

Diet

Tony needs a low fiber diet, small meals

Note: If anyone is sending meals/groceries, everything must be **gluten free**

Dos

White rice
Yogurt
Fruit juice
Vegetable juice
Bananas
Applesauce
Peaches (without skin - canned is best)
Melons
Potatoes (without skin) (cooked)
Carrots (cooked)
Squash (without seeds&skin) (cooked)
Mushrooms (cooked)
Tomatoes (without seeds&skin) (cooked)
Asparagus (cooked)
Pumpkin (cooked)
Beets (cooked)
Green beans and wax beans (cooked)
Eggplant (without seeds&skin) (cooked)
Spinach (cooked)

Don'ts

Nuts/Seeds
Whole grains
Beans
Raw vegetables
Fruit skins
Berries
Dried fruit
Popcorn
Greasy foods
Spicy foods

Vegetables to avoid:

Broccoli
Brussels sprouts
Cabbage
Cauliflower
Corn

Onions
Peas
Sauerkraut

Meal Ideas

Bacon & eggs
Creamy peanut butter on toast
Fish & white rice
Ground turkey & white rice
Skinless chicken & cooked carrots
Shredded beef & cooked low-fiber vegetables
Refined oatmeal? Like instant oatmeal?

Links for items that can be ordered on Instacart for zip code
30813