60 kcal | Fiber: 0.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 40



Mango Dream Smoothie

This velvety mango smoothie is naturally sweet and gentle, ideal for a gastroparesis-friendly treat

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Mango (ripe, peeled, pitted):
½ cup / 80 g
Low-fat milk: 1 cup / 240 ml

Plain low-fat yogurt:
½ cup / 120 g
Honey: 1 tsp / 5 ml

Cooking Instructions:

1. Peel, pit, and chop the mango into small pieces to facilitate blending.
2. Place the mango pieces, low-fat milk, plain low-fat yogurt, and honey in a blender.
3. For one to two minutes, blend on high speed until the mixture is lump-free and perfectly smooth.
4. If needed, add 1-2 tablespoons of extra milk to achieve thinner consistency and blend briefly.
5. Pour the smoothie into two glasses (about ¾ cup each), ensuring an even split.
6. Serve immediately, sipping slowly to aid digestion.

Nutritional Value (Per Serving):

Calories: 135 kcal | Fiber: 0.8 g | Saturated Fat: 0.5 g
Trans Fats: 0 g | Carbs: 26 g | Glycemic Index: 50



Pear Serenity Juice

This clear, strained pear juice is light and mildly sweet, perfect for a soothing gastroparesis-friendly beverage

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Pear (ripe, peeled, cored):
1 large / 160 g

Water: 1 cup / 240 ml
Maple syrup: 1 tsp / 5 ml
Lemon juice: 1 tsp / 5 ml



Cooking Instructions:

1. For rapid cooking, peel, core, and cut the pear into small pieces.
2. Place the pear pieces and water in a small saucepan and bring to a simmer over medium heat.
3. Cook for 5 minutes until the pear is very soft, stirring occasionally to prevent sticking.
4. Take off the heat and use a blender or immersion blender to puree the mixture until it's smooth.
5. To extract the juice and remove the pulp, strain the blended liquid into a bowl using cheesecloth or a fine mesh sieve, gently pressing.
6. Divide into two glasses (approximately ½ cup each), stir in the lemon juice and maple syrup, and serve warm or cold, drinking carefully.

Nutritional Value (Per Serving):

Calories: 65 kcal | Fiber: 0.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 16 g | Glycemic Index: 40

Gentle Banana Rice Smoothie

A smooth and soothing blend of ripe banana and rice milk designed for calm digestion

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe banana (sliced):
1 medium / 120 g
Cooked white rice (cooled):
¼ cup / 45 g

Rice milk (unsweetened):
1 cup / 240 ml
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Slice the banana into tiny rounds after peeling it.
2. Place the banana slices, cooked white rice, rice milk, and maple syrup into a blender.
3. For 30 to 60 seconds, blend on high speed until the mixture is fully smooth and creamy.
4. If you want a thinner drink, add 1-2 teaspoons of extra rice milk after checking the consistency.
5. Pour into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 1.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 52

Soft Pear & Oat Drink

A mild, lightly sweet beverage made with fresh pear and soft-cooked oats for easy sipping and digestion

Prep Time: 10 minutes

Cook Time: 5 minutes

Servings: 2

Ingredients:

Ripe pear (peeled, chopped):

1 large / 200 g

Rolled oats: 2 tbsp / 12 g

Rice milk (unsweetened):

1 cup / 240 ml

Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Cut the pear into little pieces after peeling it and removing the core.
2. In a small saucepan, cook the oats with $\frac{1}{4}$ cup water over low heat for 3-5 minutes until very soft. Let cool slightly.
3. Add the cooked oats, pear, rice milk, and maple syrup to a blender.
4. Blend until the mixture is very smooth, 30 to 60 seconds.
5. Serve right away after pouring into glasses or refrigerate for a little while before serving.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 2.3 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 26 g | Glycemic Index: 49



Banana Melon Cooler

A hydrating, belly-friendly smoothie made with ripe banana and juicy melon for a naturally sweet taste

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

Ripe banana (sliced):

1 medium / 120 g

Cantaloupe melon (cubed):

1 cup / 160 g

Water: $\frac{1}{2}$ cup / 120 ml

Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Peel the banana and slice it into rounds. Cut the cantaloupe into small cubes.
2. Add banana, cantaloupe, water, and maple syrup into a blender.
3. For 30 to 45 seconds, blend on high speed until the mixture is perfectly smooth.
4. Pour into two glasses and serve chilled or with a few ice cubes for added refreshment.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.4 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 51



Carrot Rice Digestive Drink

A mild, nourishing drink combining soft-cooked carrots and rice milk for easy sipping and gut support

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:

Carrot (peeled, chopped):
½ cup / 65 g
Rice milk (unsweetened):
¾ cup / 180 ml

Maple syrup: 1 tsp / 5 ml
Ground ginger (optional):
a pinch / less than 0.1 g



Cooking Instructions:

1. Cut the carrot into little pieces after peeling it.
2. In a small saucepan, boil or steam the carrot for 8-10 minutes until very soft. Let cool slightly.
3. Add the cooked carrot, rice milk, maple syrup, and a pinch of ginger (if using) to a blender.
4. Blend until smooth and creamy, 30 to 45 seconds.
5. Pour into two small cups and serve warm or at room temperature.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 1.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 19 g | Glycemic Index: 48

Peach & Rice Milk Smoothie

A light, fruity smoothie featuring soft, ripe peach and rice milk blended into a gentle, drinkable texture

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:

Ripe peach (peeled, sliced):
1 large / 160 g
Rice milk (unsweetened):
¾ cup / 180 ml

Maple syrup: 1 tsp / 5 ml
Water: ¼ cup / 60 ml



Cooking Instructions:

1. Peel and slice the peach into small chunks.
2. Add peach, rice milk, water, and maple syrup to a blender.
3. Blend for 30-45 seconds until smooth.
4. Pour into glasses and serve immediately.
5. Optional: chill for 10 minutes before serving.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 1.3 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 46

Warm Oat & Banana Sip

A cozy, softly textured drink made with banana and oats—perfect for sensitive stomachs in cooler weather

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe banana (sliced):
1 medium / 120 g
Rolled oats: 2 tbsp / 12 g

Water: $\frac{3}{4}$ cup / 180 ml
Rice milk (unsweetened):
 $\frac{1}{2}$ cup / 120 ml

Cooking Instructions:

1. In a small pot, cook oats with $\frac{3}{4}$ cup water over low heat for 3-5 minutes until very soft.
2. Remove from heat and cool slightly.
3. Add cooked oats, banana, and rice milk to a blender.
4. Blend the mixture until it's heated and smooth.
5. Using a spoon or straw, serve warm after pouring into mugs.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 1.7 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 50



Cooling Cucumber Melon Blend

A light and hydrating drink combining fresh cucumber and sweet melon for a refreshing digestive boost

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Cucumber (peeled, chopped):
 $\frac{1}{2}$ cup / 60 g
Honeydew melon (cubed):
1 cup / 160 g

Water: $\frac{1}{2}$ cup / 120 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Peel and chop the cucumber and cut the melon into cubes.
2. Add all ingredients to a blender: cucumber, melon, water, and maple syrup.
3. For 30 to 45 seconds, blend on high speed until the mixture is light and smooth.
4. Strain through a fine mesh sieve if extra smoothness is desired.
5. Serve immediately, chilled or over ice.

Nutritional Value (Per Serving):

Calories: 70 kcal | Fiber: 0.8 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 17 g | Glycemic Index: 44



Warm Pear & Oat Smoothie

This gentle, warm smoothie combines ripe pear and soft oats for a digestion-friendly, lightly sweetened drink

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 large / 200 g
Rolled oats: 2 tbsp / 12 g

Water: ½ cup / 120 ml
Rice milk (unsweetened):
½ cup / 120 ml



Cooking Instructions:

1. Peel and chop the pear into small pieces.
2. Cook the pear and oats in a small saucepan with ½ cup water over low heat for 5 to 7 minutes or until the pear is tender.
3. After a little cooling, pour the contents into a blender.
4. Add rice milk and blend until smooth and creamy.
5. Pour into mugs and serve warm.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 2.3 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 47

Banana Papaya Smoothie

A tropical, gentle smoothie that blends ripe banana and soft papaya for a gut-friendly fruit combo

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe banana (sliced):
1 medium / 120 g
Ripe papaya (cubed):
¾ cup / 135 g

Rice milk (unsweetened):
¾ cup / 180 ml
Water: ¼ cup / 60 ml



Cooking Instructions:

1. Slice the banana and cube the papaya, removing any seeds.
2. Place all ingredients in a blender: banana, papaya, rice milk, and water.
3. Blend until smooth and creamy.
4. Pour into glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.9 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 49

Gentle Apple & Rice Milk Tonic

A mellow, warm drink featuring cooked apple and rice milk, ideal for soothing a sensitive stomach

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Ingredients:

Sweet apple (peeled, chopped):

1 large / 200 g

Rice milk (unsweetened):

¾ cup / 180 ml

Water: ¼ cup / 60 ml

Ground cinnamon:

⅛ tsp / 0.25 g

Cooking Instructions:

1. Cut the apple into little pieces after peeling and coring it.
2. In a small saucepan, cook apple and water over low heat for 8-10 minutes until very soft.
3. Allow it to cool slightly before transferring to a blender along with cinnamon and rice milk.
4. Blend until smooth and creamy.
5. Serve warm in mugs.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 2.0 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 45



Peach Oat Digestive Smoothie

A creamy and mild peach smoothie with softened oats, ideal for a light snack or gentle meal support

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 2

Ingredients:

Ripe peach (peeled, sliced):

1 large / 160 g

Rollled oats: 2 tbsp / 12 g

Water: ½ cup / 120 ml

Rice milk (unsweetened):

½ cup / 120 ml

Cooking Instructions:

1. Peel and slice the peach into small chunks.
2. In a saucepan, cook oats and water for 5 minutes until it is thick and soft.
3. Let cool slightly, then blend with peach and rice milk until smooth.
4. Pour into glasses and serve warm or slightly cooled.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.8 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 46



Hydrating Melon & Rice Drink

A refreshing, gentle beverage made with soft melon and rice milk, ideal for warm days and light digestion

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:

Honeydew melon (cubed):
1 cup / 160 g
Rice milk (unsweetened):
¾ cup / 180 ml

Water: ¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Cut melon into cubes and add to blender.
2. Add rice milk, water, and maple syrup.
3. Blend for 30-45 seconds until smooth and light.
4. Serve chilled or immediately.

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 0.9 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 43

Snacks and Small Bites



Creamy Banana Oat Bites

Soft, smooth, and naturally sweet, these bites are perfect for a gentle snack between meals

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

Ripe banana (mashed):

1 medium / 120 g

Rolled oats (softened):

2 tbsp / 12 g

Maple syrup: 1 tsp / 5 ml

Water: 1 tbsp / 15 ml



Cooking Instructions:

1. Place rolled oats in a small bowl and add water. Let sit for 5 minutes to soften.
2. In a mixing dish, peel the banana and use a fork to mash it until it's extremely smooth.
3. Add the softened oats and maple syrup to the banana mash.
4. Stir well until a thick, spoonable consistency is achieved.
5. Scoop into small spoonfuls or mold gently with clean hands into soft, bite-sized shapes.
6. Before eating, chill in the fridge for ten minutes or serve right away.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 1.5 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 50

Steamed Apple Slices with Maple Drizzle

Warm, tender apple slices gently sweetened with maple syrup offer a soothing, fiber-light treat

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 2

Ingredients:

Sweet apple (peeled, sliced):

1 large / 200 g

Maple syrup: 1 tsp / 5 ml

Water: ¼ cup / 60 ml



Cooking Instructions:

1. Cut the apple into thin, even wedges after peeling and coring it.
2. Place the apple slices and water into a small saucepan. Cover with a lid.
3. Steam over low heat for 8-10 minutes or until the slices are soft and slightly translucent.
4. Slices of apple should be taken out and put on a platter.
5. Drizzle maple syrup over the warm slices just before serving.
6. Serve immediately as a warm, tender snack.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 1.8 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 40

Mashed Pear & Rice Bites

These spoonable bites blend soft, ripe pear with rice for a smooth, lightly sweetened snack

Prep Time: 10 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Cooked white rice: ¼ cup / 45 g
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Cut the pear into tiny cubes after peeling and coring it.
2. Mash the pear thoroughly in a bowl using a fork until it is very smooth.
3. Add the cooked rice and maple syrup to the mashed pear.
4. Stir until evenly combined and the mixture is soft and uniform.
5. Serve in small spoonfuls or gently shaped into balls with a spoon. Chill slightly before serving if desired.

Nutritional Value (Per Serving):

Calories: 90 kcal | Fiber: 1.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 52



Soft Pumpkin Oat Spoon Bites

Creamy and autumn-inspired, these bites offer comforting texture and subtle sweetness

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Mashed cooked pumpkin:
½ cup / 110 g
Rolled oats (softened):
2 tbsp / 12 g

Water: 2 tbsp / 30 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Soak the rolled oats in 2 tablespoons of water for 5 minutes until it is very soft.
2. Combine the softened oats with the mashed pumpkin and maple syrup in a small bowl.
3. Stir the mixture until it becomes cohesive, smooth, and thick.
4. Spoon the mixture into small bites or serve in spoonfuls directly.
5. Enjoy at room temperature or slightly chilled.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 2.0 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 48



Warm Mashed Carrot Rounds

Sweet and soft, these mashed carrot bites are ideal for a light, spoonable snack

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Carrots (peeled, chopped):
1 cup / 130 g

Olive oil: 1 tsp / 5 ml
Water: ¼ cup / 60 ml



Cooking Instructions:

1. Peel the carrots and cut them into small, uniform chunks.
2. Place the carrot chunks and water in a saucepan. Cover with a lid.
3. Steam or simmer over low heat for 10 minutes or until very soft.
4. After taking off the heat, take the carrots to a basin and drain any leftover water.
5. Using a potato masher or fork, mash until perfectly smooth.
6. Add the olive oil and stir until smooth.
7. Scoop into small round servings using a spoon and serve warm.

Nutritional Value (Per Serving):

Calories: 80 kcal | Fiber: 2.1 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 9 g | Glycemic Index: 42

Avocado & Banana Spoon Mash

Silky and rich in healthy fats, this smooth duo is gentle, satisfying, and naturally sweet

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe banana (mashed):
1 small / 100 g

Ripe avocado (mashed):
½ medium / 75 g
Lime juice: ½ tsp / 2.5 ml



Cooking Instructions:

1. In a small bowl, peel and mash the banana until it's smooth.
2. Scoop the avocado flesh into the same bowl and mash until fully blended with the banana.
3. Add lime juice and mix thoroughly until the texture is soft and creamy.
4. Spoon into small servings and enjoy immediately.
5. Optional: chill for 10 minutes before serving.

Nutritional Value (Per Serving):

Calories: 125 kcal | Fiber: 2.5 g | Saturated Fat: 0.9 g
Trans Fats: 0 g | Carbs: 15 g | Glycemic Index: 45

Warm Millet & Apple Bites

Lightly sweet and easy to digest, these spoonable bites combine millet and soft apple purée

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients:
Cooked millet: ½ cup / 90 g
Sweet apple (peeled, chopped):
1 medium / 200 g

Water: ¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Cut the apple into little pieces after peeling it.
2. In a saucepan, add the apple and water. Simmer for ten minutes over low heat, covered, until tender.
3. Using a fork, mash the apple or blend it until it's smooth.
4. Stir in the cooked millet and maple syrup until fully combined and warm.
5. Serve as soft spoonfuls or shape into tender bites with a spoon.

Nutritional Value (Per Serving):

Calories: 115 kcal | Fiber: 2.0 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 49



Buttery Rice & Pear Mash

A creamy, softly textured snack made from ripe pear and warm rice for gentle nourishment

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Cooked white rice: ½ cup / 90 g
Olive oil: 1 tsp / 5 ml

Cooking Instructions:

1. Cut the pear into little pieces after peeling it.
2. In a saucepan, add the pear and 2 tablespoons of water. Cover and steam for 6–8 minutes until soft.
3. Mash the pear with a fork or blend until smooth.
4. Stir in the cooked white rice and olive oil until fully mixed and warm.
5. Serve in small scoops or soft spoonfuls.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 1.4 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 23 g | Glycemic Index: 52



Banana Millet Rounds

A fiber-light, satisfying snack made with mashed banana and soft, cooked millet, ideal for sensitive stomachs

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe banana (mashed):
1 medium / 120 g

Cooked millet: ½ cup / 90 g
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Mash the banana thoroughly in a mixing bowl until smooth.
2. Add the cooked millet and maple syrup.
3. Stir the mixture until well blended and soft.
4. Scoop small portions with a spoon and serve immediately.
5. Optional: chill for 10 minutes for a firmer texture.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 1.9 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 50

Pumpkin & Rice Pudding Bites

A smooth and comforting combo of pumpkin and rice for a low-fat, scoopable treat

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Mashed cooked pumpkin:
½ cup / 110 g
Cooked white rice: ½ cup / 90 g

Maple syrup: 1 tsp / 5 ml
Water: 2 tbsp / 30 ml



Cooking Instructions:

1. Place the cooked rice, pumpkin, and water into a small saucepan.
2. Heat gently over low heat for 3-5 minutes while stirring until soft and thickened.
3. Add maple syrup and mix thoroughly.
4. Serve warm in soft scoops.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.5 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 48

Avocado Rice Blend Bites

Lightly sweet and easy to digest, these spoonable bites combine millet and soft apple purée

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe avocado (mashed):
½ medium / 75 g

Cooked white rice: ½ cup / 90 g
Lime juice: ½ tsp / 2.5 ml

Cooking Instructions:

1. After scooping the avocado flesh into a basin, thoroughly mash it.
2. Add the lime juice and cooked white rice and stir.
3. Mix until soft and evenly combined.
4. Serve in spoonfuls or as a chilled bite with a soft texture.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 2.2 g | Saturated Fat: 0.8 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 49



Carrot & Millet Soft Balls

A mildly sweet and soft-textured plant-based bite combining steamed carrot and cooked millet

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Carrot (peeled, chopped):
½ cup / 65 g

Cooked millet: ½ cup / 90 g
Olive oil: 1 tsp / 5 ml

Cooking Instructions:

1. Steam the chopped carrot in a small pot with water for 8-10 minutes until soft.
2. Mash the carrot in a bowl until smooth.
3. Add the cooked millet and olive oil. Mix well.
4. Shape into small soft balls using a spoon.
5. Serve warm or slightly cooled.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.7 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 19 g | Glycemic Index: 48



Silky Pear & Rice Spoons

A soft and hydrating snack made with blended pear and rice for a refreshing, sweet spoonful

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Cooked white rice: ½ cup / 90 g
Water: 2 tbsp / 30 ml



Cooking Instructions:

1. Peel and chop the pear into chunks.
2. Add pear, rice, and water to a blender.
3. Blend for 30 seconds until it is very smooth and creamy.
4. Pour into small bowls and serve immediately or chilled

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 1.4 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 50

Steamed Pumpkin Patties

These ultra-soft patties are made from pumpkin and lightly warmed for a savory, tender bite

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Mashed cooked pumpkin:
½ cup / 110 g

Cooked millet: ½ cup / 90 g
Olive oil: 1 tsp / 5 ml



Cooking Instructions:

1. Mix the pumpkin, cooked millet, and olive oil in a bowl until smooth.
2. Form the mixture into 4 small patties using a spoon.
3. Place patties in a steamer basket or over a pan of simmering water.
4. Cover and steam for 6 to 8 minutes until heated through and slightly stiff.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.6 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 47

Banana Rice Pudding Cups

Creamy, soft-textured banana rice pudding made with just a few easy-to-digest ingredients

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe banana (mashed):
1 medium / 120 g

Cooked white rice: ½ cup / 90 g
Water: ¼ cup / 60 ml

Cooking Instructions:

1. In a small saucepan, combine mashed banana, rice, and water.
2. Stir over low heat for 4-5 minutes until the mixture is thick and heated through.
3. Remove from heat and stir again to ensure a soft, pudding-like texture.
4. Serve warm in small cups.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 1.3 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 23 g | Glycemic Index: 51



Warm Rice & Apple Spoonfuls

A soft, lightly sweet snack combining tender apple and rice for easy digestion and comforting flavor

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Sweet apple (peeled, chopped):
1 medium / 200 g

Cooked white rice: ½ cup / 90 g
Water: ¼ cup / 60 ml

Cooking Instructions:

1. Peel the apple completely and remove the core. Cut it into small, even cubes for uniform cooking.
2. Place the chopped apple in a small saucepan and add ¼ cup of water.
3. Place a lid on the pan and reduce the heat until it gently simmers.
4. Cook the apple for 8-10 minutes or until the pieces are very soft and can be easily mashed with a fork.
5. Once cooked, remove from heat and drain off any excess water if necessary.
6. Mash the apple directly in the pan using a fork or potato masher. For a smoother texture, you may blend it.
7. Stir in the cooked white rice until fully combined and warm throughout.
8. Serve the mixture in small spoonfuls while warm, or let it cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.7 g | Saturated Fat: 0.1 g
Trans Fats: 0 g | Carbs: 19 g | Glycemic Index: 48



Soft Papaya Rice Purée

Silky and soothing, this mild blend of ripe papaya and rice is gentle and hydrating

Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ingredients:
Ripe papaya (peeled, cubed):
1 cup / 150 g

Cooked white rice: ½ cup / 90 g
Water: 2 tbsp / 30 ml



Cooking Instructions:

1. Cut the papaya's flesh into small pieces after peeling it and removing the seeds.
2. Place the papaya cubes, cooked white rice, and 2 tablespoons of water into a blender.
3. For 30 to 45 seconds, blend on medium to high speed until the texture is totally creamy and smooth.
4. Stop scraping down the sides of the blender if needed to ensure even blending.
5. Once blended, pour the purée into small serving cups or bowls.
6. Serve right away at room temperature or, for a more refreshing version, chill in the fridge for 10 to 15 minutes.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.5 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 49

Steamed Pear Millet Mash

A warm and mildly sweet mash combining soft pear and millet for a wholesome mini meal

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Cooked millet: ½ cup / 90 g
Water: ¼ cup / 60 ml



Cooking Instructions:

1. Cut the pear into little pieces after peeling it and removing the core.
2. Place the pear and ¼ cup of water into a small saucepan.
3. Over low heat, bring the pan to a moderate simmer while covered.
4. Cook the pear for 8-10 minutes until it becomes very soft and easily mashable.
5. Take off the heat, and if there is any leftover water, drain it.
6. Transfer the pear to a bowl and mash it using a fork or spoon until smooth.
7. Add the cooked millet to the mashed pear and stir well to combine until the mixture is soft and evenly blended.
8. Serve warm in small portions with a spoon.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.7 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 48

Carrot Banana Mash Cups

A soft and naturally sweet combo of cooked carrot and banana for a vitamin-rich bite

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Carrot (peeled, chopped):
½ cup / 65 g

Ripe banana (mashed):
1 small / 100 g
Water: ¼ cup / 60 ml

Cooking Instructions:

1. Peel the carrot and chop it into small, thin pieces to reduce cooking time.
2. Add the carrot and ¼ cup of water to a small saucepan.
3. For around ten minutes or until the carrot is soft and tender, cover the pan and steam it over low heat.
4. Take off the heat and pour out any leftover water.
5. In a mixing bowl, mash the steamed carrot with a fork until smooth.
6. After peeling, cut the banana into pieces and mash each one separately until it's mushy.
7. Add the mashed banana to the carrot and mix thoroughly until the consistency is creamy and blended.
8. Serve immediately while slightly warm or let cool to room temperature.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 1.9 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 50



Warm Oat & Pear Pudding

A gentle, creamy snack with soft oats and cooked pear for a low-fiber, comforting texture

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Rolled oats: 2 tbsp / 12 g
Water: ¾ cup / 180 ml

Cooking Instructions:

1. Slice the pear into little pieces after peeling and coring it.
2. Put the rolled oats, 2 tablespoons water, and the chopped pear in a small saucepan.
3. Stir gently and place over low heat.
4. Simmer the mixture for 5-6 minutes, stirring regularly to prevent sticking, until the oats are soft and the pear has broken down.
5. Once the mixture thickens and the oats are fully cooked, remove from heat.
6. For a smoother pudding, use a handheld blender or lightly mash the ingredients with a fork.
7. Before serving, let the pudding cool somewhat. Spoon into small bowls and enjoy the warmth.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 2.0 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 47



Desserts



Baked Banana Pudding Delight

A warm, smooth banana pudding with natural sweetness and a soft, custard-like texture that's easy to digest

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

Ripe banana (mashed):

1 medium / 120 g

Rice milk (unsweetened):

¾ cup / 180 ml

Egg: 1 large / 50 g

Maple syrup: 1 tsp / 5 ml

Vanilla extract: ¼ tsp / 1.25 ml

Cooking Instructions:

1. Preheat your oven to 325°F / 165°C. Lightly grease two small ramekins with a drop of oil if desired.
2. Using a fork, mash the banana in a medium bowl until it's fully lump-free and smooth.
3. Lightly whisk the egg in another bowl, then mix in the rice milk, vanilla extract, and maple syrup.
4. Pour the banana mixture into the egg mixture and stir well until fully combined.
5. Divide the mixture evenly between the two ramekins.
6. After setting the ramekins in a deep baking dish, fill the dish halfway up with hot water (a water bath).
7. Carefully transfer to the oven and bake for 18-20 minutes or until the center is just set but still slightly wobbly.
8. Let cool for 5-10 minutes before serving. Enjoy warm or refrigerate and serve chilled.

Nutritional Value (Per Serving):

Calories: 130 kcal | Fiber: 0.8 g | Saturated Fat: 0.5 g

Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 52



Creamy Pear Millet Cups

A naturally sweet, softly blended dessert with fresh pear and millet, perfect for gentle digestion

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

Ripe pear (peeled, chopped):

1 medium / 150 g

Cooked millet: ½ cup / 90 g

Rice milk (unsweetened):

¼ cup / 60 ml

Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. To guarantee rapid and equal cooking, peel the pear, cut out the core, and cut the flesh into small, uniformly sized pieces.
2. In a small saucepan, add the chopped pear and the rice milk.
3. The pear should be soft enough to mash with a fork after 10 to 12 minutes of simmering over low heat with a lid on and occasional stirring.
4. Add the cooked millet to the saucepan and stir continuously for another 2 minutes to combine and heat through.
5. Transfer the warm mixture to a blender. Add the maple syrup.
6. For 30 to 45 seconds, blend on high speed until the mixture is perfectly smooth and creamy. Scrape down the sides of the blender if needed and re-blend.
7. Pour the purée into two small serving cups or ramekins.
8. Let cool at room temperature for 5 minutes before serving or refrigerate for 10-15 minutes for a chilled dessert with a pudding-like consistency.

Nutritional Value (Per Serving):

Calories: 120 kcal | Fiber: 1.8 g | Saturated Fat: 0 g

Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 47



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Prep Time: 5 minutes
Cook Time: 0 minutes
Servings: 2

Ripe banana (sliced):
1 medium / 120 g
Cooked white rice: ½ cup / 90 g

A photograph of two glasses of banana pudding. The glasses are filled with a creamy, yellowish-white pudding, topped with several slices of fresh banana and a dollop of white cream. The glasses are placed on a white marble surface with grey veining. A silver spoon rests on the rim of the glass in the foreground. The background is softly blurred, showing a window with light coming through.

1. Peel the banana and cut it into thick slices.
2. Place the sliced banana into a blender along with the cooked white rice, rice milk, and maple syrup.
3. Blend on medium to high speed for 30-40 seconds, stopping once to scrape down the sides of the blender with a spatula for even mixing.
4. Continue blending until the texture is silky smooth and free of chunks.
5. Divide the banana rice cream evenly between two small bowls or dessert glasses.
6. Serve immediately for a soft and creamy texture or place in the refrigerator for 10-15 minutes to chill slightly before eating.

Calories: 115 kcal | Fiber: 1.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 51

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Sweet apple (peeled, chopped):
1 large / 200 g
Water: ¼ cup / 60 ml

A bowl of apple puree with a cinnamon swirl, garnished with apple slices and a wooden spoon.

1. Peel the apple fully, remove the core, and cut the apple into small ½-inch chunks.
2. Add the chopped apple and ¼ cup of water to a small saucepan.
3. Cover with a lid and bring to a gentle simmer over low heat.
4. Cook, stirring occasionally, until the apple is very soft and transparent, about 10 minutes.
5. Turn off the heat and drain off any excess liquid if necessary.
6. Use a fork to mash the apple in the pan to a smooth consistency or blend it for a finer texture.
7. Stir in the ground cinnamon and maple syrup until well combined.
8. Transfer to two small bowls and serve warm or let cool slightly for 5 minutes before serving.

Calories: 90 kcal | Fiber: 1.6 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 20 g | Glycemic Index: 45

Warm Pumpkin Spice Pudding

A smooth, comforting dessert made with mashed pumpkin and mild spices for a gastroparesis-friendly finish

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Mashed cooked pumpkin:
½ cup / 110 g
Rice milk (unsweetened):
½ cup / 120 ml

Maple syrup: 1 tsp / 5 ml
Ground cinnamon: ¼ tsp / 0.5 g
Ground nutmeg:
a pinch / less than 0.1 g

Cooking Instructions:

1. In a small saucepan, add the mashed cooked pumpkin, rice milk, ground cinnamon, and ground nutmeg.
2. Use a whisk or spoon to stir the ingredients together until fully blended.
3. Place the saucepan over low heat and cook gently for 5-7 minutes, stirring frequently to avoid burning or sticking.
4. As the pudding warms, it will slightly thicken and become smoother in texture.
5. Once hot and fully blended, turn off the heat and stir in the maple syrup.
6. Whisk one final time to ensure a consistent texture throughout.
7. Divide the warm pudding into two small dessert bowls and serve immediately or allow to cool for 5-10 minutes for a thicker set.

Nutritional Value (Per Serving):

Calories: 95 kcal | Fiber: 2.0 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 46



Pear & Rice Milk Gelée

A light, jelly-like dessert with natural sweetness from pear and a silky texture ideal for gentle digestion

Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe pear (peeled, chopped):
1 medium / 150 g

Rice milk (unsweetened):
½ cup / 120 ml
Maple syrup: 1 tsp / 5 ml
Agar agar powder: ¼ tsp / 0.5 g

Cooking Instructions:

1. Cut the pear into little pieces after peeling it and removing the core.
2. Place the pear and rice milk in a small saucepan and cook over low heat for 5-6 minutes or until the pear is soft.
3. Blend the warm mixture with maple syrup until smooth.
4. Return the mixture to the saucepan, add agar powder, and whisk well.
5. Bring to a gentle boil and cook, stirring continuously, until the agar dissolves completely from 1 to 2 minutes.
6. Pour into two small cups or ramekins.
7. Let cool at room temperature for 15 minutes, then refrigerate for at least 1 hour until set.

Nutritional Value (Per Serving):

Calories: 85 kcal | Fiber: 1.3 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 18 g | Glycemic Index: 45



DESSERTS

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ripe banana (mashed):
1 medium / 120 g
Cooked millet: ½ cup / 90 g

A close-up photograph of a bowl of steaming porridge. The porridge is thick and yellowish, topped with a pat of butter. It sits in a rustic, light-colored ceramic bowl with dark brown vertical stripes. The bowl is placed on a matching saucer. A silver spoon rests on the saucer to the right. The entire set is on a dark, textured wooden table. In the background, a small glass jar and other kitchen items are visible, slightly out of focus. A soft, warm light illuminates the scene, creating a cozy atmosphere.

1. Put the cooked millet, rice milk, maple syrup, and mashed banana in a small mixing bowl. Stir until everything is well combined.
2. Pour the mixture into two heat-safe ramekins or small bowls.
3. In a steamer basket set over simmering water, place the ramekins.
4. Cover with a lid and steam over low heat for 10 minutes or until the top appears firm and the pudding is warm throughout.
5. Before serving, take off the heat and allow it to cool somewhat.

Calories: 120 kcal | Fiber: 1.8 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 25 g | Glycemic Index: 49

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Sweet apple (peeled, chopped):
1 medium / 200 g
Cooked millet: ½ cup / 90 g

A close-up photograph of a bowl of banana pudding. The pudding is thick and creamy, with visible banana slices. A single cinnamon stick is placed diagonally across the top of the pudding. The bowl is white with a subtle floral pattern and sits on a matching white plate with a decorative rim. The background is softly blurred, showing a rustic wooden surface and other kitchen items like a spoon and a bowl.

1. Cut the apple into little pieces after peeling it.
2. In a saucepan, combine the apples and water. Cover and simmer on low for 8-10 minutes or until very soft.
3. Mash the apple with a fork directly in the pan.
4. Add the cooked millet, cinnamon, and maple syrup. Stir thoroughly.
5. Stir continuously for another two to three minutes or until everything is well combined and heated.
6. Serve warm in small dessert bowls.

Calories: 115 kcal | Fiber: 2.0 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 23 g | Glycemic Index: 50

Creamy Pumpkin Rice Pudding

This soft, custard-like dessert pairs pumpkin with white rice and mild spices for a velvety finish

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Mashed cooked pumpkin:
½ cup / 110 g
Cooked white rice: ½ cup / 90 g

Rice milk (unsweetened):
¼ cup / 60 ml
Ground cinnamon: ¼ tsp / 0.5 g
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. In a saucepan, combine pumpkin, rice, rice milk, and cinnamon. Stir to blend.
2. Place over low heat and simmer gently for 8-10 minutes, stirring frequently to avoid sticking.
3. Once the pudding thickens and is heated through, remove from heat.
4. Stir in maple syrup and mix thoroughly.
5. Serve warm or chill for 10-15 minutes for a smoother texture.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 1.6 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 21 g | Glycemic Index: 48



Banana Pear Soft Bake

A moist, naturally sweet baked dessert combining ripe banana and pear in a simple, soft-textured dish

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:
Ripe banana (mashed):
1 small / 100 g
Ripe pear (peeled, grated):
1 small / 130 g

Egg: 1 large / 50 g
Rice flour: 1 tbsp / 9 g
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Preheat oven to 325°F / 165°C.
2. Mash the banana until it's smooth in a mixing dish.
3. Grate the pear and add it to the banana.
4. Beat the egg softly in another bowl and mix in the rice flour and maple syrup.
5. Combine the banana-pear mixture with the egg mixture and stir until uniform.
6. Divide between two lightly greased ramekins or silicone molds.
7. A toothpick inserted into the tops should come out clean after 18 to 20 minutes of baking.
8. Use a spoon to serve warm after 5 minutes of cooling.

Nutritional Value (Per Serving):

Calories: 130 kcal | Fiber: 1.4g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 51



Apple Banana Cream Bowl

A smooth, naturally sweet dessert blending cooked apple and ripe banana for a silky, easy-to-digest treat

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:

Sweet apple (peeled, chopped):
1 medium / 200 g
Ripe banana (sliced):
1 small / 100 g

Water: ¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Cut the apple into little pieces after peeling it. Put it with water in a saucepan.
2. The apple should be mushy and mashed after 8 to 10 minutes of simmering over low heat with a lid on.
3. Remove from heat and mash the apple with a fork until smooth.
4. In a bowl, mash the banana separately until creamy.
5. Combine the mashed apple and banana in a bowl and stir in the maple syrup.
6. Mix thoroughly until the consistency is uniform and soft.
7. Serve warm or slightly chilled.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.8 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 23 g | Glycemic Index: 50

Pear Oatmeal Soft Squares

Warm, tender dessert squares made with pear and oats for a gentle, moist texture and mild sweetness

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Ripe pear (peeled, grated):
1 medium / 150 g
Rolled oats: ¼ cup / 20 g

Water: 2 tbsp / 30 ml
Maple syrup: 1 tsp / 5 ml



Cooking Instructions:

1. Preheat oven to 325°F / 165°C.
2. Peel and grate the pear into a mixing bowl.
3. Add rolled oats, water, and maple syrup to the bowl and mix well.
4. Let the mixture sit for 5 minutes so the oats absorb moisture and soften.
5. Line a small baking dish with parchment paper and pour the ingredients into it.
6. Bake for 18 to 20 minutes or until the center is set but still soft and the edges are just beginning to turn golden.
7. Cool for 5 minutes, then cut into two soft squares and serve warm or at room temperature.

Nutritional Value (Per Serving):

Calories: 110 kcal | Fiber: 2.2 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 24 g | Glycemic Index: 48

Silky Papaya Rice Pudding

A mellow, tropical dessert combining ripe papaya and soft rice for a light, custard-like texture

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 2

Ingredients:
Ripe papaya (peeled, cubed):
¾ cup / 120 g
Cooked white rice: ½ cup / 90 g

Rice milk (unsweetened):
¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Peel and deseed the papaya, then cut the flesh into small cubes.
2. Add the papaya, rice, rice milk, and maple syrup to a blender.
3. For 30 to 45 seconds, blend on high speed until the mixture is silky and smooth.
4. Pour into two small bowls.
5. Refrigerate for 10 to 15 minutes before serving or serve right away at room temperature.

Nutritional Value (Per Serving):

Calories: 100 kcal | Fiber: 1.3 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 47



Warm Carrot Millet Pudding

A soft, mildly sweet pudding made with steamed carrots and millet for a nutrient-rich dessert

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Ingredients:
Carrots (peeled, chopped):
½ cup / 65 g
Cooked millet: ½ cup / 90 g

Water: ¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Cut the carrots into little pieces after peeling them.
2. Place them in a small saucepan with the water, cover, and steam over low heat for 8-10 minutes until soft.
3. Mash the carrots thoroughly with a fork or use an immersion blender.
4. Add the mashed carrots to the cooked millet and stir well to combine.
5. Once the pudding is warm and cohesive, stir in the maple syrup.
6. Serve in small dessert bowls.

Nutritional Value (Per Serving):

Calories: 105 kcal | Fiber: 2.0 g | Saturated Fat: 0 g
Trans Fats: 0 g | Carbs: 22 g | Glycemic Index: 49



Baked Pear Banana Custard

A soft, oven-baked custard with fruit sweetness and an ultra-smooth texture that's easy to tolerate

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients:

Ripe banana (mashed):
1 small / 100 g
Ripe pear (peeled, grated):
1 small / 130 g

Egg: 1 large / 50 g
Rice milk (unsweetened):
¼ cup / 60 ml
Maple syrup: 1 tsp / 5 ml

Cooking Instructions:

1. Preheat oven to 325°F / 165°C.
2. Mash the banana until it's smooth in a mixing dish. Grate the pear and stir it into the banana.
3. Lightly whisk the egg in another basin. Stir together after adding the rice milk and maple syrup.
4. Pour the egg mixture into the fruit mixture and mix until uniform.
5. Divide between two small ramekins.
6. Pour heated water halfway up the sides of the ramekins (water bath) into a baking dish.
7. Bake for 18-20 minutes until set but soft in the center.
8. Before serving warm or chilled for a firmer texture, let it cool for five minutes.

Nutritional Value (Per Serving):

Calories: 125 kcal | Fiber: 1.5 g | Saturated Fat: 0.4 g
Trans Fats: 0 g | Carbs: 23 g | Glycemic Index: 50



MEAL PLANNING AND PREP TIPS

56 Days Meal Plan

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
1	Creamy Rice Porridge with Banana	Creamy Banana Oat Bites	Silky Carrot Ginger Soup + Pureed Chicken and Mashed Potato Bowl + Creamy Mashed Potato	Banana Papaya Smoothie	Soft Baked Chicken with White Rice + Pureed Cauliflower Cloud	Baked Banana Pudding Delight
2	Applesauce Oatmeal Smoothie	Soft Pear & Oat Drink	Gentle Chicken Broth with Rice + Soft Baked Cod with White Rice + Pureed Zucchini Silk	Pumpkin & Rice Pudding Bites	Pureed Tilapia and Rice Bowl + Creamy Pumpkin Purée	Banana Rice Pudding Cups
3	Poached Chicken and Rice Porridge	Steamed Apple Slices with Maple Drizzle	Creamy Butternut Squash Soup + Pureed Turkey and Zucchini Medley + Creamy Mashed Sweet Potato	Cooling Cucumber Melon Blend	Soft Chicken and Zucchini Mash + Silky Beet Purée	Apple Banana Cream Bowl
4	Pureed Peach Yogurt Parfait	Mashed Pear & Rice Bites	Pureed Zucchini and Herb Soup + Pureed Tilapia and Rice Bowl + Pureed Cauliflower Cloud	Steamed Pumpkin Patties	Soft Baked Cod with White Rice + Pureed Carrot Delight	Silky Papaya Rice Pudding
5	Smooth Banana Rice Cereal	Banana Melon Cooler	Creamy Pumpkin Soup + Soft Chicken and Zucchini Mash + Pureed Pumpkin Velvet	Warm Rice & Apple Spoonfuls	Tender Chicken & Pumpkin Mash + Pureed Zucchini and Potato Blend	Warm Oat & Pear Pudding
6	Creamy Polenta with Applesauce	Avocado & Banana Spoon Mash	Velvety Potato Leek Soup + Pureed Turkey and Mashed Carrot Bowl + Pureed Parsnip Bliss	Soft Papaya Rice Purée	Soft Turkey and Mashed Parsnip + Creamy Mashed Turnip	Creamy Pear Millet Cups

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
7	Mango Yogurt Smoothie	Silky Pear & Rice Spoons	Creamy Zucchini and Rice Soup + Soft Baked Chicken with White Rice + Soft Polenta Glow	Steamed Pear Millet Mash	Pureed Chicken and Cauliflower Blend + Creamy Mashed Butternut Squash	Baked Pear Banana Custard
8	Soft Scrambled Egg Whites with White Toast	Warm Mashed Carrot Rounds	Creamy Butternut Squash Soup + Pureed Turkey and Sweet Potato Blend + Creamy Mashed Turnip	Peach & Rice Milk Smoothie	Soft Chicken and Rice Patties + Pureed Parsnip Bliss	Warm Pumpkin Spice Pudding
9	Pear Puree Yogurt Bowl	Carrot & Millet Soft Balls	Smooth Spinach and Potato Soup + Soft Baked Salmon with Mashed Potato + Creamy Mashed Celery Root	Warm Pear & Oat Smoothie	Pureed Tilapia and Zucchini Blend + Pureed Pumpkin Velvet	Steamed Banana Millet Pudding
10	Turkey and Rice Porridge	Buttery Rice & Pear Mash	Chicken and Carrot Broth + Soft Chicken and Mashed Sweet Potato + Pureed Zucchini Silk	Hydrating Melon & Rice Drink	Soft Cod and Mashed Cauliflower + Pureed Sweet Potato and Carrot Blend	Pear Oatmeal Soft Squares
11	Banana Pancakes (Pureed)	Silky Pear & Rice Spoons	Pureed Parsnip Soup + Soft Chicken and Zucchini Mash + Soft White Rice	Banana Papaya Smoothie	Steamed Sole with Pureed Zucchini + Pureed Cauliflower and Zucchini Blend	Banana Pear Soft Bake
12	Creamy Carrot Soup Breakfast	Soft Papaya Rice Purée	Silky Sweet Potato Soup + Pureed Turkey and Parsnip Blend + Creamy Mashed Potato	Carrot Rice Digestive Drink	Soft Chicken and Mashed Parsnip + Pureed Zucchini and Potato Blend	Silky Papaya Rice Pudding
13	White Bread French Toast Puree	Warm Rice & Apple Spoonfuls	Creamy Cauliflower Soup + Soft Baked Tilapia with Mashed Potato + Pureed Carrot Delight	Cooling Cucumber Melon Blend	Egg Potato Soft Bake + Pureed Pumpkin Velvet	Apple Banana Cream Bowl
14	Silken Tofu Smoothie	Creamy Banana Oat Bites	Butternut Pear Soup + Soft Chicken and Mashed Potato + Pureed Parsnip and Carrot Blend	Steamed Pumpkin Patties	Soft Turkey and Rice Bowl + Creamy Mashed Butternut Squash	Baked Banana Pudding Delight

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
15	Soft-Baked Chicken and Potato Puree	Avocado Rice Blend Bites	Chicken and Rice Broth + Pureed Chicken and Cauliflower Blend + Creamy Mashed Sweet Potato	Warm Oat & Banana Sip	Pureed Turkey and Zucchini Medley + Pureed Zucchini Silk	Warm Carrot Millet Pudding
16	Mango Yogurt Smoothie	Mashed Pear & Rice Bites	Pureed Green Bean Soup + Soft Baked Chicken with White Rice + Pureed Pumpkin Velvet	Banana Melon Cooler	Soft Turkey and Mashed Parsnip + Creamy Mashed Cauliflower	Baked Pear Banana Custard
17	Creamy Semolina Porridge	Soft Pumpkin Oat Spoon Bites	Creamy Zucchini Basil Soup + Soft Cod and Mashed Cauliflower + Pureed Sweet Potato and Carrot Blend	Peach Oat Digestive Smoothie	Soft Chicken and Zucchini Mash + Pureed Cauliflower and Zucchini Blend	Banana Rice Cream
18	Soft Fish and Rice Puree	Steamed Apple Slices with Maple Drizzle	Chicken and Zucchini Broth + Soft Chicken and Mashed Potato + Creamy Mashed Celery Root	Silky Pear & Rice Spoons	Soft Baked Tilapia with Mashed Potato + Pureed Carrot Delight	Creamy Pear Millet Cups
19	Pureed Zucchini and Egg White Scramble	Banana Millet Rounds	Creamy Rice and Turkey Soup + Pureed Turkey and Sweet Potato Blend + Soft Polenta Glow	Gentle Banana Rice Smoothie	Soft Chicken and Mashed Parsnip + Creamy Mashed Turnip	Apple Banana Cream Bowl
20	Apple Cinnamon Rice Pudding	Carrot & Millet Soft Balls	Cod and Potato Broth + Soft Baked Cod with White Rice + Pureed Pumpkin Velvet	Soft Pear & Oat Drink	Soft Turkey and Rice Bowl + Pureed Cauliflower Cloud	Steamed Banana Millet Pudding
21	Poached Chicken and Rice Porridge	Warm Rice & Apple Spoonfuls	Creamy Pumpkin Soup + Tender Chicken & Pumpkin Mash + Creamy Mashed Zucchini	Silky Papaya Rice Pudding	Egg Potato Soft Bake + Pureed Parsnip and Carrot Blend	Pear Oatmeal Soft Squares
22	Creamy Polenta with Applesauce	Steamed Pumpkin Patties	Creamy Beet & Apple Soup + Pureed Chicken and Mashed Potato Bowl + Creamy Mashed Celery Root	Banana Papaya Smoothie	Soft Turkey and Mashed Parsnip + Pureed Zucchini and Potato Blend	Baked Banana Pudding Delight

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
23	Soft Poached Egg with Mashed Potato	Buttery Rice & Pear Mash	Creamy Cauliflower Soup + Soft Cod and Mashed Cauliflower + Pureed Pumpkin Velvet	Warm Pear & Oat Smoothie	Pureed Tilapia and Rice Bowl + Pureed Sweet Potato and Carrot Blend	Banana Pear Soft Bake
24	Pear Puree Yogurt Bowl	Soft Papaya Rice Purée	Gentle Turkey Broth with Noodles + Pureed Turkey and Parsnip Blend + Creamy Mashed Potato	Carrot Rice Digestive Drink	Soft Baked Chicken with White Rice + Silky Beet Purée	Apple Banana Cream Bowl
25	Creamy Carrot Soup Breakfast	Mashed Pear & Rice Bites	Pureed Zucchini and Herb Soup + Pureed Turkey and Zucchini Medley + Creamy Mashed Sweet Potato	Hydrating Melon & Rice Drink	Soft Chicken and Rice Patties + Pureed Cauliflower Cloud	Silky Papaya Rice Pudding
26	Banana Pancakes (Pureed)	Avocado & Banana Spoon Mash	Creamy Pumpkin Soup + Soft Baked Cod with White Rice + Pureed Parsnip and Carrot Blend	Cooling Cucumber Melon Blend	Soft Chicken and Zucchini Mash + Creamy Mashed Butternut Squash	Baked Pear Banana Custard
27	Silken Tofu Smoothie	Warm Mashed Carrot Rounds	Pureed Parsnip Soup + Soft Baked Salmon with Mashed Potato + Creamy Mashed Celery Root	Warm Oat & Banana Sip	Pureed Chicken and Cauliflower Blend + Pureed Cauliflower and Zucchini Blend	Creamy Pear Millet Cups
28	Mango Yogurt Smoothie	Creamy Banana Oat Bites	Butternut Pear Soup + Pureed Tilapia and Zucchini Blend + Creamy Mashed Zucchini	Soft Pumpkin Oat Spoon Bites	Soft Baked Chicken with White Rice + Pureed Zucchini Silk	Banana Rice Cream
29	Smooth Banana Rice Cereal	Warm Pear & Oat Smoothie	Creamy Butternut Squash Soup + Pureed Turkey and Sweet Potato Blend + Creamy Mashed Celery Root	Peach & Rice Milk Smoothie	Soft Chicken and Rice Patties + Pureed Zucchini Silk	Banana Pear Soft Bake
30	Apple Cinnamon Rice Pudding	Mashed Pear & Rice Bites	Silky Carrot Ginger Soup + Soft Baked Chicken with White Rice + Pureed Cauliflower and Zucchini Blend	Steamed Pumpkin Patties	Soft Baked Cod with White Rice + Silky Beet Purée	Apple Banana Cream Bowl

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
31	Pureed Peach Yogurt Parfait	Soft Pear & Oat Drink	Creamy Zucchini and Rice Soup + Soft Baked Cod with White Rice + Creamy Mashed Turnip	Warm Rice & Apple Spoonfuls	Soft Turkey and Mashed Parsnip + Pureed Sweet Potato and Carrot Blend	Creamy Pear Millet Cups
32	Creamy Semolina Porridge	Steamed Apple Slices with Maple Drizzle	Creamy Cauliflower Soup + Soft Baked Tilapia with Mashed Potato + Pureed Carrot Delight	Soft Papaya Rice Purée	Soft Baked Chicken with White Rice + Creamy Mashed Potato	Baked Pear Banana Custard
33	Silken Tofu Smoothie	Silky Pear & Rice Spoons	Pureed Parsnip Soup + Tender Chicken & Pumpkin Mash + Pureed Pumpkin Velvet	Banana Papaya Smoothie	Soft Tilapia and Zucchini Blend + Creamy Mashed Cauliflower	Warm Pumpkin Spice Pudding
34	Creamy Rice Porridge with Banana	Soft Pumpkin Oat Spoon Bites	Smooth Spinach and Potato Soup + Soft Chicken and Mashed Potato + Creamy Mashed Butternut Squash	Cooling Cucumber Melon Blend	Egg Potato Soft Bake + Pureed Zucchini and Potato Blend	Silky Papaya Rice Pudding
35	Soft Fish and Rice Puree	Banana Millet Rounds	Velvety Potato Leek Soup + Pureed Chicken and Cauliflower Blend + Soft White Rice	Warm Oat & Banana Sip	Soft Turkey and Rice Bowl + Pureed Pumpkin Velvet	Banana Rice Cream
36	Poached Chicken and Rice Porridge	Creamy Banana Oat Bites	Creamy Pumpkin Soup + Soft Chicken and Mashed Sweet Potato + Pureed Cauliflower Cloud	Banana Melon Cooler	Pureed Tilapia and Zucchini Blend + Creamy Mashed Zucchini	Baked Banana Pudding Delight
37	Applesauce Oatmeal Smoothie	Carrot & Millet Soft Balls	Chicken and Zucchini Broth + Soft Baked Cod with White Rice + Pureed Carrot Delight	Silky Pear & Rice Spoons	Soft Chicken and Zucchini Mash + Pureed Parsnip Bliss	Creamy Pear Millet Cups
38	Creamy Polenta with Applesauce	Soft Papaya Rice Purée	Butternut Pear Soup + Pureed Turkey and Parsnip Blend + Creamy Mashed Potato	Gentle Banana Rice Smoothie	Soft Baked Tilapia with Mashed Potato + Pureed Zucchini and Potato Blend	Apple Banana Cream Bowl

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
39	Mango Yogurt Smoothie	Steamed Apple Slices with Maple Drizzle	Creamy Rice and Turkey Soup + Pureed Chicken and Cauliflower Blend + Soft White Pasta	Hydrating Melon & Rice Drink	Soft Turkey and Mashed Parsnip + Creamy Mashed Turnip	Banana Rice Pudding Cups
40	Pureed Zucchini and Egg White Scramble	Avocado & Banana Spoon Mash	Velvety Potato Leek Soup + Soft Baked Chicken with White Rice + Silky Beet Purée	Warm Oat & Banana Sip	Egg Potato Soft Bake + Pureed Cauliflower and Zucchini Blend	Baked Pear Banana Custard
41	Creamy Carrot Soup Breakfast	Warm Rice & Apple Spoonfuls	Chicken and Carrot Broth + Pureed Turkey and Sweet Potato Blend + Pureed Parsnip and Carrot Blend	Soft Pear & Oat Drink	Soft Chicken and Rice Patties + Pureed Pumpkin Velvet	Silky Papaya Rice Pudding
42	White Bread French Toast Puree	Banana Millet Rounds	Silky Sweet Potato Soup + Tender Chicken & Pumpkin Mash + Creamy Mashed Zucchini	Steamed Pumpkin Patties	Soft Baked Cod with White Rice + Pureed Carrot Delight	Pear Oatmeal Soft Squares
43	Creamy Semolina Porridge	Mashed Pear & Rice Bites	Gentle Chicken Broth with Rice + Soft Turkey and Rice Bowl + Creamy Mashed Celery Root	Banana Papaya Smoothie	Soft Chicken and Mashed Parsnip + Pureed Zucchini and Potato Blend	Banana Pear Soft Bake
44	Silken Tofu Smoothie	Soft Pumpkin Oat Spoon Bites	Creamy Cauliflower Soup + Soft Cod and Mashed Cauliflower + Pureed Cauliflower and Zucchini Blend	Peach Oat Digestive Smoothie	Soft Turkey and Mashed Parsnip + Creamy Mashed Butternut Squash	Baked Banana Pudding Delight
45	Mango Yogurt Smoothie	Warm Mashed Carrot Rounds	Creamy Beet & Apple Soup + Pureed Chicken and Cauliflower Blend + Creamy Mashed Potato	Soft Papaya Rice Purée	Soft Baked Salmon with Mashed Potato + Pureed Sweet Potato and Carrot Blend	Apple Banana Cream Bowl
46	Creamy Rice Porridge with Banana	Warm Pear & Oat Smoothie	Creamy Pumpkin Soup + Soft Baked Chicken with White Rice + Pureed Pumpkin Velvet	Gentle Banana Rice Smoothie	Soft Tilapia and Zucchini Blend + Creamy Mashed Celery Root	Creamy Pear Millet Cups

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
47	Pureed Peach Yogurt Parfait	Carrot & Millet Soft Balls	Pureed Parsnip Soup + Soft Baked Cod with White Rice + Pureed Zucchini Silk	Cooling Cucumber Melon Blend	Egg Potato Soft Bake + Pureed Parsnip and Carrot Blend	Silky Papaya Rice Pudding
48	Apple Cinnamon Rice Pudding	Silky Pear & Rice Spoons	Butternut Pear Soup + Soft Chicken and Mashed Sweet Potato + Creamy Mashed Turnip	Hydrating Melon & Rice Drink	Soft Baked Chicken with White Rice + Pureed Cauliflower Cloud	Banana Rice Cream
49	Poached Chicken and Rice Porridge	Steamed Apple Slices with Maple Drizzle	Chicken and Zucchini Broth + Pureed Turkey and Zucchini Medley + Creamy Mashed Butternut Squash	Banana Melon Cooler	Soft Baked Tilapia with Mashed Potato + Silky Beet Purée	Baked Pear Banana Custard
50	Creamy Polenta with Applesauce	Steamed Pumpkin Patties	Creamy Zucchini Basil Soup + Pureed Chicken and Mashed Potato Bowl + Pureed Parsnip and Carrot Blend	Soft Pear & Oat Drink	Soft Baked Cod with White Rice + Pureed Pumpkin Velvet	Apple Banana Cream Bowl
51	Soft Scrambled Egg Whites with White Toast	Warm Rice & Apple Spoonfuls	Creamy Cauliflower Soup + Soft Tilapia and Zucchini Blend + Pureed Zucchini and Potato Blend	Peach & Rice Milk Smoothie	Soft Chicken and Mashed Parsnip + Creamy Mashed Zucchini	Warm Pumpkin Spice Pudding
52	Mango Yogurt Smoothie	Banana Millet Rounds	Silky Carrot Ginger Soup + Pureed Turkey and Parsnip Blend + Creamy Mashed Celery Root	Soft Papaya Rice Purée	Soft Baked Chicken with White Rice + Creamy Mashed Butternut Squash	Banana Rice Pudding Cups
53	Smooth Banana Rice Cereal	Mashed Pear & Rice Bites	Creamy Sweet Potato Soup + Pureed Tilapia and Rice Bowl + Pureed Carrot Delight	Silky Pear & Rice Spoons	Tender Chicken & Pumpkin Mash + Creamy Mashed Turnip	Silky Papaya Rice Pudding
54	White Bread French Toast Puree	Avocado Rice Blend Bites	Pureed Parsnip Soup + Soft Chicken and Zucchini Mash + Soft White Rice	Gentle Banana Rice Smoothie	Egg Potato Soft Bake + Pureed Cauliflower Cloud	Creamy Pear Millet Cups

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
55	Creamy Semolina Porridge	Warm Mashed Carrot Rounds	Velvety Potato Leek Soup + Pureed Chicken and Cauliflower Blend + Creamy Mashed Sweet Potato	Banana Melon Cooler	Soft Turkey and Rice Bowl + Pureed Zucchini Silk	Banana Pear Soft Bake
56	Apple Cinnamon Rice Pudding	Carrot & Millet Soft Balls	Chicken and Carrot Broth + Soft Baked Cod with White Rice + Pureed Pumpkin Velvet	Cooling Cucumber Melon Blend	Soft Chicken and Mashed Parsnip + Pureed Parsnip and Carrot Blend	Baked Pear Banana Custard

Batch Cooking and Storage for Gastroparesis

Tips for Preparing Purees, Soups, and Soft Foods in Advance

- Plan Weekly Menus: Use Week 1-4 meal plans to batch recipes with shared ingredients (e.g., cook 6 cups white rice for Creamy Banana Rice Cereal and Soft Baked Tilapia with White Rice).
- Cook in Bulk: Make 3-4 days' worth (e.g., 8 cups of Silky Carrot Soup for 4 meals x 2 persons).
- Pre-Portion Ingredients: Peel 2 lbs carrots or zucchini in advance, store in airtight containers for 2-3 days.
- One-Pot Methods: Simmer 1 lb chicken, 1 cup rice, and 4 cups of broth for Poached Chicken and Rice Porridge.
- Puree in Stages: Blend 4 cups of Pureed Zucchini Silk in 1-2 minutes for smooth texture.
- Freeze Extras: Freeze 1-cup portions of Pureed Pumpkin Soup for up to 1 month.

Safe Storage and Reheating Guidelines

- Refrigeration: Store in airtight containers at 35-40°F (2-4°C) for 3-4 days (e.g., 4 cups Creamy Mashed Sweet Potato).
- Freezing: Use freezer-safe containers, leave ½-inch headspace, store for 1 month (e.g., 1-cup portions of Pureed Chicken and Mashed Zucchini).
- Portion Control: Divide into 1-cup meals or ½-cup snacks (e.g., Creamy Banana Oat Bites).
- Thaw Safely: Thaw in fridge overnight or microwave on defrost.
- Reheat Gently: Heat to 165°F (74°C), stir often (e.g., microwave 1 cup Silky Carrot Soup for 1-2 minutes). Add broth if thickened.
- Single Reheat: Reheat only what you'll eat; discard refrigerated leftovers after 4 days.

Kitchen Tools for Gastroparesis

Recommended Tools

- Blender (High-Powered): For smooth purees/smoothies (e.g., Banana Silk Smoothie). Use 500-1000W models (Vitamix, Ninja, \$50-\$300 US, €45-€270 EU). Blend 2 bananas with 2 cups milk in 30-60 seconds.
- Food Processor: For soft mains/sides (e.g., Pureed Chicken and Mashed Potato Bowl). Use 7-14 cup models (Cuisinart, \$40-\$150 US, €35-€135 EU). Process 1 lb chicken with 2 cups of potato in 1-2 minutes.
- Slow Cooker (4-6 Quart): For hands-off soups/porridges (e.g., Gentle Chicken Broth with Rice). Use

programmable models (Crock-Pot, \$30–\$100 US, €25–€90 EU). Cook 1 lb chicken, 1 cup rice, 4 cups broth on low for 6-8 hours.

Simplifying Meal Prep with Minimal Effort

- Batch with Blenders: Blend 4 cups Pureed Pumpkin Soup, then 4 cups Banana Silk Smoothie in one session.
- Food Processor Efficiency: Process 2 lbs potatoes, then 1 lb carrots for mashed sides in one go.
- Slow Cooker Convenience: Start Velvety Pumpkin Soup in the morning, cook for 6 hours, puree later.
- Minimal Cleanup: Use slow cooker liners, dishwasher-safe parts, or pre-rinse with water.
- Pre-Measured Containers: Portion 1 cup of dry rice in labeled containers for quick cooking.
- Tool Maintenance: Sharpen blades, clean bases, check seals for efficiency.

Note: This is a sample guide for the gastroparesis-friendly 56-day meal plan (Weeks 1-4). Adjust your specific recipes, portion sizes, and dietary needs. Consult a dietitian to ensure nutritional suitability.

EXAMPLE OF A SHOPPING LIST FOR 4 WEEKS

Note: Buy each week for 4 weeks to ensure freshness.

Quantities are for 2 persons, 7 days.

Discover our 56-day gastroparesis-friendly meal plan, designed for easy digestion and balanced nutrition! Weeks 1-4 include 104 unique, pureed, low-fat, low-fiber recipes for 2 persons, with weekly shopping lists to simplify prep. Enjoy soft meals like Creamy Banana Rice Cereal and Silky Carrot Soup, tailored to your needs.

Get started today—customize your plan and shop effortlessly! Visit [YourWebsite] for details.

Note: This is a sample; adjust for your dietary needs.

1-st Week

Produce

- Bananas: 11 medium (US: ~3 lbs, EU: ~1.4 kg)
- Pears: 7 medium (US: ~2 lbs, EU: ~0.9 kg)
- Apples: 7 medium (US: ~1.75 lbs, EU: ~0.8 kg, peeled)
- Peaches: 4 medium (US: ~1 lb, EU: ~0.45 kg, or frozen)
- Mangoes: 2 medium (US: ~0.75 lb, EU: ~0.3 kg, or frozen)
- Carrots: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Zucchini (US)/Courgette (EU): US: 1.5 lbs, EU: 0.7 kg (peeled)
- Potatoes: US: 2 lbs, EU: 0.9 kg (peeled)
- Sweet Potatoes: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Cauliflower: 1 small head (US: ~0.5 lb, EU: ~0.2 kg)
- Parsnips: US: 0.5 lb, EU: 0.2 kg (peeled)
- Pumpkin: US: 1 lb, EU: 0.45 kg (peeled, or 1 small can puree, US: 8 oz, EU: 225 g)
- Spinach: US: 0.5 lb, EU: 0.2 kg (fresh, cooked)
- Leek: 1 small (US: ~0.25 lb, EU: ~0.1 kg)
- Avocado: 1 medium (US: ~0.5 lb, EU: ~0.2 kg)
- Ginger (Fresh): US: 0.5 oz, EU: 15 g (1 small root)

Proteins

- Chicken Breast (Boneless, Skinless): US: 1.25 lbs, EU: 0.6 kg (fresh or frozen)
- Turkey (Ground or Breast, Lean): US: 0.75 lb, EU: 0.3 kg (fresh or frozen)
- Cod: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Tilapia: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Egg Whites: US: 0.5 dozen eggs or 1/8 carton (4 oz), EU: 6 eggs or 120 ml carton

Dairy

- Skim Milk or Rice Milk: US: 3 quarts, EU: 2.8 liters
- Non-Fat Plain Yogurt: US: 0.25-quart, EU: 0.25 liter
- Low-Fat Butter or Margarine: US: 0.1 oz, EU: 3 g

Grains

- White Rice: US: 1.5 lbs, EU: 0.7 kg (dry)
- White Pasta: US: 0.25 lb, EU: 0.1 kg (dry)
- White Bread: US: 0.1 loaf (2 slices, ~2 oz), EU: 60 g
- Quick-Cooking Oats: US: 0.75 lb, EU: 0.3 kg (dry)
- Polenta/Cornmeal: US: 0.25 lb, EU: 0.1 kg (dry)
- Millet: US: 0.1 lb, EU: 0.05 kg (dry)

Pantry

- Low-Sodium Chicken Broth: US: 0.5-quart, EU: 0.5 liter (or ingredients to make fresh: chicken bones, water, mild herbs)
- Low-Sodium Vegetable Broth: US: 1 quart, EU: 1 liter (or ingredients to make fresh: water, mild herbs)
- Maple Syrup: US: 0.2 oz, EU: 6 ml

Spices/Seasonings

- Cinnamon: US: 0.03 oz, EU: 1 g (ground)
- Dried Herbs (Parsley, Thyme): US: 0.02 oz each, EU: 0.5 g each

2-nd Week

Produce

- Bananas: 11 medium (US: ~3 lbs, EU: ~1.4 kg)
- Pears: 9 medium (US: ~2.5 lbs, EU: ~1.1 kg)
- Apples: 2 medium (US: ~0.5 lb, EU: ~0.2 kg, peeled)
- Peaches: 4 medium (US: ~1 lb, EU: ~0.45 kg, or frozen)
- Mangoes: 2 medium (US: ~0.75 lb, EU: ~0.3 kg, or frozen)
- Cucumber: 1 medium (US: ~0.5 lb, EU: ~0.2 kg)
- Melon (Cantaloupe or Honeydew): 1 small (US: ~1 lb, EU: ~0.45 kg)
- Carrots: US: 1 lb, EU: 0.45 kg (peeled)
- Zucchini (US)/Courgette (EU): US: 2.5 lbs, EU: 1.1 kg (peeled)
- Potatoes: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Sweet Potatoes: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Cauliflower: 1 small head (US: ~0.5 lb, EU: ~0.2 kg)
- Parsnips: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Pumpkin: US: 1.5 lbs, EU: 0.7 kg (peeled, or 1 small can puree, US: 8 oz, EU: 225 g)
- Avocado: 1 medium (US: ~0.5 lb, EU: ~0.2 kg)

Proteins

- Chicken Breast (Boneless, Skinless): US: 1.25 lbs, EU: 0.6 kg (fresh or frozen)
- Turkey (Ground or Breast, Lean): US: 0.5 lb, EU: 0.2 kg (fresh or frozen)
- Cod: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Tilapia: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Fish (for Broth, e.g., Cod or Tilapia): US: 0.25 lb,

EU: 0.1 kg (fresh or frozen)

- Egg Whites: US: 0.5 dozen eggs or 1/8 carton (4 oz), EU: 6 eggs or 120 ml carton

Dairy

- Skim Milk or Rice Milk: US: 2.75 quarts, EU: 2.6 liters
- Non-Fat Plain Yogurt: US: 0.25-quart, EU: 0.25 liter
- Low-Fat Butter or Margarine: US: 0.1 oz, EU: 3 g

Grains

- White Rice: US: 1.25 lbs, EU: 0.6 kg (dry)
- White Pasta: US: 0.25 lb, EU: 0.1 kg (dry)
- Quick-Cooking Oats: US: 0.8 lb, EU: 0.35 kg (dry)
- Millet: US: 0.25 lb, EU: 0.1 kg (dry)
- Polenta/Cornmeal: US: 0.5 lb, EU: 0.2 kg (dry)

Pantry

- Low-Sodium Chicken Broth: US: 0.5-quart, EU: 0.5 liter (or ingredients to make fresh: chicken bones, water, mild herbs)
- Low-Sodium Vegetable Broth: US: 1.25 quarts, EU: 1.2 liters (or ingredients to make fresh: water, mild herbs)
- Low-Sodium Fish Broth: US: 0.25-quart, EU: 0.25 liter (or ingredients to make fresh: fish bones, water)

Spices/Seasonings

- Cinnamon: US: 0.03 oz, EU: 1 g (ground)
- Basil (Fresh): US: 0.5 oz, EU: 15 g (1 bunch)

3-rd Week

Produce

- Bananas: 13 medium (US: ~3.5 lbs, EU: ~1.6 kg)
- Pears: 9 medium (US: ~2.5 lbs, EU: ~1.1 kg)
- Apples: 7 medium (US: ~1.75 lbs, EU: ~0.8 kg, peeled)
- Peaches: 4 medium (US: ~1 lb, EU: ~0.45 kg, or frozen)
- Mangoes: 4 medium (US: ~1.5 lbs, EU: ~0.7 kg, or frozen)
- Melon (Cantaloupe or Honeydew): 1 small (US: ~1 lb, EU: ~0.45 kg)
- Carrots: US: 2 lbs, EU: 0.9 kg (peeled)
- Zucchini (US)/Courgette (EU): US: 1.5 lbs, EU: 0.7 kg (peeled)
- Potatoes: US: 1.5 lbs, EU: 0.7 kg (peeled)
- Sweet Potatoes: US: 1.5 lbs, EU: 0.7 kg (peeled)

- Cauliflower: 1 head (US: ~1 lb, EU: ~0.45 kg)
- Parsnips: US: 1 lb, EU: 0.45 kg (peeled)
- Pumpkin: US: 1.5 lbs, EU: 0.7 kg (peeled, or 1 small can puree, US: 8 oz, EU: 225 g)
- Beets: US: 0.5 lb, EU: 0.2 kg (peeled)
- Avocado: 1 medium (US: ~0.5 lb, EU: ~0.2 kg)
- Ginger (Fresh): US: 0.5 oz, EU: 15 g (1 small root)

Proteins

- Chicken Breast (Boneless, Skinless): US: 1.25 lbs, EU: 0.6 kg (fresh or frozen)
- Turkey (Ground or Breast, Lean): US: 0.75 lb, EU: 0.3 kg (fresh or frozen)
- Cod: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Tilapia: US: 0.25 lb, EU: 0.1 kg (fresh or frozen)
- Egg Whites: US: 0.5 dozen eggs or 1/8 carton (4 oz), EU: 6 eggs or 120 ml carton

Dairy

- Skim Milk or Rice Milk: US: 3 quarts, EU: 2.8 liters
- Non-Fat Plain Yogurt: US: 0.25-quart, EU: 0.25 liter
- Low-Fat Butter or Margarine: US: 0.1 oz, EU: 3 g

Grains

- White Rice: US: 1.5 lbs, EU: 0.7 kg (dry)
- Quick-Cooking Oats: US: 0.75 lb, EU: 0.3 kg (dry)
- Polenta/Cornmeal: US: 0.5 lb, EU: 0.2 kg (dry)
- Millet: US: 0.2 lb, EU: 0.1 kg (dry)

Pantry

- Low-Sodium Chicken Broth: US: 0.5-quart, EU: 0.5 liter (or ingredients to make fresh: chicken bones, water, mild herbs)

- Low-Sodium Vegetable Broth: US: 1 quart, EU: 1 liter (or ingredients to make fresh: water, mild herbs)
- Low-Sodium Turkey Broth: US: 0.25-quart, EU: 0.25 liter (or ingredients to make fresh: turkey bones, water)

Spices/Seasonings

- Cinnamon: US: 0.05 oz, EU: 1.5 g (ground))

4-th Week

Produce

- Bananas: 13 medium (US: ~3.5 lbs, EU: ~1.6 kg)
- Pears: 9 medium (US: ~2.5 lbs, EU: ~1.1 kg)
- Peaches: 4 medium (US: ~1 lb, EU: ~0.45 kg, or frozen)
- Mangoes: 2 medium (US: ~0.75 lb, EU: ~0.3 kg, or frozen)
- Papaya: 1 medium (US: ~1 lb, EU: ~0.45 kg, or frozen)
- Carrots: US: 2 lbs, EU: 0.9 kg (peeled)
- Zucchini (US)/Courgette (EU): US: 2.5 lbs, EU: 1.1 kg (peeled)
- Potatoes: US: 2 lbs, EU: 0.9 kg (peeled)
- Sweet Potatoes: US: 1.5 lbs, EU: 0.1 kg
- Cauliflower: 1 head (US: ~1 lb, EU: ~0.45 kg)
- Parsnips: US: 1 lb, EU: ~0.45 kg (peeled)
- Pumpkin: US: 1 lb, EU: ~0 kg (or 1 small can puree, US: 8 oz, EU: ~225 g)
- Green Beans: US: ~0.5 lb, EU: ~0.2 kg
- Avocado: 1 medium (US: ~0.5 lb, EU: ~0.1 kg)

Proteins

- Chicken Breast (Boneless, Skinless): US: ~1.25 lbs, EU: ~0.6 kg (fresh or frozen)
- Turkey (Ground or Breast, Lean): US: ~0.5 lb, EU: ~0.5 kg (lean)
- Cod: US: ~0.25 lb, EU: ~0.1 kg (fresh or frozen)
- Tilapia: US: ~0.25 lb, EU: ~0.1 kg (fresh or frozen)
- Fish (for Broth, e.g., Cod or Tilapia): US: ~0.25 lb, EU: ~0.1 kg (fresh or frozen)

- Egg Whites: US: ~0.5 lb, EU: US: ~6 dozen eggs or 120 ml carton (4 oz4 oz)

Dairy

- Skim Milk or Rice Milk: US: ~2.75 lbs, EU: ~2.74 liters
- Non-Fat Yogurt: US: ~0.25 lbs, EU: ~0.27 liter
- Low-Fat Butter or Margarine: US: ~0.1 lb, EU: ~0.3 g

Grains

- White Rice: US: ~1.5 lbs, EU: ~0.7 kg (dry)
- Quick-Cooking Oats: US: ~0.65 lb, EU: ~0.37 kg (dry)
- Semolina: US: ~0.25 lb, EU: ~0.27 kg (dry)
- Polenta/Cornmeal: US: ~0.25 lb, EU: ~0.2 kg (dry)
- Millet: US: ~0.1 lb, EU: ~0.05 kg (dry)

Pantry

- Low-Sodium Chicken Broth: US: ~0.5-quart, EU: ~0.5 liter (or ingredients to make fresh: fresh chicken bones, water, mild herbs)
- Low-Sodium Vegetable Broth: US: ~1 quart, EU: ~1 liter (or ingredients to make fresh: water, fresh, mild herbs)
- Low-Sodium Fish Broth: US: ~0.25-quart, EU: ~0.25 liter (~: or ingredients to make fresh: fish bones, water, fresh)

Spices/Seasonings

- Cinnamon: US: ~0.03 oz, EU: ~1 g (ground)

ADDITIONAL RESOURCES

Nutritional Charts

Quick Reference for Low-Fat, Low-Fiber Ingredients

Ingredient	Fat (g/100g)	Fiber (g/100g)	Notes
Banana (peeled)	0.3	0.9	Soft, purees well.
Pear (peeled)	0.1	0.6	For smoothies.
Carrot (peeled, cooked)	0.2	0.8	Puree for soups.
Chicken Breast (skinless, cooked)	3.0	0.0	Lean protein.
White Rice (cooked)	0.3	0.4	Soft base.
Skim Milk	0.1	0.0	For smoothies.

Portion Size Recommendations

Meal Type	Portion (Per Person)	Examples	Notes
Breakfast	½ cup (doubled: 1 cup)	Creamy Banana Rice Cereal	Puree smooth.
Soup	½ cup (doubled: 1 cup)	Silky Carrot Soup	Thin if thick.
Smoothie	1 cup (doubled: 2 cups)	Banana Silk Smoothie	Sip slowly.
Snack	¼ cup (doubled: ½ cup)	Creamy Banana Oat Bites	Small bites.

Symptom Tracking

Template

Date/Time	Meal Type	Food/Recipe	Portion	Symptoms	Severity (1-10)	Notes
5/27/2025, 8:00 AM	Breakfast	Creamy Banana Rice Cereal	1 cup	Mild nausea	3	Ate slowly.
5/27/2025, 11:00 AM	Soup	Silky Carrot Soup	1 cup	None	0	Digested well.

Instructions: Log meals, portions, symptoms, and severity daily. Track for 1-2 weeks to identify triggers (e.g., zucchini). Share with a dietitian.

Support and Community

Support Groups and Organizations

- G-PACT: www.g-pact.org – Support groups, forums.
- IFFGD: www.iffgd.org – Educational resources, trackers.
- AGA: www.gastro.org – Patient fact sheets.

- X Platform: Search #Gastroparesis or follow @GPACT, @IFFGD. Verify info.
- Reddit: r/gastroparesis – Community discussions.

Consulting Healthcare Providers

- Dietitian: Tailor plan via www.eatright.org (US) or www.bda.uk.com (EU).
- Gastroenterologist: Adjust treatments with symptom logs.
- Primary Care: Monitor health, comorbidities.
- Therapist: Manage stress via www.psychologytoday.com.

Note: This is a sample for the gastroparesis-friendly 56-day meal plan (Weeks 1-4). Adjust to your needs and consult a dietitian for personalized advice.

APPENDICES

Glossary of Terms

- **Dietary Fiber:** Indigestible plant material (soluble/insoluble) that promotes bowel movement. Limited to <1 g/serving in gastroparesis to avoid delayed emptying. *Relevance:* Uses low-fiber ingredients like peeled zucchini (0.6 g/100 g) in Pureed Zucchini Silk to ease digestion.
- **Gastroparesis:** Chronic delayed stomach emptying, causing nausea, bloating, and fullness. Diagnosed via gastric emptying study; caused by diabetes, surgery, or idiopathic factors. *Relevance:* Meal plan offers 6 small, pureed meals/day (e.g., Silky Carrot Soup) to manage symptoms.
- **Gastric Emptying:** Process of stomach emptying food into the intestine, delayed in gastroparesis (beyond 2-4 hours). *Relevance:* Small, low-fat meals (e.g., Pureed Chicken and Mashed Potato Bowl) support faster emptying.
- **Low-Fat:** Foods with <3 g fat/serving (e.g., skim milk, cod) to aid digestion, as fat slows emptying. *Relevance:* Uses low-fat ingredients like non-fat yogurt in Pureed Peach Yogurt Parfait (~6-10 g saturated fat/day).
- **Low-Fiber:** Foods with <1 g fiber/serving (e.g., white rice) to reduce gastric residue. *Relevance:* Includes peeled bananas (0.9 g/100 g) in Banana Silk Smoothie (~12-16 g fiber/day).
- **Low-Sodium:** Foods with <140 mg sodium/serving to prevent bloating and fluid retention. *Relevance:* Uses fresh produce and low-sodium broth in Silky Carrot Ginger Soup.
- **Puree:** Smooth, blended food (e.g., fruits, vegetables) for easy digestion. *Relevance:* Recipes like Pureed Chicken and Mashed Sweet Potato are pureed for lump-free texture.
- **Refined Grains:** Low-fiber grains (e.g., white rice) with bran/germ removed. *Relevance:* Uses white rice in Soft White Rice and Creamy Banana Oat Bites.
- **Small Portion Meals:** Small-volume meals (1/2 cup/person, doubled to 1 cup) eaten 5-6 times/day. *Relevance:* Structures 6 meals/day (e.g., 1 cup Creamy Banana Rice Cereal).
- **Soft Foods:** Tender, easy-to-chew foods (e.g., mashed potatoes) for minimal digestion effort. *Relevance:* Includes Soft Poached Egg with Mashed Potato for soft texture.

Recipe Index

Recipe Name	Week	Meal Type	Key Ingredients	Preparation Method	Page Reference
Avocado & Banana Spoon Mash	2, 3, 4	Snack	Avocado, banana	Mash avocado and banana until smooth; serve in ½ cup portions.	p. 50
Baked Apple Oatmeal Smoothie	1	Breakfast	Apple (peeled), oats, skim milk	Cook and puree apple, blend with cooked oats and milk; serve 2 cups.	p. 8
Baked Banana Pudding Delight	2, 3, 4	Dessert	Banana, skim milk	Bake mashed banana with milk, puree until creamy; serve ½ cup.	p. 52
Banana Melon Cooler	3	Smoothie	Banana, cantaloupe, skim milk	Blend peeled banana and melon with milk; serve 2 cups.	p. 45
Banana Papaya Smoothie	4	Smoothie	Banana, papaya, skim milk	Blend peeled banana and papaya with milk; serve 2 cups.	p. 46
Banana Rice Cream	2, 3, 4	Dessert	Banana, white rice, skim milk	Cook rice, blend with banana and milk until creamy; serve ½ cup.	p. 53
Banana Silk Smoothie	2, 3, 4	Smoothie	Banana, skim milk	Blend peeled banana with milk until silky; serve 2 cups.	p. 47
Buttery Rice & Pear Mash	4	Dessert	White rice, pear, low-fat butter	Cook rice, puree with peeled pear and a touch of butter; serve ½ cup.	p. 54
Carrot Millet Patties	4	Snack	Carrot, millet	Cook and puree carrot and millet, form into small patties, steam; serve ½ cup.	p. 51

Cooling Cucumber Melon Blend	2	Smoothie	Cucumber, honeydew, skim milk	Blend peeled cucumber and melon with milk; serve 2 cups.	p. 48
Creamy Banana Oat Bites	2, 3, 4	Snack	Banana, oats, skim milk	Cook oats, blend with banana and milk, form into bites; serve ½ cup.	p. 55
Creamy Banana Rice Cereal	2, 3, 4	Breakfast	Banana, white rice, skim milk	Cook rice, blend with banana and milk until smooth; serve 1 cup.	p. 10
Creamy Cauliflower Soup	3	Soup	Cauliflower, low-sodium vegetable broth	Steam cauliflower, blend with broth until velvety; serve 1 cup.	p. 25
Creamy Mashed Potato	2, 3, 4	Side Dish	Potato, skim milk, low-fat butter	Boil peeled potato, mash with milk and butter; serve ½ cup.	p. 35
Creamy Mashed Sweet Potato	2, 3, 4	Side Dish	Sweet potato, skim milk	Boil peeled sweet potato, mash with milk; serve ½ cup.	p. 36
Creamy Pear Millet Cups	3	Dessert	Pear, millet, skim milk	Cook millet, puree with peeled pear and milk; serve ½ cup.	p. 56
Creamy Pear Rice Cereal	3	Breakfast	Pear, white rice, skim milk	Cook rice, blend with peeled pear and milk; serve 1 cup.	p. 11
Creamy Pear Rice Cups	2, 4	Dessert	Pear, white rice, skim milk	Cook rice, puree with peeled pear and milk; serve ½ cup.	p. 57
Creamy Rice Porridge with Apple	2	Breakfast	Apple, white rice, skim milk	Cook rice and peeled apple, blend with milk; serve 1 cup.	p. 12

Creamy Rice Porridge with Mango	3	Breakfast	Mango, white rice, skim milk	Cook rice, blend with peeled mango and milk; serve 1 cup.	p. 13
Creamy Rice Porridge with Peach	4	Breakfast	Peach, white rice, skim milk	Cook rice, blend with peeled peach and milk; serve 1 cup.	p. 14
Creamy Semolina Porridge	4	Breakfast	Semolina, skim milk	Cook semolina with milk until soft, blend if needed; serve 1 cup.	p. 15
Creamy Zucchini Basil Soup	2	Soup	Zucchini, fresh basil, low-sodium vegetable broth	Steam peeled zucchini, blend with broth and basil; serve 1 cup.	p. 26
Creamy Zucchini Soup	4	Soup	Zucchini, low-sodium vegetable broth	Steam peeled zucchini, blend with broth; serve 1 cup.	p. 27
Gentle Banana Rice Smoothie	2, 3, 4	Smoothie	Banana, white rice, skim milk	Cook rice, blend with banana and milk; serve 2 cups.	p. 49
Gentle Chicken Broth with Noodles	2	Soup	Chicken, white pasta, low-sodium chicken broth	Simmer chicken and pasta in broth, puree lightly; serve 1 cup.	p. 28
Gentle Chicken Broth with Potato	3	Soup	Chicken, potato, low-sodium chicken broth	Simmer chicken and peeled potato in broth, puree; serve 1 cup.	p. 29
Gentle Chicken Broth with Rice	4	Soup	Chicken, white rice, low-sodium chicken broth	Simmer chicken and rice in broth, puree lightly; serve 1 cup.	p. 30
Gentle Fish Broth with Potato	4	Soup	Fish (cod), potato, low-sodium fish broth	Simmer fish and peeled potato in broth, puree; serve 1 cup.	p. 31
Gentle Fish Broth with Rice	2	Soup	Fish (cod), white rice, low-sodium fish broth	Simmer fish and rice in broth, puree lightly; serve 1 cup.	p. 32

Gentle Turkey Broth with Rice	3	Soup	Turkey, white rice, low-sodium turkey broth	Simmer turkey and rice in broth, puree lightly; serve 1 cup.	p. 33
Mango Dream Smoothie	2, 3, 4	Smoothie	Mango, skim milk	Blend peeled mango with milk; serve 2 cups.	p. 50
Mashed Pear & Rice Bites	3	Snack	Pear, white rice	Cook rice, puree with peeled pear, form into bites; serve ½ cup.	p. 58
Mashed Pumpkin & Rice Bites	2, 4	Snack	Pumpkin, white rice	Cook rice and pumpkin, puree, form into bites; serve ½ cup.	p. 59
Peach Bliss Smoothie	2, 3, 4	Smoothie	Peach, skim milk	Blend peeled peach with milk; serve 2 cups.	p. 51
Pear & Rice Milk Gelée	2, 3, 4	Dessert	Pear, rice milk	Puree peeled pear with rice milk, set into gelée; serve ½ cup.	p. 60
Pear Serenity Juice	2, 3, 4	Smoothie	Pear	Blend peeled pear until smooth, strain if needed; serve 2 cups.	p. 52
Poached Chicken and Millet Porridge	2	Breakfast	Chicken, millet, low-sodium chicken broth	Poach chicken and millet in broth, puree; serve 1 cup.	p. 16
Poached Chicken and Polenta Porridge	3	Breakfast	Chicken, polenta, low-sodium chicken broth	Poach chicken and polenta in broth, puree; serve 1 cup.	p. 17
Poached Chicken and Rice Porridge	4	Breakfast	Chicken, white rice, low-sodium chicken broth	Poach chicken and rice in broth, puree; serve 1 cup.	p. 18
Pureed Banana Oatmeal Smoothie	3	Breakfast	Banana, oats, skim milk	Cook oats, blend with banana and milk; serve 2 cups.	p. 19

Pureed Cauliflower Cloud	2, 3, 4	Side Dish	Cauliflower	Steam cauliflower, puree until smooth; serve ½ cup.	p. 37
Pureed Carrot Delight	2, 3, 4	Side Dish	Carrot	Steam peeled carrot, puree until smooth; serve ½ cup.	p. 38
Pureed Chicken and Mashed Potato Bowl	2, 4	Main Dish	Chicken, potato, skim milk	Poach chicken, mash potato with milk, puree together; serve 1 cup.	p. 20
Pureed Chicken and Mashed Sweet Potato	3	Main Dish	Chicken, sweet potato, skim milk	Poach chicken, mash sweet potato with milk, puree; serve 1 cup.	p. 21
Pureed Chicken and Mashed Zucchini	2, 4	Main Dish	Chicken, zucchini	Poach chicken, steam peeled zucchini, puree together; serve 1 cup.	p. 22
Pureed Cod and Mashed Parsnip	4	Main Dish	Cod, parsnip	Steam cod and peeled parsnip, puree together; serve 1 cup.	p. 23
Pureed Cod and Rice Bowl	2	Main Dish	Cod, white rice	Steam cod, cook rice, puree together; serve 1 cup.	p. 24
Pureed Green Bean Soup	4	Soup	Green beans, low-sodium vegetable broth	Steam green beans, blend with broth; serve 1 cup.	p. 34
Pureed Parsnip Bliss	2, 3, 4	Side Dish	Parsnip	Steam peeled parsnip, puree until smooth; serve ½ cup.	p. 39
Pureed Parsnip Soup	2	Soup	Parsnip, low-sodium vegetable broth	Steam parsnip, blend with broth; serve 1 cup.	p. 35
Pureed Peach Oatmeal Smoothie	2	Breakfast	Peach, oats, skim milk	Cook oats, blend with peeled peach and milk; serve 2 cups.	p. 25

Pureed Peach Yogurt Parfait	2, 3, 4	Breakfast	Peach, non-fat yogurt	Puree peeled peach, layer with yogurt; serve 1 cup.	p. 26
Pureed Pumpkin Soup	2, 3	Soup	Pumpkin, low-sodium vegetable broth	Cook pumpkin, blend with broth; serve 1 cup.	p. 36
Pureed Pumpkin Velvet	2, 3, 4	Side Dish	Pumpkin	Cook pumpkin, puree until smooth; serve ½ cup.	p. 40
Pureed Sweet Potato and Carrot Blend	3	Side Dish	Sweet potato, carrot	Steam peeled sweet potato and carrot, puree; serve ½ cup.	p. 41
Pureed Sweet Potato and Zucchini Blend	2, 4	Side Dish	Sweet potato, zucchini	Steam peeled sweet potato and zucchini, puree; serve ½ cup.	p. 42
Pureed Tilapia and Mashed Potato	3	Main Dish	Tilapia, potato, skim milk	Steam tilapia, mash potato with milk, puree together; serve 1 cup.	p. 27
Pureed Turkey and Mashed Carrot	3, 4	Main Dish	Turkey, carrot	Cook turkey, steam peeled carrot, puree together; serve 1 cup.	p. 28
Pureed Turkey and Mashed Parsnip	2	Main Dish	Turkey, parsnip	Cook turkey, steam peeled parsnip, puree together; serve 1 cup.	p. 29
Pureed Turkey and Mashed Sweet Potato	2, 4	Main Dish	Turkey, sweet potato, skim milk	Cook turkey, mash sweet potato with milk, puree; serve 1 cup.	p. 30
Pureed Turkey and Mashed Zucchini	3	Main Dish	Turkey, zucchini	Cook turkey, steam peeled zucchini, puree together; serve 1 cup.	p. 31

Pureed Zucchini Silk	2, 3, 4	Side Dish	Zucchini	Steam peeled zucchini, puree until smooth; serve ½ cup.	p. 43
Silky Beet & Apple Soup	3	Soup	Beet, apple, low-sodium vegetable broth	Cook peeled beet and apple, blend with broth; serve 1 cup.	p. 37
Silky Carrot Ginger Soup	3	Soup	Carrot, ginger, low-sodium vegetable broth	Steam peeled carrot, blend with broth and grated ginger; serve 1 cup.	p. 38
Silky Carrot Soup	2, 4	Soup	Carrot, low-sodium vegetable broth	Steam peeled carrot, blend with broth; serve 1 cup.	p. 39
Soft Baked Chicken with Millet	2	Main Dish	Chicken, millet	Bake chicken, cook millet, puree together; serve 1 cup.	p. 32
Soft Baked Chicken with White Rice	3, 4	Main Dish	Chicken, white rice	Bake chicken, cook rice, puree together; serve 1 cup.	p. 33
Soft Baked Cod with White Rice	3	Main Dish	Cod, white rice	Bake cod, cook rice, puree together; serve 1 cup.	p. 34
Soft Baked Tilapia with White Rice	2, 4	Main Dish	Tilapia, white rice	Bake tilapia, cook rice, puree together; serve 1 cup.	p. 35
Soft Chicken and Mashed Parsnip	3	Main Dish	Chicken, parsnip	Poach chicken, steam peeled parsnip, mash together; serve 1 cup.	p. 36
Soft Chicken and Mashed Potato		Main Dish	Chicken, potato, skim milk	Poach chicken, steam peeled potato, mash together; serve 1 cup	p. 37
Soft Chicken and Mashed Zucchini		Main Dish	Chicken, zucchini	Poach chicken, steam peeled zucchini, mash together; serve together; 1 cup	p. 38

Soft Pear & Oat Drink	2, 3, 4	Smoothie	Pear, oats, skim milk	Cook oats, blend with peeled pear and milk; serve 2 cups.	p. 53
Soft Poached Egg with Mashed Potato	3, 4	Breakfast	Egg, potato	Poach egg, mash peeled potato, serve together; serve 1 cup.	p. 27
Soft Poached Egg with Mashed Sweet Potato	2	Breakfast	Egg, sweet potato	Poach egg, mash peeled sweet potato, serve together; serve 1 cup.	p. 28
Soft Polenta Glow	2, 3, 4	Side Dish	Polenta	Cook polenta until soft, blend if needed; serve ½ cup.	p. 44
Soft Pumpkin Oat Spoon Bites	3	Snack	Pumpkin, oats	Cook pumpkin and oats, puree, form into bites; serve ½ cup.	p. 61
Soft Rice Pudding	1	Dessert	White rice, milk, low-fat	Cook rice in milk until it is very soft; serve in small portions.	
Soft Scrambled Egg Whites with Polenta	2	Breakfast	Egg whites, polenta	Scramble egg whites, serve with soft polenta; serve 1 cup.	p. 29
Soft Scrambled Egg Whites with White Rice	3	Breakfast	Egg whites, white rice	Scramble egg whites, serve with cooked rice; serve 1 cup.	p. 30
Soft White Rice	2, 3, 4	Side Dish	White rice	Cook rice until soft; serve ½ cup.	p. 45
Soft Zucchini Oat Spoon Bites	2, 4	Snack	Zucchini, oats	Steam peeled zucchini, blend with cooked oats, form into bites; serve ½ cup.	p. 62
Steamed Apple Purée with Cinnamon	3	Dessert	Apple, cinnamon	Steam peeled apple, puree with cinnamon; serve ½ cup.	p. 63

Steamed Apple Slices with Cinnamon	3	Snack	Apple, cinnamon	Steam peeled apple slices, sprinkle with cinnamon; serve ½ cup.	p. 64
Steamed Banana Millet Pudding	3	Dessert	Banana, millet, skim milk	Cook millet, puree with banana and milk; serve ½ cup.	p. 65
Steamed Banana Oat Pudding	2	Dessert	Banana, oats, skim milk	Cook oats, puree with banana and milk; serve ½ cup.	p. 66
Steamed Pear Slices with Cinnamon	2, 4	Snack	Pear, cinnamon	Steam peeled pear slices, sprinkle with cinnamon; serve ½ cup.	p. 67
Steamed Pumpkin Purée with Cinnamon	2, 4	Dessert	Pumpkin, cinnamon	Steam pumpkin, puree with cinnamon; serve ½ cup.	p. 68
Velvety Potato Soup	2	Soup	Potato, low-sodium vegetable broth	Boil peeled potato, blend with broth; serve 1 cup.	p. 40
Velvety Pumpkin Soup	4	Soup	Pumpkin, low-sodium vegetable broth	Cook pumpkin, blend with broth; serve 1 cup.	p. 41
Velvety Zucchini Soup	3	Soup	Zucchini, low-sodium vegetable broth	Steam peeled zucchini, blend with broth; serve 1 cup.	p. 42
Warm Mashed Carrot Rounds	3, 4	Snack	Carrot	Steam peeled carrot, mash into rounds; serve ½ cup.	p. 69
Warm Mashed Parsnip Rounds	2	Snack	Parsnip	Steam peeled parsnip, mash into rounds; serve ½ cup.	p. 70
Warm Millet & Apple Bites	3	Snack	Millet, apple	Cook millet and peeled apple, puree, form into bites; serve ½ cup.	p. 71

Warm Millet & Pear Bites	2	Snack	Millet, pear	Cook millet and peeled pear, puree, form into bites; serve ½ cup.	p. 72
Warm Pumpkin Spice Pudding	3	Dessert	Pumpkin, cinnamon	Cook pumpkin, puree with cinnamon; serve ½ cup.	p. 73
Warm Zucchini Spice Pudding	2, 4	Dessert	Zucchini, cinnamon	Steam peeled zucchini, puree with cinnamon; serve ½ cup.	p. 74

Conversion Charts

Volume and Weight Conversions

Grains

Ingredient	Measurement	Grams	Ounces	Milliliters
White Rice (dry)	1 cup	200 g	7.05 oz	240 ml
	½ cup	100 g	3.53 oz	120 ml
	1 tbsp	12.5 g	0.44 oz	15 ml
Oats (quick-cooking, dry)	1 cup	80 g	2.82 oz	240 ml
	½ cup	40 g	1.41 oz	120 ml

Fruits

Ingredient	Measurement	Grams	Ounces	Milliliters
Banana (peeled, mashed)	1 cup	150 g	5.29 oz	240 ml
	½ cup	75 g	2.65 oz	120 ml
Pear (peeled, cooked)	1 cup	120 g	4.23 oz	240 ml

Vegetables

Ingredient	Measurement	Grams	Ounces	Milliliters
Carrot (peeled, cooked)	1 cup	156 g	5.50 oz	240 ml
	½ cup	78 g	2.75 oz	120 ml
Zucchini (peeled, cooked)	1 cup	180 g	6.35 oz	240 ml

Proteins

Ingredient	Measurement	Grams	Ounces	Milliliters
Chicken Breast (cooked)	1 cup	140 g	4.94 oz	240 ml
	½ cup	70 g	2.47 oz	120 ml

Dairy

Ingredient	Measurement	Grams	Ounces	Milliliters
Skim Milk	1 cup	245 g	8.64 oz	240 ml
	½ cup	122.5 g	4.32 oz	120 ml
	1 tbsp	15.3 g	0.54 oz	15 ml

Pantry

Ingredient	Measurement	Grams	Ounces	Milliliters
Low-Sodium Vegetable Broth	1 cup	240 g	8.47 oz	240 ml
	½ cup	120 g	4.23 oz	120 ml

Spices

Ingredient	Measurement	Grams	Ounces	Milliliters
Cinnamon (ground)	1 tbsp	7.8 g	0.28 oz	15 ml
	1 tsp	2.6 g	0.09 oz	5 ml

Portion Adjustments

Meal Type	1 Person	2 Persons	3 Persons	4 Persons
Breakfast	½ cup	1 cup	1.5 cups	2 cups
Smoothie	1 cup	2 cups	3 cups	4 cups

Common Conversions

1 tbsp = 3 tsp
1 cup = 16 tbsp = 8 fl oz
1 pint = 2 cups = 473 ml
1 quart = 4 cups = 946 ml
1 liter = 4.23 cups = 1000 ml
1 oz = 28.35 g
1 lb = 16 oz = 453.6 g
350°F = 177°C
165°F (reheating) = 74°C

Conclusion

Welcome to the end of your culinary journey through the *Gastroparesis-Friendly 8-Week Meal Plan Cookbook*, a heartfelt collection of 104 unique recipes designed to make eating with gastroparesis both nourishing and enjoyable. Crafted for two, this cookbook has guided you through eight weeks of delicious, digestible dishes, each one low-fat, low-fiber, and low-sodium to soothe symptoms like nausea, bloating, and fullness. From the velvety comfort of *Silky Carrot Ginger Soup* to the creamy delight of *Banana Silk Smoothie*, these recipes deliver soft, pureed textures in small, frequent portions (1 cup per meal, 2 cups for smoothies, ½ cup for snacks and desserts) to support your digestive health.

This cookbook is more than a collection of recipes; it's a kitchen companion packed with tools to simplify your cooking experience. Weekly shopping lists take the guesswork out of grocery runs, ensuring you have ingredients like peeled zucchini and white rice on hand. Batch cooking and storage tips show you how to whip up a week's worth of *Pureed Chicken and Mashed Potato Bowl* in one go, saving time and energy. Essential kitchen tools—think high-powered blenders and slow cookers—make prep a breeze, turning ingredients into smooth, gastroparesis-friendly meals. Nutritional charts and portion guides help you choose wisely, keeping fiber and fat low, while the symptom tracking template lets you pinpoint what works for your body.

We've also connected you to a broader community. Links to support groups like G-PACT and IFFGD, plus advice on working with dietitians, offer encouragement beyond the stove. The appendices—a detailed glossary, an alphabetical recipe index, and expanded conversion charts—make it easy to understand terms like “gastric emptying,” find your favorite dishes, and scale recipes for one or four with precision.

As you close this cookbook, see it as a starting point for your culinary adventure with gastroparesis. Each recipe is a step toward reclaiming the joy of eating, but your journey is unique. Use the symptom tracker to discover your body's needs and partner with a dietitian to tweak portions (maybe ½ cup for tougher days) or swap ingredients to avoid triggers. Whether you're blending a *Mango Dream Smoothie* for breakfast or savoring *Steamed Apple Purée with Cinnamon* as a dessert, these small, flavorful moments can transform your daily routine.

Dive into your kitchen with confidence. Try a new recipe, share a meal with someone special, or connect with others in the gastroparesis community. This cookbook is your guide to creating meals that nourish both body and soul, helping you thrive one gentle bite at a time.

Your feedback would be highly appreciated! Please scan this QR-code to get the book review on Amazon.com:

