

SICK DAY MEAL PLAN

If you are nauseous and having stomach “issues”, eating all the food on your meal plan will make you feel worse.

Here are some guidelines to start with. Discuss them with your sponsor. And FEEL BETTER SOON!!! xoxo

Once you turn the corner and start feeling better, you still may need to take 3-4 days to get back to your true meal plan and all the fiber. If you’ve had a lot of vomiting and diarrhea, your GI tract is really raw needs these days to grow its lining back completely so if you have too much fiber too soon it’s like taking sandpaper to sunburned skin. Be gentle to your system.

GUIDELINES

1. Unlimited broths. These are only 10 cal per cup and since you won’t be getting all your calories anyways you won’t be exceeding your limits. Plus you’ll need the hydration and electrolytes from the broth.
2. Veggies- You probably won’t be able to get in all the veggies. Don’t panic. When you can, have small amounts of cooked to death gentle soft veggies like green beans, carrots, etc you may want to mix in a few into the broth. Skip acidic ones like tomatoes.
3. Proteins- You probably won’t be able to get in all the proteins either. Don’t panic. Try gentle proteins like eggs, cottage cheese, or cut up chicken in the broths.
4. Starches- mashed potato, rice. Think gentle and LOW FIBER
5. Fruits- applesauce, melon. Prefer not to go to juices because the sweetness could be a trigger. Skip acidic ones like citrus.
6. Dairy- These may or may not agree with you during your illness. If for some reason yogurt or a cup of milk feels good, it can replace one ounce of protein + 1 starch or fruit in your meal plan.