

Sample Low Fiber Meal Plan

Up to one week before your procedure you should try and create a low-fiber meal plan. Try and consume white breads, pasta, noodles, white rice, and potatoes without skin. Canned or well-cooked vegetables or fruit without seeds or skin on are okay. Try to eat tender meats like chicken or fish

Here is a sample meal plan starting 4 days before your colonoscopy



4 days before

- **Breakfast:** eggs, white toast, jam
- **Lunch:** turkey sandwich on white bread with avocados, baked potato chips
- **Dinner:** grilled chicken thighs, sautéed mushrooms, white rice cooked in mushroom broth



3 days before your colonoscopy

- **Breakfast:** Greek yogurt with bananas and honey topping
- **Lunch:** tuna with olive oil and lemon juice on sour dough bread, honeydew melon cubes
- **Dinner:** cedar plank wild salmon (no colouring), sautéed spinach with garlic, Israeli couscous



2 days before your colonoscopy

- **Breakfast:** half cantaloupe with Greek yogurt and honey topping
- **Lunch:** turkey sandwich on sour dough bread, honeydew melon cubes
- **Dinner:** Orecchiette



1 day before your colonoscopy

- **Liquid diet all day**
- **Colonoscopy prep kit, purchased from your local pharmacy**