THE EVERYDAY RECIPE COLLECTION

30 simple food ideas

Flexible portions, practical ingredients, and room to adapt.

Review preview: clinician/dietitian review is pending. These resources do not diagnose, prescribe, or replace your individual care plan.

Before you begin

These are original development recipes. Kitchen testing and nutrition calculations are pending. They are not a complete daily diet prescription. A recipe portion is not a maximum allowance; divide it or add food as needed with your care team.

How quantities work

Every recipe makes one portion. Meat and fish are raw unless specified; canned foods are drained; grains are dry. Water and mild optional seasonings are not included in shopping totals. Times are approximate and exclude thawing; overnight chilling is additional. Follow grain-package cooking times.

Food safety

Cook poultry and ground turkey to 165°F, ground beef to 160°F, fish to 145°F, and egg dishes to 160°F. Reheat leftovers to 165°F. Refrigerate perishables within two hours, or one hour above 90°F. Keep the refrigerator at 40°F or below. Use most cooked leftovers within 3-4 days or freeze. [S23, S24]

Allergy and substitution notes

Allergen notes are a starting point, not a certification. Check each label and cross-contact. Broths, breads, sauces, and dairy alternatives vary. Swaps change nutrition and shopping quantities.

Sources

S23: USDA FSIS: Leftovers and food safety

S24: USDA FSIS: Keep food safe - food safety basics

BREAKFAST / B1

Berry yogurt oat bowl

Approximate time: 5 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 170 g Plain low-fat Greek yogurt
- 80 g Berries
- 30 g Rolled oats

Water as needed; optional mild herbs or spices to taste.

Preparation

Mix yogurt and oats; add berries. Refrigerate overnight if a softer texture is preferred.

Make it work for you

Use lactose-free yogurt if needed. Soften or omit coarse toppings during a flare. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Small breakfast base; add food to meet your needs.

Allergens

Milk; oats may have gluten cross-contact. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B2

Spinach eggs on toast

Approximate time: 12 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 2 each Eggs
- 40 g Spinach
- 40 g Whole-grain bread
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Wilt spinach in oil, add beaten eggs, and cook the egg mixture to 160°F. Serve with toasted bread.

Make it work for you

Swap cooked zucchini for spinach or use softer bread if texture is an issue.

Recipe review note

Egg cooking endpoint clarified. Bread may contain milk, soy, or sesame; check the specific loaf.

Allergens

Egg, wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B3

Banana overnight oats

Approximate time: 5 minutes. 5 minutes active preparation plus overnight refrigeration. Yield: one recipe portion.

Ingredients

- 40 g Rolled oats
- 100 mL Low-fat milk
- 100 g Plain low-fat Greek yogurt
- 80 g Banana

Water as needed; optional mild herbs or spices to taste.

Preparation

Combine oats, milk, and yogurt; refrigerate overnight. Add sliced banana before eating.

Make it work for you

Use lactose-free dairy or fortified soy alternatives after checking protein content. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Five minutes is active preparation only; allow overnight refrigeration.

Allergens

Milk; oats may have gluten cross-contact. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B4

Peach cottage-cheese bowl

Approximate time: 5 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 170 g Low-fat cottage cheese
- 100 g Peach
- 20 g Rolled oats

Water as needed; optional mild herbs or spices to taste.

Preparation

Spoon sliced peach over cottage cheese and sprinkle with oats. For softer texture, cook oats separately in water and cool.

Make it work for you

Choose fruit canned in juice and drained when fresh is inconvenient; shopping quantities assume fresh. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Small breakfast base; add food as needed.

Allergens

Milk; oats may have gluten cross-contact. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B5

Tofu zucchini breakfast skillet

Approximate time: 15 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Firm tofu
- 100 g Zucchini
- 40 g Whole-grain bread
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Crumble tofu. Cook diced zucchini in oil, add tofu, and heat thoroughly. Serve with toast.

Make it work for you

Season lightly; skip hot sauce when reflux is active.

Recipe review note

Plant-based breakfast ingredients; confirm bread ingredients. Tofu texture and final yield need kitchen testing.

Allergens

Soy, wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B6

Apple-cinnamon warm oats

Approximate time: 12 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 40 g Rolled oats
- 150 mL Low-fat milk
- 100 g Apple
- 100 g Plain low-fat Greek yogurt

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook oats and finely diced apple with milk plus water as needed. Cool slightly and stir in yogurt. Add cinnamon if desired.

Make it work for you

Peel and soften the apple if preferred. Cinnamon is an optional pantry seasoning. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Small breakfast base; soften apple as desired.

Allergens

Milk; oats may have gluten cross-contact. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

BREAKFAST / B7

Egg and potato breakfast bowl

Approximate time: 20 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 2 each Eggs
- 150 g Potato
- 40 g Spinach
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Dice potato and simmer until tender. Drain, warm in oil, add spinach, then scramble in eggs until the egg mixture reaches 160°F.

Make it work for you

A softer, non-spicy option; this is not a nutritionally complete daily plan.

Recipe review note

Egg cooking endpoint clarified. A mild option, but tolerance varies.

Allergens

Egg. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L1

Chicken quinoa lunch bowl

Approximate time: 25 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 140 g Chicken breast
- 45 g Quinoa
- 100 g Zucchini
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook quinoa in water. Dice chicken and zucchini; sauté in oil until chicken reaches 165°F. Serve together.

Make it work for you

Keep seasonings mild; substitute cooked rice if quinoa is poorly tolerated.

Recipe review note

Use a thermometer for chicken and follow quinoa-package cooking instructions.

Allergens

None inherent; check seasonings. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L2

Tuna white-bean toast

Approximate time: 10 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 85 g Canned light tuna, drained
- 80 g Canned white beans, drained
- 30 g Plain low-fat Greek yogurt
- 40 g Whole-grain bread
- 60 g Cucumber

Water as needed; optional mild herbs or spices to taste.

Preparation

Mash beans with yogurt, fold in tuna, and spoon over toast. Serve cucumber alongside.

Make it work for you

Use peeled cucumber and a smaller bean portion if bloating occurs; avoid making tuna the only fish choice. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Fish, milk, and wheat are present; check the bread for additional allergens. A light meal option; add food as needed.

Allergens

Fish, milk, wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L3

Turkey hummus wrap

Approximate time: 10 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 100 g Cooked turkey breast
- 50 g Whole-wheat tortilla
- 30 g Hummus
- 25 g Spinach
- 50 g Carrot

Water as needed; optional mild herbs or spices to taste.

Preparation

Spread hummus on the tortilla; add turkey, spinach, and grated carrot. Roll and cut in half.

Make it work for you

Use cooked carrot and omit raw greens if desired; check sodium in packaged turkey.

Recipe review note

Use fully cooked turkey within its labeled storage period and keep the wrap chilled. Check hummus for sesame and tortilla for other allergens.

Allergens

Wheat, sesame in most hummus. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L4

Lentil carrot soup with yogurt

Approximate time: 30 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 50 g Dry red lentils
- 100 g Carrot
- 350 mL Low-sodium vegetable broth
- 60 g Plain low-fat Greek yogurt
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Soften chopped carrot in oil. Add rinsed lentils and broth; simmer until soft. Blend part of the soup and swirl yogurt into the bowl.

Make it work for you

Legumes may increase gas; use a smaller serving or choose a non-legume soup when symptomatic. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Vegetable broth specified. A light meal base; consider additional protein or a side to fit your plan. Lentils may worsen gas.

Allergens

Milk; broth may contain celery or other allergens. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L5

Edamame rice bowl

Approximate time: 50 minutes. Estimated total with regular brown rice; follow package cooking time. Faster rice changes timing.. Yield: one recipe portion.

Ingredients

- 120 g Shelled edamame
- 45 g Brown rice
- 80 g Carrot
- 80 g Zucchini
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Steam edamame and vegetables; toss with oil and serve over rice.

Make it work for you

Try white rice and smaller edamame portions if extra fiber worsens fullness.

Recipe review note

Time increased to allow regular brown rice. A bean/soy-based meal; higher fiber may be uncomfortable during nausea or diarrhea.

Allergens

Soy. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L6

Egg yogurt salad sandwich

Approximate time: 20 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 2 each Eggs
- 35 g Plain low-fat Greek yogurt
- 80 g Whole-grain bread
- 60 g Cucumber

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook eggs until both whites and yolks are firm, cool safely, and chop. Mix with yogurt and sandwich between bread; serve cucumber alongside.

Make it work for you

Split the sandwich into two eating occasions if comfortable; refrigerate the second half promptly. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Hard-cooked egg endpoint clarified. Keep egg salad refrigerated, including any reserved half.

Allergens

Egg, milk, wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

LUNCH / L7

Chicken rice comfort soup

Approximate time: 25 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 140 g Chicken breast
- 40 g White rice
- 80 g Carrot
- 80 g Zucchini
- 350 mL Low-sodium chicken broth

Water as needed; optional mild herbs or spices to taste.

Preparation

Simmer small chicken pieces, rice, and carrot in broth with extra water if needed. Add zucchini near the end; chicken must reach 165°F.

Make it work for you

Soft and mild; may suit some low-appetite days, but persistent vomiting needs medical care.

Recipe review note

Chicken broth specified; verify its allergen label. Chicken must reach 165°F.

Allergens

Check broth ingredients. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D1

Herb chicken, potato, and carrots

Approximate time: 35 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Chicken breast
- 180 g Potato
- 150 g Carrot
- 10 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Heat oven to 400°F. Toss small potato and carrot pieces with half the oil; roast 15 minutes. Add chicken brushed with remaining oil; continue until chicken reaches 165°F and vegetables are tender.

Make it work for you

Cut vegetables small for even cooking; use mild herbs.

Recipe review note

Total time is approximate; chicken thickness and vegetable size affect cooking. Use a thermometer rather than the clock.

Allergens

None inherent; check herb blends. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D2

Salmon with rice and green beans

Approximate time: 50 minutes. Estimated total with regular brown rice; follow package cooking time. Faster rice changes timing.. Yield: one recipe portion.

Ingredients

- 150 g Salmon fillet
- 50 g Brown rice
- 150 g Green beans
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Bake salmon at 400°F until 145°F internally; steam beans and drizzle with oil.

Make it work for you

Salmon is relatively rich; a smaller portion or white fish may be easier during nausea.

Recipe review note

Time increased for regular brown rice. Richer fish may be less comfortable during nausea.

Allergens

Fish. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D3

Turkey and zucchini pasta

Approximate time: 25 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Lean ground turkey
- 60 g Whole-wheat pasta
- 150 g Zucchini
- 100 g No-added-salt crushed tomatoes
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Boil pasta. Cook turkey in oil to 165°F; add zucchini and tomatoes and simmer until vegetables soften. Combine.

Make it work for you

For tomato-triggered reflux, replace tomatoes with a little broth; shopping list assumes the original recipe.

Recipe review note

Ground turkey must reach 165°F. Tomatoes can trigger reflux; a broth substitution changes ingredients and totals.

Allergens

Wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D4

Ginger tofu rice bowl

Approximate time: 50 minutes. Estimated total with regular brown rice; follow package cooking time. Faster rice changes timing.. Yield: one recipe portion.

Ingredients

- 180 g Firm tofu
- 50 g Brown rice
- 100 g Carrot
- 100 g Zucchini
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Sauté cubed tofu and thinly sliced vegetables in oil with a splash of water. Add a little grated ginger if tolerated.

Make it work for you

Ginger is optional flavor, not a promised nausea treatment; omit if it bothers you.

Recipe review note

Time increased for regular brown rice. Ginger remains optional flavor, not a nausea treatment.

Allergens

Soy. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D5

White fish with sweet potato

Approximate time: 30 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 160 g White fish fillet
- 200 g Sweet potato
- 150 g Green beans
- 10 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Roast small sweet-potato cubes at 400°F with half the oil. Add fish after 15 minutes; cook to 145°F. Steam beans and add remaining oil.

Make it work for you

A mild alternative to a fried fish dinner; peel sweet potato if preferred. Sweet potato and beans still contribute fiber; this is not a low-fiber diarrhea meal.

Recipe review note

Fish must reach 145°F. Sweet potato and green beans contribute fiber; this is not a low-fiber diarrhea meal.

Allergens

Fish. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D6

Mild chicken and bean bowl

Approximate time: 50 minutes. Estimated total with regular brown rice; follow package cooking time. Faster rice changes timing.. Yield: one recipe portion.

Ingredients

- 140 g Chicken breast
- 80 g Canned black beans, drained
- 40 g Brown rice
- 100 g Bell pepper
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Sauté chicken and diced pepper in oil until chicken reaches 165°F. Add rinsed beans and heat through; serve over rice.

Make it work for you

Use cooked zucchini instead of pepper if needed; reduce beans during gas/fullness flares.

Recipe review note

Time increased for regular brown rice. Beans and peppers may aggravate bloating; substitutions change shopping quantities.

Allergens

None inherent. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D7

Turkey meatballs with couscous

Approximate time: 30 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Lean ground turkey
- 15 g Rolled oats
- 50 g Whole-wheat couscous
- 150 g Zucchini
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Mix turkey with oats and a little water; shape small meatballs. Bake at 400°F to 165°F internally. Prepare couscous as labeled; sauté zucchini in oil.

Make it work for you

Moisten with broth at serving if dry textures are unappealing.

Recipe review note

Ground turkey must reach 165°F. Binding and cooked yield require kitchen testing; couscous contains wheat.

Allergens

Wheat; oats may have gluten cross-contact. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D8

Shrimp and spinach rice skillet

Approximate time: 20 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 160 g Peeled shrimp
- 50 g White rice
- 70 g Spinach
- 100 g Zucchini
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Sauté zucchini in oil; add shrimp and cook until flesh is pearly/opaque. Wilt spinach and combine with rice.

Make it work for you

Skip chili and acidic sauces during reflux flares.

Recipe review note

Shrimp must be pearly/white and opaque. Shellfish allergy warning retained.

Allergens

Shellfish. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D9

Lentil tofu shepherd’s bowl

Approximate time: 35 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 40 g Dry red lentils
- 120 g Firm tofu
- 180 g Potato
- 100 g Carrot
- 180 mL Low-sodium vegetable broth
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Simmer lentils and carrot in broth until soft; add crumbled tofu and heat thoroughly. Boil and mash potato with oil and water; spoon over filling.

Make it work for you

A plant-based option for days when legumes are comfortable, not a low-fiber symptom meal.

Recipe review note

Vegetable broth specified. Lentils can worsen bloating; this is not a low-fiber symptom meal.

Allergens

Soy; check broth. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

DINNER / D10

Lean beef vegetable bowl

Approximate time: 50 minutes. Estimated total with regular brown rice; follow package cooking time. Faster rice changes timing.. Yield: one recipe portion.

Ingredients

- 140 g Lean ground beef
- 50 g Brown rice
- 150 g Zucchini
- 80 g Carrot
- 5 mL Olive oil

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook rice. Brown beef to 160°F; add vegetables and oil, with water as needed, and cook until tender. Serve with rice.

Make it work for you

A variety option; rotate with fish, poultry, and plant proteins rather than relying on red meat daily.

Recipe review note

Time increased for regular brown rice. Ground beef must reach 160°F.

Allergens

None inherent. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S1

Kiwi yogurt cup

Approximate time: 5 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Plain low-fat Greek yogurt
- 75 g Kiwi

Water as needed; optional mild herbs or spices to taste.

Preparation

Peel and dice kiwi; serve over yogurt.

Make it work for you

A fruit-and-dairy snack; individual bowel response varies. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Snack, not a meal replacement.

Allergens

Milk. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S2

Cottage cheese and melon

Approximate time: 5 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Low-fat cottage cheese
- 150 g Melon

Water as needed; optional mild herbs or spices to taste.

Preparation

Cube melon and serve with cottage cheese.

Make it work for you

Use lactose-free cottage cheese if required. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

Snack, not a meal replacement.

Allergens

Milk. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S3

Egg and crackers

Approximate time: 15 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 1 each Eggs
- 25 g Whole-grain crackers

Water as needed; optional mild herbs or spices to taste.

Preparation

Cook the egg until both white and yolk are firm, cool safely, and serve with crackers.

Make it work for you

Swap plain crackers when a blander texture is preferred.

Recipe review note

Hard-cooked egg endpoint clarified. A snack; crackers may contain additional allergens.

Allergens

Egg, usually wheat; check cracker label. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S4

Warm edamame snack

Approximate time: 8 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

• 100 g Shelled edamame

Water as needed; optional mild herbs or spices to taste.

Preparation

Steam or microwave according to the package until cooked. Cool to a comfortable temperature.

Make it work for you

Legumes can cause gas; choose another snack if not tolerated.

Recipe review note

Snack, not a meal replacement. Follow the frozen edamame package cooking instructions; soy is present.

Allergens

Soy. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S5

Small banana yogurt smoothie

Approximate time: 5 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 150 g Plain low-fat Greek yogurt
- 100 mL Low-fat milk
- 60 g Banana

Water as needed; optional mild herbs or spices to taste.

Preparation

Blend until smooth with a little water if needed; sip slowly.

Make it work for you

This contains whole fruit, not a large juice base. Divide if volume feels excessive. Lactose-free dairy still contains milk protein; it is not a substitute for milk allergy.

Recipe review note

A small snack smoothie, not a complete meal replacement.

Allergens

Milk. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.

SNACKS / S6

Hummus and soft carrots

Approximate time: 12 minutes. Estimated total; size, equipment, and package instructions affect timing. Yield: one recipe portion.

Ingredients

- 50 g Hummus
- 100 g Carrot
- 20 g Whole-grain crackers

Water as needed; optional mild herbs or spices to taste.

Preparation

Steam carrot sticks until comfortably tender; cool and serve with hummus and crackers.

Make it work for you

Beans, garlic in hummus, or crackers may not suit every symptom pattern.

Recipe review note

Snack, not a meal replacement. Hummus generally contains sesame; crackers may contain wheat and other allergens.

Allergens

Usually sesame and wheat. Check labels and cross-contact.

Your notes or preferred adaptations

Original recipe draft. Nutrition analysis and kitchen testing pending. Portions and additions should meet your individual needs.