





one day meal plan

Crohn's disease and ulcerative colitis

| Meal | One Day Meal Plan |
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|  Breakfast | <p>Mini Vegetable Omeletes Serve with: 2 slices white bread (toasted) and 1 Tbsp. jelly</p> <p>Morning Snack: 1 container milk -alternative yogurt</p> <p>580 Calories 21g Fat 74g Carbs 23g Protein</p> |
|  Lunch | <p>Turkey and Apple Butter Sandwich Serve with: 1 cup cantaloupe</p> <p>482 Calories 17g Fat 59g Carbs 23g Protein</p> |
|  Dinner | <p>Pan Seared Turmeric Salmon Serve with: ¼ cup white rice and ½ cup steamed green beans</p> <p>362 Calories 20g Fat 26g Carbs 27g Protein</p> |
|  Snack | <p>Banana Bread Serve with: 1 slice of banana bread with 1 Tbsp. smooth, peanut butter</p> <p>304 Calories 20g Fat 39g Carbs 8g Protein</p> |
| <p>Daily Total:</p> | <p>1728 Calories 78g Fat 198g Carbs 81g Protein</p> |