Mary's Current Meal Plan Base

Diagnoses & Needs

- **Gastroparesis:** Slow stomach emptying requires small, frequent meals to reduce bloating and nausea.

- **Mild Lactose Intolerance:** Small amounts of hard cheeses or probiotic yogurt are generally tolerated.

- **Texture Sensitivity:** Prefers foods with a single, consistent texture—soft items must be truly soft and moist; crunchy items truly crisp; avoid unexpected texture changes in a bite.

- **Chronic Pain & Low Energy:** Limits meal prep to minimal-effort, low-handling options.

- **College Independence:** Requires ready-to-eat or easy-reheat meals suitable for dorm living.

Food Restrictions

- **No Corn (any form or derivative):** Treats corn like an intolerance—avoid cornmeal, cornstarch, corn oil, corn syrup, and all hidden corn ingredients.

- **No Pork, Avocado, Pickles, Raw Vegetables/Salads, Tofu, Wheat, Whole Grains, Bananas with Brown Spots, or Tomatoes (except limited sauce).

- **Fish:** Tuna ~1×/week to meet fish requirement; imitation crab (surimi) allowed for variety but not a full substitute for real fish nutrients.

- **Eggs:** Limit to 1/week or 2/month, only if tolerated.

- **Broccoli:** Liked but must be well-cooked and trialed individually for texture tolerance.

Carbohydrates

- Only refined/white options:
    - Mashed potatoes (smooth)
    - Well-cooked white rice (no whole grain)
    - Plain soft pasta (no corn; limited tomato sauce if tolerated)
    - Soft, refined white sandwich bread (no wheat/whole grain/corn) and refined flour tortillas (no corn) — sandwiches or wraps okay if fillings meet restrictions and texture needs.
    - Crunchy: Plain crackers or breadsticks (no corn, no whole grain) are permitted for distinct crunchy snacks.

Proteins

- Pre-sliced deli meats (roast beef, chicken) verified corn-free
- Turkey (deli or cooked, moist)
- Lactose-free cheese and probiotic yogurt in small amounts
- Eggs (limited)
- Tuna weekly; imitation crab optional for variety

Fruits & Vegetables

- Cooked/peeled only:
  - Soft: Ripe banana (no spots), peeled/baked apple or pear, soft-cooked carrots, green beans, squash
  - Trialed: Well-cooked broccoli for preference and texture tolerance
- Crunchy: Crisp peeled apple or cucumber slices if tolerated

Fats

- Olive oil, lactose-free butter, and small portions of regular butter if tolerated

Meal Timing & Appliances

- **Solids:** 10:30 am, 1:30 pm, 4:30 pm; **Liquids only after 5 pm** to minimize nighttime gastroparesis symptoms.
- **Prep:** Batch-cook on low-pain days and pre-portion for grab-and-go; enlist campus support if needed.
- **Warming:** Toaster oven and stovetop for gentle reheating/crisping; microwave minimized but not forbidden.
- Foods must be safe at room temperature or cold for low-energy days.

Corn-Derived Sugars & Oils

- Strictly avoid all whole-corn products; permit cautious trials of processed corn-derived sugars and oils (e.g., corn syrup, corn oil) with careful symptom tracking, given infrequent nutritionist check-ins

Mayo Clinic. "Gastroparesis: Symptoms & causes." Mayo Clinic, www.mayoclinic.org/diseases-conditions/gastroparesis/symptoms-causes/syc-20355769.
National Institute of Diabetes and Digestive and Kidney Diseases. "Lactose Intolerance." NIDDK, www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance.
American Speech-Language-Hearing Association. "Adult Feeding and Swallowing." ASHA, www.asha.org/Practice-Portal/Clinical-Topics/Adult-Feeding-Swallowing/.
National Institute of Neurological Disorders and Stroke. "Chronic Pain Information Page." NINDS, www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Chronic-Pain-Fact-Sheet.

Harvard Health Publishing. "The truth about meal timing." Harvard Health, www.health.harvard.edu/staying-healthy/the-truth-about-meal-timing.