

## Plant-based Clear Liquid Diet for Bowel Prep:

*Everything is vegan, free of dairy, and avoids any residue, pulp, or fiber.*

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### Plant-Based Clear Liquid Diet (Bowel Prep)

**Goal:** *Only liquids you can see through when held up to the light.*

No pulp, no protein shakes, no milk, no smoothies, no cream soups.

### Allowed (Vegan, Clear, Zero-Residue)

#### Clear Beverages

- Water
- Coconut water (no pulp)
- Clear electrolyte drinks (lemon-lime, orange, fruit punch **as long as they are not red or purple**)
- Pedialyte-type electrolyte solutions (non-red, non-purple)

#### Broths (Plant-Based)

- Clear vegetable broth (strained completely—no herbs, no pieces)
- Strained miso broth (no tofu pieces, no seaweed)

#### Juices (NO PULP)

- Apple juice
- White grape juice
- Cranberry juice (not cranberry cocktail with fiber pieces)
- Lemonade (strained, no pulp)
- Limeade (strained)

#### Teas & Coffee

- Black tea
- Herbal tea (ginger, peppermint)
- Black coffee  
(**No milk, creamers, nut milks, or soy milk** — they make it “cloudy,” not clear.)

### **Sweets / Treats / Energy**

- Plain popsicles (non-dairy, no pulp, not red or purple)
  - Italian ice or sorbet **if fully transparent** (lemon is usually okay)
  - Hard candies (lemon drops, clear mints—avoid red/purple)
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### **AVOID!!!!**

- Juice with pulp
  - Smoothies
  - Plant milks (soy, almond, oat, coconut milk)
  - Protein drinks
  - Creamy soups, broths with solids
  - Red or purple liquids
  - Gelatin (not vegan unless using specific vegan gel desserts—most are NOT considered clear and are restricted)
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### **Sample Plant-Based Clear Liquid Diet Day (Bowel Prep)**

#### **Morning**

- Warm lemon water
- Strained apple juice
- Herbal tea (ginger or peppermint)

#### **Late Morning**

- 1–2 cups clear vegetable broth
- Electrolyte drink (yellow or orange)

#### **Afternoon**

- Coconut water (no pulp)
- Clear broth

- White grape juice
- Lemon Italian ice

### **Evening (During Prep)**

- Electrolyte drink (light-colored)
- Clear broth
- Hot tea or black coffee
- Hard candies

**Keep drinking throughout the day to avoid dehydration.**

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### **Plant-Based “Clear Broth” Ideas**

(ALL must be strained through a fine mesh strainer or cheesecloth)

#### **1. Simple Clear Vegetable Broth**

- Water
- Small amounts of onion, carrot, celery
- Salt

***Simmer 45 minutes → strain until completely clear***

#### **2. Miso-Style Clear Broth**

- Water
- A small amount of miso paste whisked in, then poured through a very fine strainer  
***Result: flavored, nearly clear, acceptable for most bowel-prep guidelines if not cloudy.***

#### **3. Ginger Broth**

- Water + sliced ginger
- A dash of soy sauce  
***Simmer → strain***