

## Menu ideas for a low fibre diet

These lists include **low-fibre foods**, that are **free** of **stringy material**, **skins**, and **seeds**.  
All baked goods are made with refined (white) flour.

<b>Breakfast</b>	<b>Snacks</b>
Rice Krispies® Special K® Cheerios® Puffs® Corn Flakes® Oatmeal® Cream of Wheat® Toasted bread or bagel Pancakes Croissant French toast English muffin Banana muffin Eggs (all types) Milkshake	Yogurt - (vanilla, peach, plain, lemon, coffee, caramel) Soda crackers and smooth peanut butter Plain bagel and cream cheese Melba toast and applesauce Biscuit and cheese slices Muffin and banana Scone Garlic bread with cheese Fruit juice or V8 drink Arrowroot or digestive cookies Canned fruit or Motts Fruit Puree® Pretzels Plain donut or cake Sherbet, ice cream, or pudding Hard candies or caramels Licorice or gum drops
<b>Entrees - Made with allowed ingredients</b>	
Pasta (fresh or canned): Spaghetti Macaroni and cheese Cannelloni Fettuccine alfredo Lasagna (beef or fish) Pasta casseroles made with allowed ingredients Poultry (honey, lemon, BBQ) Ham (baked, broiled) Fish (casserole, steak, hollandaise) Beef (roast, curried, steak) Pork (szechuan, chops, BBQ) Potatoes - baked, mashed, scalloped, or salad Perogies Meatloaf or meatballs Tofu (steamed, fried, or burgers) Tacos, crepes, or tortillas made with beef or chicken, tomato sauce, and spices Shepherd's pie made with mashed vegetables or meat pie	Stews or soups: Beef stew (beef, potatoes, and beans) Fish chowder (fish and potatoes) Chicken soup Tomato soup Cream of potato soup Strained cream of mushroom soup Beef or chicken broth Sandwiches: Grilled cheese Egg salad Tuna or salmon melt Roast beef Western (made with eggs, ham, cheese) Black forest ham Shaved turkey Garlic bread Hamburger Fish burger Chicken burger Chicken wings or chicken balls Egg and cheese quiche