

Low-Fiber/ Low-Residue Diet Guidelines for Plant Based Diet:

This meal plan is to be used for periods when you need to reduce bowel volume or irritation (e.g., flares, bowel prep, post-procedure).

Everything below stays vegan, low-fiber, and as gentle as possible on digestion.

Principles of a Low-Fiber, Low-Residue Plant-Based Diet

To stay plant-based while minimizing fiber:

Foods Allowed / Well-Tolerated

Grains (refined only):

- White rice
- White pasta
- White bread
- Flour tortillas
- Low-fiber cereals (cornflakes, puffed rice, Rice Krispies)

Protein:

- Firm tofu (silken is usually best tolerated)
- Tempeh *only if well-tolerated* (some find it too fibrous; use sparingly)
- Vegan protein powders (rice, pea, soy isolates — avoid ones with added greens/fiber)
- Plant-based yogurts (coconut, almond, soy—*no seeds, no fruit chunks*)

Fruits (peeled, cooked, or canned):

- Applesauce
- Very ripe banana (limit to ½–1 per day if sensitive)
- Canned peaches or pears (in juice, not syrup)
- Melon
- Smooth fruit juices (no pulp)

Vegetables (cooked soft, no skins, no seeds):

- Carrots
- Zucchini (peeled)
- Yellow squash (peeled)
- Potatoes (no skins)
- Beets
- Pumpkin or squash purée
- Green beans *if well-cooked*

Fats:

- Olive oil
- Avocado oil
- Coconut oil
- Margarine/vegan butter

Extras:

- Clear broths + miso broth (strained)
- Plant milks
- Maple syrup, agave
- Salt, mild sauces (avoid chunky salsas)

Foods to Avoid

- All raw vegetables
- Leafy greens
- Nuts, seeds, nut butters with chunks
- Beans, lentils, chickpeas
- Whole grains (brown rice, quinoa, oats, bran)
- Berries
- Corn

- Popcorn
 - Dried fruit
 - High-fiber meat substitutes (Beyond, Impossible, seitan with wheat fiber added)
 - Anything with added fiber (inulin, chicory root, psyllium)
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Sample 3-Day Plant-Based Low-Fiber / Low-Residue Meal Plan

Day 1

Breakfast:

- White toast with vegan butter & small amount of smooth peanut butter (no chunks)
- Applesauce
- Herbal tea

Lunch:

- White rice bowl with soft tofu, peeled cooked zucchini, and a drizzle of soy sauce
- Canned peaches

Snack:

- Coconut yogurt (plain)
- Rice crackers

Dinner:

- Mashed potatoes (no skins)
 - Steamed peeled carrots
 - Silken tofu blended with vegetable broth as a savory sauce
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Day 2

Breakfast:

- Rice cereal (e.g., Rice Krispies) with soy milk
- Ripe banana, mashed

Lunch:

- White pasta with olive oil & a small amount of smooth marinara (strained)
- Cooked peeled yellow squash

Snack:

- Smoothie: soy milk + protein powder + banana (if tolerated)

Dinner:

- Soft polenta
 - Pureed pumpkin with a spoon of vegan butter
 - Baked tofu (soft)
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Day 3**Breakfast:**

- White flour tortilla with scrambled silken tofu (very soft), mild spices
- Applesauce

Lunch:

- Miso broth (strained) with very soft noodles
- Cooked carrots

Snack:

- Canned pears
- Rice cakes

Dinner:

- White rice congee with ginger
 - Soft cooked beets
 - Olive oil drizzle
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Low-Fiber, Low-Residue Plant-Based Meal Ideas

- White rice + soft tofu + pureed carrot sauce
- Vegan mashed potato bowls
- Tofu miso soup (strained)
- Pumpkin soup (blended completely smooth)
- White pasta + olive oil + pureed squash
- Smooth plant yogurt + canned fruit (no skins)
- Congee with tofu

Plant-Based Low-Residue Grocery List

Grains: white rice, white bread, pasta, rice noodles, tortillas, cream of rice, rice cereal

Proteins: silken tofu, firm tofu, soy yogurt, pea/soy protein powder (no added fiber)

Fruits: applesauce, canned peaches/pears, ripe bananas, melon, pulp-free juices

Vegetables: carrots, yellow squash, zucchini (peeled), potatoes (no skin), pumpkin purée, beets

Beverages: almond milk, soy milk, coconut water

Pantry: olive oil, vegan butter, maple syrup, broths, coconut milk, mild sauces