

**BREAKFAST,  
LUNCH,  
DINNER, &  
SNACKS**

# **DIVERTICULITIS DIET**

---

## **1-DAY MEAL PLAN**

**14 gm Fiber**

### **BREAKFAST**

- 2 eggs, cooked
- 1 Tbsp olive oil
- 1 slice sourdough bread
- 1/4 avocado

### **AM SNACK**

- 1 cup Greek yogurt, plain, low fat
- 1 medium banana

### **LUNCH**

- 3 oz grilled chicken breast, skinless
- 1 Tbsp olive oil
- 1/2 cup steamed white rice
- 2 cups well-cooked spiraled zucchini
- 1 Tbsp pesto

### **PM SNACK**

- 1 rice cake
- 2 Tbsp smooth peanut butter
- 1 cup apple juice

### **DINNER**

- 3 oz baked salmon
- 1 Tbsp olive oil
- 1/2 cooked potato, no skin
- 1 Tbsp butter