

# E Coli Recovery Diet

Patient information					
Name:			Age:		
Height:		Weight:		Date:	
Goals					
Week : Focus on hydrating and soothing foods.					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

**Week** : Gradual reintroduction of diverse foods like lean proteins, probiotics, and low-fiber vegetables while avoiding irritants.

Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

**Sample diet plan**

Day	Breakfast	Lunch	Snack	Dinner	Notes
Week 1: Day 1	Plain oatmeal with banana	Bone broth with white rice	Applesauce	Baked chicken with steamed rice	No notes
Week 2: Day 1	1 ripe banana 1 slice of white toast (without butter)	Grilled chicken breast (about 3 oz), seasoned lightly with salt 1/2 cup of white rice	1 small container of low-fat yogurt (plain or with probiotics)	Baked fish fillet (like cod or tilapia, about 3 oz), seasoned lightly, Mashed potatoes (1/2 cup, made without butter)	Continue to prioritize hydration throughout the day.

**Shopping list****Additional notes****Healthcare professional information**

Name:

License number:

Contact details:

Signature: