

STANDARD 7-DAY GALLBLADDER DIET MENU

FROM: / / TO: / /

	BREAKFAST	SNACK 1	LUNCH	DINNER
MON	Oatmeal with fresh berries and skim milk	Low-fat Greek yogurt with a few berries	Vegetable soup with whole-wheat bread and hummus	Grilled skinless chicken breast, steamed broccoli, brown rice
TUE	Egg white scramble with spinach, 1 slice whole-wheat toast	Apple slices with 1 tbsp peanut butter	Turkey breast sandwich on whole-wheat with lettuce, tomato, mustard	Baked salmon (3–4 oz), roasted asparagus, quinoa
WED	Low-fat Greek yogurt with fruit and 1 tbsp chopped nuts	Carrot sticks with 2 tbsp hummus	Lentil salad with cucumber, tomato, onion, parsley, lemon dressing	Tofu and vegetable stir-fry with brown rice
THU	Whole-wheat pancakes with blueberries, light maple syrup	Low-fat cottage cheese with pineapple chunks	Chicken noodle soup (low-fat broth) with whole-grain crackers	Whole-wheat spaghetti with turkey meatballs and marinara
FRI	Smoothie with skim milk, banana, strawberries, oats	Air-popped popcorn with olive oil spray and sea salt	Bean burrito on whole-wheat tortilla with salsa, low-fat cheese, lettuce	Roasted chicken breast with mashed potatoes (skim milk), green beans
SAT	Whole-wheat French toast with raspberries (egg whites + skim milk)	Dried apricots with 2 squares dark chocolate	Vegetable lasagna with low-fat ricotta and spinach	Baked cod with roasted sweet potato and Brussels sprouts
SUN	Whole-grain cereal with skim milk and sliced banana	Rice cakes with 1 tbsp almond butter	Tomato soup with grilled low-fat cheese on whole-wheat	Roasted turkey breast with sweet potatoes and Brussels sprouts