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Breakfast

1. Banana Oat Pancakes

These soft, fluffy pancakes are easy on the stomach, packed with nutrients, and naturally sweetened. They are perfect for a **gentle yet satisfying breakfast**.

Ingredients:

- 1 ripe banana (the riper, the better for natural sweetness)
- ½ cup rolled oats (use gluten-free if needed)
- 1 egg
- ¼ cup almond milk (or lactose-free milk)
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon honey (optional, for extra sweetness)
- 1 teaspoon coconut oil (for cooking)

Instructions:

1. **Blend the batter:** In a blender, combine the banana, oats, egg, almond milk, baking powder, cinnamon, and vanilla extract. Blend until smooth. The mixture should be slightly thick.
2. **Let it rest:** Allow the batter to sit for about **5 minutes** to let the oats absorb some liquid. This will give the pancakes a fluffier texture.
3. **Heat the pan:** Place a non-stick pan over **medium-low heat** and add the coconut oil.
4. **Cook the pancakes:** Pour small circles of batter onto the pan (about **¼ cup per pancake**). Cook for **2-3 minutes** until bubbles start forming on the surface. Flip carefully and cook for another **1-2 minutes**.
5. **Serve warm:** Enjoy as they are or with a drizzle of honey.

2. Soft Scrambled Eggs with Avocado

A simple, creamy, and protein-packed breakfast that's **easy on digestion**. The healthy fats from the avocado help with nutrient absorption while keeping the meal soothing.

Ingredients:

- 2 eggs
- 2 tablespoons lactose-free milk (or water for extra fluffiness)
- ½ ripe avocado, mashed
- 1 teaspoon unsalted butter or olive oil

- A pinch of salt (optional)

Instructions:

1. **Whisk the eggs:** In a small bowl, gently whisk the eggs with the lactose-free milk (or water). Whisk until fully mixed but **not overly foamy**.
2. **Heat the pan:** Place a non-stick pan over **low heat** and melt the butter or add the olive oil.
3. **Slowly cook the eggs:** Pour the eggs into the pan and let them sit for **30 seconds** without stirring.
4. **Gently stir:** Use a spatula to **slowly push** the eggs from the edges to the center. Repeat every **30 seconds** for a **soft, creamy texture**.
5. **Remove from heat:** Just before they fully set, remove the pan from heat—the eggs will continue to cook from residual heat.
6. **Serve with avocado:** Spoon the scrambled eggs onto a plate and top with mashed avocado.

3. Soothing Rice Porridge with Honey & Cinnamon

This warm, nourishing porridge is **gentle on the stomach**, easy to digest, and naturally sweetened for a **comforting meal**.

Ingredients:

- ½ cup white rice (short-grain or jasmine works best)
- 2 cups water
- ½ cup lactose-free milk or almond milk
- ½ teaspoon cinnamon
- 1 teaspoon honey
- 1 teaspoon coconut oil (for extra creaminess)

Instructions:

1. **Rinse the rice:** Rinse the rice under cool water **until the water runs clear**. This removes excess starch for a smoother texture.
2. **Cook the rice:** In a saucepan, bring 2 cups of water to a boil. Add the rice, reduce heat to **low**, and cover. Simmer for **20-25 minutes**, stirring occasionally.
3. **Add milk and cinnamon:** Once the rice is very soft and slightly broken down, add the lactose-free milk and cinnamon. Stir well.
4. **Simmer until creamy:** Let it cook for another **5 minutes**, stirring occasionally, until thickened.
5. **Sweeten and serve:** Stir in the honey and a little coconut oil for a silky finish. Serve warm.

4. Kefir Smoothie with Banana & Blueberry

A **probiotic-packed smoothie** that is **gentle on digestion** and provides essential nutrients while supporting gut health.

Ingredients:

- 1 cup kefir (lactose-free or dairy-free if needed)
- 1 ripe banana
- ½ cup fresh or frozen blueberries
- 1 teaspoon honey (optional)
- ½ teaspoon vanilla extract

Instructions:

1. **Blend everything together:** Add the kefir, banana, blueberries, honey, and vanilla extract into a blender.
2. **Blend until smooth:** Blend on high for **30-45 seconds** until the smoothie is completely smooth and creamy.
3. **Taste and adjust:** If needed, add a little more honey for sweetness.
4. **Serve immediately:** Pour into a glass and enjoy chilled.

5. Creamy Mashed Sweet Potatoes with Cinnamon

These **naturally sweet mashed potatoes** are easy to digest and packed with **gut-friendly fiber** and essential nutrients.

Ingredients:

- 2 medium sweet potatoes, peeled and chopped
- ½ cup lactose-free milk or almond milk
- 1 teaspoon coconut oil or unsalted butter
- ½ teaspoon cinnamon
- 1 teaspoon honey (optional)

Instructions:

1. **Boil the sweet potatoes:** Place the chopped sweet potatoes in a pot of water. Bring to a **boil** and cook for **15-20 minutes** until fork-tender.
2. **Drain and mash:** Drain the water and transfer the potatoes to a bowl. Use a **potato masher or fork** to mash until smooth.

3. **Add milk and mix:** Gradually add the **lactose-free milk**, stirring well to create a creamy consistency.
4. **Season with cinnamon:** Mix in the cinnamon and coconut oil for added flavor and richness.
5. **Sweeten if needed:** If desired, add a teaspoon of honey for extra sweetness.
6. **Serve warm:** Enjoy as a side dish or a comforting snack.

6. Baked Apples with Honey & Coconut Oil

A warm, comforting treat that's gentle on the gut and naturally sweetened. The apples become soft and caramelized, making them easy to digest.

Ingredients:

- 2 large apples (Honeycrisp or Gala work best)
- 2 tablespoons coconut oil (melted)
- 2 tablespoons honey (or maple syrup if preferred)
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract (optional)
- A pinch of sea salt

Instructions:

1. **Preheat & Prep:** Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper to prevent sticking.
2. **Prepare the Apples:** Wash the apples thoroughly, then cut them in half and remove the cores using a spoon or a paring knife. You want a small well in the center for the honey and coconut oil.
3. **Mix the Flavorful Topping:** In a small bowl, whisk together the melted coconut oil, honey, cinnamon, vanilla extract, and a pinch of sea salt.
4. **Coat the Apples:** Brush or spoon the mixture generously over the apple halves, making sure some of it pools in the center.
5. **Bake Until Tender:** Place the apples cut-side up in the baking dish. Cover with foil and bake for 25 minutes. Then, remove the foil and bake for another 10–15 minutes until the apples are soft and caramelized.
6. **Serve & Enjoy:** Let the apples cool for a few minutes before serving. They are delicious as is or topped with a spoonful of lactose-free yogurt for extra creaminess.

7. Soft Boiled Eggs with White Toast Soldiers

A simple, nourishing meal that provides easy-to-digest protein and gentle carbohydrates. The eggs are cooked just enough to keep the yolks silky and perfect for dipping.

Ingredients:

- 2 large eggs
- 2 slices of soft white bread (gluten-free if needed)
- 1 teaspoon unsalted butter (optional)
- A pinch of salt

Instructions:

1. **Boil the Water:** Fill a small saucepan with enough water to cover the eggs. Bring it to a gentle boil over medium heat.
 2. **Add the Eggs Carefully:** Lower the eggs into the water using a spoon to prevent cracking. Reduce the heat to maintain a gentle simmer.
 3. **Cook to Perfection:** Let the eggs cook for exactly 6 minutes for soft, runny yolks or 7 minutes for slightly firmer yolks.
 4. **Prepare the Toast:** While the eggs cook, toast the bread until lightly golden and soft. Spread with a little butter if desired and cut into thin strips (“soldiers”).
 5. **Cool & Peel:** Once the eggs are done, transfer them to a bowl of cold water for 30 seconds to make peeling easier. Gently tap the shell and peel carefully.
 6. **Serve & Dip:** Place the eggs in an egg cup or small bowl. Slice off the top and season with a pinch of salt. Dip the toast soldiers into the yolk and enjoy!
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8. Almond Butter & Banana Oatmeal

A creamy, soothing breakfast that’s rich in healthy fats and easy on digestion. The natural sweetness from the banana makes it extra delicious!

Ingredients:

- ½ cup rolled oats (quick-cooking or gluten-free if needed)
- 1 cup almond milk (or water)
- ½ ripe banana, mashed
- 1 tablespoon almond butter
- ½ teaspoon cinnamon
- 1 teaspoon honey or maple syrup (optional)
- A pinch of salt

Instructions:

1. **Cook the Oats:** In a small saucepan, bring the almond milk (or water) to a gentle simmer. Stir in the oats and cook over low heat, stirring occasionally, for about 5 minutes until soft.
2. **Mash & Mix:** While the oats are cooking, mash the banana in a bowl. Add it to the oats and stir well.

3. **Add Flavor:** Stir in the almond butter, cinnamon, and a pinch of salt. If you like it sweeter, drizzle in some honey or maple syrup.
4. **Adjust Texture:** If the oatmeal gets too thick, add a splash of warm almond milk to reach your desired consistency.
5. **Serve Warm:** Pour into a bowl and enjoy while warm. You can top it with an extra drizzle of almond butter or a few banana slices for added texture.

9. Homemade Applesauce with Cinnamon

This naturally sweet, gut-soothing applesauce is free from preservatives and perfect for gentle digestion. It can be eaten on its own or stirred into oatmeal and yogurt.

Ingredients:

- 4 medium apples (peeled, cored, and chopped)
- ½ cup water
- ½ teaspoon cinnamon
- 1 teaspoon honey or maple syrup (optional)

Instructions:

1. **Prepare the Apples:** Peel, core, and chop the apples into small chunks to help them cook faster.
2. **Simmer Until Soft:** In a saucepan, combine the apples, water, and cinnamon. Bring to a boil, then reduce heat to low and cover. Let it simmer for 15–20 minutes until the apples are very soft.
3. **Mash or Blend:** For a chunkier texture, use a fork or potato masher to mash the apples. For a smoother applesauce, blend with an immersion blender or food processor.
4. **Sweeten if Needed:** Taste the applesauce—if it's tart, stir in a little honey or maple syrup.
5. **Cool & Store:** Let it cool before serving. Store leftovers in the fridge for up to 5 days.

10. Warm Golden Milk (Turmeric & Almond Milk)

A soothing, anti-inflammatory drink that calms the digestive system and promotes healing. The turmeric and cinnamon add warmth, while the almond milk makes it creamy and comforting.

Ingredients:

- 1 cup unsweetened almond milk
- ½ teaspoon turmeric powder

- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- ½ teaspoon honey or maple syrup
- A pinch of black pepper (optional, to enhance turmeric absorption)

Instructions:

1. **Heat the Milk:** In a small saucepan, warm the almond milk over low heat. Do not let it boil—just warm it gently.
2. **Whisk in the Spices:** Add the turmeric, cinnamon, and black pepper (if using). Stir continuously to dissolve the spices.
3. **Add Sweetness & Flavor:** Stir in the vanilla extract and honey (or maple syrup) for a touch of sweetness.
4. **Simmer & Infuse:** Let the mixture simmer on low for 5 minutes, stirring occasionally. This allows the flavors to blend beautifully.
5. **Strain & Serve:** If you prefer a smoother texture, strain the milk through a fine mesh sieve. Pour into a mug and enjoy warm.

11. Steamed Pears with Honey & Ginger

A soft, naturally sweet dessert that's gentle on the gut, warm, and comforting.

Ingredients

- 2 ripe pears (Bosc or Anjou work well)
- 1 tablespoon honey (or maple syrup if preferred)
- ½ teaspoon freshly grated ginger
- ¼ teaspoon cinnamon (optional)
- ¼ cup water
- 1 teaspoon lemon juice

Preparation

1. **Prepare the Pears:** Wash, peel, and core the pears. Slice them in half or quarters for even steaming.
2. **Set Up the Steamer:** Fill a small pot with about an inch of water. Place a steamer basket inside and bring the water to a gentle simmer.
3. **Steam the Pears:** Arrange the pear slices in the steamer basket. Cover and steam for about 10–15 minutes, or until the pears are fork-tender.
4. **Make the Honey-Ginger Drizzle:** While the pears steam, mix the honey, grated ginger, and lemon juice in a small bowl. If using cinnamon, add it here.
5. **Serve & Enjoy:** Once the pears are soft, transfer them to a plate and drizzle with the honey-ginger mixture. Serve warm and enjoy the soothing flavors.

12. Low-Fiber Yogurt Parfait with Honey & Chia Seeds

A gentle, probiotic-rich breakfast or snack that's easy on the digestive system.

Ingredients

- 1 cup plain lactose-free yogurt (or regular if tolerated)
- 1 teaspoon honey
- 1 teaspoon chia seeds (soaked in water for 10 minutes to soften)
- ½ banana, sliced (optional for added creaminess)

Preparation

1. **Prepare the Chia Seeds:** Soak the chia seeds in 2 tablespoons of water for about 10 minutes until they form a gel-like consistency. This makes them easier to digest.
2. **Layer the Parfait:** In a glass or bowl, start with a layer of yogurt, followed by a drizzle of honey and a few slices of banana.
3. **Add the Chia Seeds:** Spoon the softened chia seeds over the banana layer.
4. **Repeat Layers:** Continue layering until all ingredients are used, finishing with a drizzle of honey on top.
5. **Serve & Enjoy:** Let the parfait sit for a couple of minutes so the flavors meld, then enjoy this creamy, gut-friendly treat!

13. Gentle Rice Cereal with Almond Milk

A warm, soothing, and nourishing breakfast that's easy to digest.

Ingredients

- ½ cup white rice (short or medium grain)
- 2 cups water
- ½ cup unsweetened almond milk (or lactose-free milk)
- 1 teaspoon honey or maple syrup
- ½ teaspoon cinnamon (optional)

Preparation

1. **Cook the Rice:** Rinse the rice under cold water until the water runs clear. In a small pot, bring 2 cups of water to a boil, then add the rice. Reduce the heat to low, cover, and let it simmer for about 20 minutes or until very soft.
2. **Mash or Blend:** Once the rice is fully cooked and soft, mash it gently with a fork or blend it with an immersion blender for an extra-smooth consistency.

3. **Add the Almond Milk:** Pour in the almond milk and stir to combine. Let it warm over low heat for 2–3 minutes, stirring occasionally.
 4. **Sweeten & Flavor:** Add honey or maple syrup, and cinnamon if using. Stir well.
 5. **Serve & Enjoy:** Pour into a bowl and enjoy warm for a comforting, easy-to-digest breakfast.
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14. Fluffy Scrambled Tofu with Herbs

A protein-packed, light, and easy-on-the-gut dish perfect for breakfast or a gentle meal.

Ingredients

- ½ block silken or soft tofu (about 6 oz)
- 1 teaspoon olive oil
- ¼ teaspoon turmeric (for color and anti-inflammatory benefits)
- ½ teaspoon dried oregano or parsley
- 1 tablespoon unsweetened almond milk (or water)
- Pinch of salt (optional, based on tolerance)

Preparation

1. **Prepare the Tofu:** Drain the tofu and pat it dry with a paper towel. Using a fork, gently crumble it into small pieces.
 2. **Heat the Pan:** In a non-stick pan, heat the olive oil over low-medium heat.
 3. **Cook the Tofu:** Add the crumbled tofu to the pan and stir gently. Let it cook for 2–3 minutes, stirring occasionally.
 4. **Season:** Sprinkle turmeric, dried oregano, and salt (if using) over the tofu. Stir to coat evenly.
 5. **Add Moisture:** Pour in the almond milk or water to keep the tofu soft and fluffy. Cook for another 2 minutes until everything is well combined and heated through.
 6. **Serve & Enjoy:** Transfer to a plate and enjoy warm with a side of steamed vegetables or plain toast if tolerated.
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15. Gut-Soothing Chamomile & Mint Tea

A warm, calming tea that helps ease digestive discomfort and inflammation.

Ingredients

- 1 chamomile tea bag (or 1 tablespoon dried chamomile flowers)
- 4 fresh mint leaves (or ½ teaspoon dried mint)
- 1 cup boiling water
- 1 teaspoon honey (optional)

Preparation

1. **Boil the Water:** Heat 1 cup of water until it reaches a gentle boil.
2. **Steep the Tea:** Place the chamomile tea bag and mint leaves into a mug. Pour the hot water over them.
3. **Cover & Let It Brew:** Cover the mug with a small plate or lid and let the tea steep for 5–7 minutes. This helps extract the maximum benefits from the herbs.
4. **Sweeten (Optional):** If desired, add a teaspoon of honey for extra soothing properties. Stir well.
5. **Serve & Sip Slowly:** Strain out the mint leaves if using fresh ones, then enjoy the tea warm for a relaxing, digestion-friendly drink.

16. Rice Cakes with Avocado & Honey

This simple, gut-friendly snack is light yet satisfying, offering a balance of healthy fats, natural sweetness, and a crunchy texture.

Ingredients:

- 2 plain rice cakes (unsalted)
- ½ ripe avocado
- 1 teaspoon honey (raw and organic if possible)
- A pinch of sea salt (optional)
- A sprinkle of cinnamon (optional)

Preparation:

1. **Prepare the avocado:** Cut the avocado in half, remove the pit, and scoop out the flesh into a small bowl. Mash it with a fork until it's smooth and creamy.
2. **Spread the avocado:** Evenly spread the mashed avocado onto the rice cakes. Make sure to cover the surface so each bite has that delicious creaminess.
3. **Drizzle with honey:** Using a small spoon, drizzle the honey over the avocado layer. This adds a gentle sweetness that balances the avocado's natural richness.
4. **Season (if desired):** If you like a bit of extra flavor, add a tiny pinch of sea salt or a sprinkle of cinnamon on top.
5. **Enjoy immediately:** Rice cakes can get soggy if they sit too long, so enjoy them fresh and crispy!

💡 *Tip:* If you prefer a little extra texture, you can add finely chopped almonds or a sprinkle of hemp seeds.

17. Baked Pumpkin with Almond Butter

Soft, warm pumpkin drizzled with creamy almond butter—it's comfort food at its finest while being gentle on digestion.

Ingredients:

- 2 cups fresh pumpkin (peeled and cut into cubes)
- 1 tablespoon almond butter
- ½ teaspoon cinnamon
- 1 teaspoon maple syrup (optional)
- 1 teaspoon coconut oil

Preparation:

1. **Preheat your oven:** Set it to 375°F (190°C) and line a baking sheet with parchment paper.
2. **Prepare the pumpkin:** Peel and chop the pumpkin into small cubes. The smaller the cubes, the faster they will cook.
3. **Coat with oil:** Place the pumpkin cubes in a bowl and toss them with melted coconut oil to prevent dryness while baking.
4. **Bake:** Spread the cubes on the baking sheet in a single layer and bake for about 25-30 minutes until soft and slightly caramelized.
5. **Drizzle the almond butter:** Once baked, transfer the pumpkin to a serving bowl and drizzle almond butter over the top while still warm.
6. **Sprinkle with cinnamon & maple syrup:** The cinnamon enhances the natural sweetness, and the maple syrup (if used) gives an extra depth of flavor.
7. **Enjoy warm:** This dish is best enjoyed fresh out of the oven.

💡 *Tip:* This can be a great breakfast or dessert. You can also mash the pumpkin slightly for a pudding-like texture.

18. Simple Banana Muffins (Gluten-Free)

These muffins are soft, naturally sweet, and easy on digestion—perfect for a snack or breakfast.

Ingredients:

- 2 ripe bananas (mashed)
- 2 eggs
- ½ cup almond flour
- ½ cup oat flour (gluten-free)
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoons honey or maple syrup

- ¼ cup coconut oil (melted)

Preparation:

1. **Preheat the oven:** Set it to 350°F (175°C) and line a muffin tin with paper liners.
2. **Mash the bananas:** In a mixing bowl, mash the ripe bananas until smooth.
3. **Mix the wet ingredients:** Add eggs, vanilla, honey (or maple syrup), and melted coconut oil. Stir well.
4. **Combine the dry ingredients:** In another bowl, mix almond flour, oat flour, baking powder, and cinnamon.
5. **Combine wet and dry:** Slowly fold the dry ingredients into the wet mixture until a smooth batter forms.
6. **Fill the muffin tin:** Spoon the batter evenly into the muffin liners, filling them about ¾ full.
7. **Bake:** Place the muffins in the oven and bake for 18-22 minutes, or until a toothpick comes out clean.
8. **Cool & enjoy:** Let them cool for a few minutes before eating.

💡 *Tip:* Store extra muffins in the fridge or freeze them for later.

19. Creamy Coconut Yogurt with Berries


A dairy-free, probiotic-rich yogurt topped with soft, juicy berries—gentle on digestion and packed with nutrients.

Ingredients:

- 1 cup unsweetened coconut yogurt
- ½ cup mixed berries (blueberries, raspberries, or strawberries)
- 1 teaspoon honey or maple syrup
- 1 tablespoon shredded coconut (optional)
- 1 teaspoon chia seeds (optional)

Preparation:

1. **Scoop the coconut yogurt into a bowl.** Make sure it's creamy and thick.
2. **Wash and prepare the berries.** If using larger berries like strawberries, chop them into smaller pieces.
3. **Sweeten the yogurt (optional).** If you prefer a sweeter taste, stir in a teaspoon of honey or maple syrup.
4. **Top with berries.** Arrange them on top of the yogurt for a fresh, juicy texture.
5. **Sprinkle extras (optional).** Add shredded coconut or chia seeds for a slight crunch and extra nutrition.
6. **Enjoy immediately.** This dish is best served fresh and chilled.

 *Tip:* If your stomach is sensitive, opt for ripe bananas instead of berries for an extra-soothing option.

20. Steamed Oatmeal with Blueberries

Soft, warm, and easy to digest—this oatmeal is gentle on the gut and full of nourishment.

Ingredients:

- ½ cup gluten-free rolled oats
- 1 cup water or almond milk
- ¼ teaspoon cinnamon
- ½ cup blueberries (fresh or frozen)
- 1 teaspoon honey or maple syrup (optional)
- 1 teaspoon flaxseeds (optional)






Preparation:

1. **Prepare the oats:** Place the oats and water (or almond milk) into a small saucepan.
2. **Cook on low heat:** Let the oats simmer gently, stirring occasionally to prevent sticking.
3. **Add cinnamon:** Sprinkle in the cinnamon for warmth and flavor.
4. **Add blueberries:** If using fresh berries, add them near the end of cooking; if frozen, stir them in earlier to soften.
5. **Sweeten (if needed):** Drizzle honey or maple syrup for extra taste.
6. **Stir in flaxseeds (optional):** This adds a bit of fiber and omega-3s.
7. **Serve warm:** Enjoy this soothing, comforting oatmeal fresh from the pot.

21. Pear & Almond Milk Smoothie

A light, soothing smoothie that's gentle on digestion and packed with nutrients. This creamy drink is perfect for breakfast or a snack.

Ingredients

-  1 ripe pear (peeled and cored)
-  1 cup unsweetened almond milk
-  1 teaspoon honey (optional)
-  3-4 ice cubes (optional, for a chilled version)
-  ½ teaspoon vanilla extract (for extra flavor)







Preparation

1. **Prepare the pear** – Peel and core the pear, then cut it into small chunks for easy blending.
 2. **Blend everything together** – In a blender, combine the pear, almond milk, honey (if using), and vanilla extract. Add ice cubes for a colder, refreshing texture.
 3. **Blend until smooth** – Run the blender on high speed for about 30 seconds or until everything is completely pureed.
 4. **Check the texture** – If the smoothie is too thick, add a splash of almond milk and blend again until you reach the desired consistency.
 5. **Serve immediately** – Pour into a glass and enjoy fresh. If needed, let it sit for a few minutes to reduce any air bubbles, making it gentler on digestion.
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22. Soft Millet Porridge with Coconut Sugar

A warm, nourishing, and easily digestible porridge that's comforting for sensitive stomachs.

Ingredients

-  ½ cup millet
-  2 cups water
-  ½ cup unsweetened almond milk (or coconut milk for extra creaminess)
-  1 tablespoon coconut sugar (or honey)
-  A tiny pinch of salt
-  Optional: Sliced banana for topping





Preparation

1. **Rinse the millet** – Place the millet in a fine-mesh sieve and rinse under running water to remove bitterness.
 2. **Cook the millet** – In a small pot, bring 2 cups of water to a boil. Add the millet, reduce the heat to low, cover, and let it simmer for 15 minutes until soft. Stir occasionally to prevent sticking.
 3. **Add milk for creaminess** – Once the millet has absorbed most of the water, stir in the almond (or coconut) milk and cook for another 5 minutes, stirring frequently.
 4. **Sweeten and season** – Add coconut sugar and a tiny pinch of salt to enhance the flavor. Stir well.
 5. **Mash for easier digestion** – If a smoother consistency is needed, use a fork or immersion blender to mash the millet slightly.
 6. **Serve warm** – Pour into a bowl, top with banana slices if desired, and enjoy while it's warm and soothing.
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23. Mellow Peach & Yogurt Mash

A silky-smooth, gentle treat that's both refreshing and calming for the gut.

Ingredients

-  1 ripe peach (peeled and pitted)
-  ½ cup plain lactose-free yogurt (or coconut yogurt)
-  1 teaspoon honey (optional)
-  ¼ teaspoon cinnamon (optional, for a mild hint of warmth)




Preparation

1. **Prepare the peach** – Peel the peach, remove the pit, and cut it into small pieces.
 2. **Mash it up** – Using a fork, mash the peach in a bowl until it reaches a soft, almost purée-like texture. If preferred, blend for an ultra-smooth consistency.
 3. **Mix with yogurt** – Add the yogurt and stir well until fully combined.
 4. **Add flavor** – If desired, drizzle in honey and sprinkle a tiny amount of cinnamon for extra taste.
 5. **Serve chilled or at room temperature** – Enjoy immediately or let it sit for a few minutes to blend flavors.
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24. Mashed Banana with Almond Butter on White Bread

A soft, energy-boosting snack that's easy to digest and packed with natural sweetness.

Ingredients

-  1 ripe banana
-  1 tablespoon smooth almond butter (unsweetened)
-  1 slice of soft white bread

Preparation

1. **Mash the banana** – Peel the banana and use a fork to mash it into a smooth consistency in a bowl.
2. **Spread the almond butter** – Take a slice of soft white bread and gently spread the almond butter evenly over it.
3. **Top with mashed banana** – Spoon the mashed banana onto the almond butter layer and spread it out smoothly.
4. **Optional step** – For extra softness, you can slightly warm the bread in a pan for a few seconds before spreading the ingredients.

5. **Serve immediately** – Cut the slice in half if desired, and enjoy!
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25. Warm Rice with Soft Scrambled Egg

A simple, protein-rich dish that's gentle and nourishing.

Ingredients

- 🍚 ½ cup cooked white rice
- 🥚 1 egg
- 🥛 1 tablespoon lactose-free milk or water
- 🧂 A pinch of salt
- 🧈 ½ teaspoon butter (or olive oil)

Preparation

1. **Cook the rice** – If you don't already have cooked white rice, prepare it by simmering ½ cup of rice in 1 cup of water until soft. Let it cool slightly.
2. **Beat the egg** – In a small bowl, whisk the egg with a tablespoon of milk (or water) and a tiny pinch of salt.
3. **Scramble the egg gently** – Heat a nonstick pan over low heat and add butter or olive oil. Pour in the beaten egg and stir constantly with a spatula, cooking slowly until it reaches a soft, custardy consistency.
4. **Combine with rice** – Once the egg is cooked but still soft, gently fold it into the warm rice to blend the flavors.
5. **Serve warm** – Let it sit for a minute to cool slightly, then enjoy this soft and comforting meal.

26. Cooked Apple & Cinnamon Oatmeal

A warm, soothing, and fiber-rich oatmeal that's gentle on the gut while providing essential nutrients for healing.

Ingredients:

- ½ cup rolled oats (gluten-free if needed)
- 1 cup water or lactose-free milk (almond milk or oat milk work well)
- ½ apple, peeled, cored, and finely diced
- ½ teaspoon ground cinnamon
- 1 teaspoon maple syrup or honey (optional)
- ½ teaspoon vanilla extract (optional)

Preparation:

1. **Prepare the apple:** Peel, core, and finely dice the apple. This helps make it easier to digest while keeping its natural sweetness.
 2. **Cook the oats:** In a small saucepan over medium heat, combine the oats and water (or milk). Stir occasionally to prevent sticking.
 3. **Add the apple:** After about 2 minutes, stir in the diced apple. Let it cook with the oats to soften and blend into the mixture.
 4. **Sprinkle in cinnamon:** Add the cinnamon and stir well. The aroma will start filling your kitchen, making this oatmeal extra inviting.
 5. **Let it simmer:** Reduce the heat to low and let it cook for 5–7 minutes, stirring occasionally. The oats should absorb the liquid and become soft.
 6. **Add sweetness:** If you like, drizzle in some maple syrup or honey for natural sweetness. Add vanilla extract for extra flavor.
 7. **Serve warm:** Pour into a bowl, let it cool slightly, and enjoy a gentle, nourishing breakfast.
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27. Yogurt with Mashed Berries & Rice Syrup

A creamy, gut-friendly treat with probiotics, gentle fruit, and natural sweetness.

Ingredients:

- ½ cup plain lactose-free yogurt (or regular if tolerated)
- ¼ cup ripe strawberries or blueberries (soft and mashed)
- 1 teaspoon rice syrup or honey (for gentle sweetness)
- 1 tablespoon finely ground flaxseed (optional for extra fiber)

Preparation:

1. **Mash the berries:** In a small bowl, use a fork to gently mash the ripe strawberries or blueberries until soft and pulpy. This makes them easier to digest.
 2. **Combine with yogurt:** In a serving bowl, add the yogurt and gently fold in the mashed berries. The juices will mix beautifully into the yogurt.
 3. **Sweeten naturally:** Drizzle in the rice syrup or honey and stir well. The mild sweetness enhances the flavor without irritating the gut.
 4. **Optional fiber boost:** If tolerated, sprinkle in some finely ground flaxseed for added nutrients.
 5. **Serve immediately:** Enjoy chilled for a refreshing, probiotic-rich snack or breakfast.
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28. Blended Avocado & Banana Bowl

A creamy, nutrient-packed bowl perfect for soothing inflammation while delivering healthy fats and vitamins.

Ingredients:

- ½ ripe avocado
- 1 small ripe banana
- ¼ cup lactose-free milk (or coconut water)
- ½ teaspoon vanilla extract (optional)
- 1 teaspoon honey or rice syrup (optional)

Preparation:

1. **Prepare ingredients:** Scoop the avocado flesh into a blender. Peel and slice the banana.
 2. **Blend:** Add the lactose-free milk (or coconut water) and blend until completely smooth and creamy.
 3. **Enhance the flavor:** Add vanilla extract and sweetener (if using). Blend again to incorporate.
 4. **Check consistency:** If it's too thick, add a little more liquid and blend again.
 5. **Serve immediately:** Pour into a bowl and enjoy as a nutritious, easy-to-digest snack.
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29. Cottage Cheese with Steamed Pear

A protein-rich, mild, and slightly sweet dish that's perfect for a gentle gut-friendly meal.

Ingredients:

- ½ cup cottage cheese (lactose-free if needed)
- ½ pear, peeled and diced
- ½ teaspoon cinnamon (optional)
- 1 teaspoon honey or rice syrup (optional)

Preparation:

1. **Steam the pear:** In a small saucepan, add the peeled and diced pear with a few tablespoons of water. Cover and steam over low heat for about 5 minutes until soft.
 2. **Cool slightly:** Let the pear cool before mixing it with the cottage cheese.
 3. **Combine:** In a bowl, add the cottage cheese and gently stir in the steamed pear.
 4. **Add sweetness and spice:** Sprinkle with cinnamon and drizzle with honey or rice syrup if desired.
 5. **Serve chilled or at room temperature** for a delicious, easy-to-digest snack or breakfast.
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30. White Rice with Soft-Boiled Egg & Olive Oil

A simple, nourishing meal rich in easily digestible carbohydrates and proteins.

Ingredients:

- ½ cup white rice (short-grain or jasmine)
- 1 cup water
- 1 large egg
- 1 teaspoon olive oil
- A pinch of salt (optional)

Preparation:

1. **Cook the rice:** In a small pot, bring 1 cup of water to a boil. Add the rice, reduce heat to low, cover, and let it simmer for about 12–15 minutes until soft and fully cooked.
2. **Prepare the egg:** While the rice is cooking, bring another small pot of water to a gentle simmer. Carefully lower in the egg and let it cook for about 6–7 minutes for a soft-boiled consistency.
3. **Cool the egg:** Transfer the egg to a bowl of cold water for about a minute to make peeling easier.
4. **Assemble the dish:** Fluff the rice with a fork, place it in a bowl, and drizzle with olive oil. Peel the egg, slice it in half, and place it on top.
5. **Season lightly:** Add a pinch of salt if desired. Serve warm for a simple, nutritious, and gut-friendly meal.

31. Mashed Sweet Potato with Coconut Milk

A creamy, naturally sweet, and nourishing dish perfect for a sensitive digestive system. The coconut milk adds a smooth texture and healthy fats, making this dish both satisfying and gentle.

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- ½ cup coconut milk (full-fat for extra creaminess)
- ½ teaspoon cinnamon (optional, for flavor)
- ¼ teaspoon salt
- 1 teaspoon honey (optional, for extra sweetness)

Preparation:

1. **Boil the sweet potatoes** – Fill a medium saucepan with water and bring it to a gentle boil. Add the cubed sweet potatoes and let them cook for about 15 minutes until they are fork-tender.
2. **Drain and mash** – Drain the sweet potatoes and transfer them to a large bowl. Use a potato masher or fork to mash them until smooth.

3. **Add coconut milk** – Pour in the coconut milk gradually while stirring or mashing to create a creamy consistency. If you prefer a smoother texture, you can use a blender.
 4. **Season and sweeten** – Stir in the cinnamon, salt, and honey if using. Mix well until everything is evenly incorporated.
 5. **Serve warm** – Enjoy immediately as a soothing side dish or a light meal.
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32. Simple Mashed Rice Pudding

This easy-to-digest rice pudding is soft, creamy, and perfect for days when you need gentle nourishment.

Ingredients:

- ½ cup white rice (jasmine or basmati for the best texture)
- 1 ½ cups water
- 1 cup milk (lactose-free or plant-based if needed)
- 1 tablespoon honey or maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon (optional)

Preparation:

1. **Cook the rice** – Rinse the rice under cold water, then add it to a saucepan with water. Bring to a gentle boil, then reduce the heat and let it simmer for 15 minutes until soft.
 2. **Mash the rice** – Once fully cooked, use a spoon or fork to gently mash the rice, breaking it down into a softer consistency.
 3. **Add milk and sweetener** – Stir in the milk, honey (or maple syrup), and vanilla extract. Keep the heat low and stir continuously to avoid burning.
 4. **Simmer until creamy** – Cook for another 5-7 minutes, stirring often, until the pudding reaches a thick and creamy consistency. Add more milk if needed for a softer texture.
 5. **Serve warm** – Sprinkle a little cinnamon on top if desired.
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33. Warm Papaya Purée with Ginger

Papaya is soothing for the gut, and the touch of ginger adds warmth without being too harsh.

Ingredients:

- 1 ripe papaya, peeled, deseeded, and cubed
- ½ teaspoon fresh ginger, grated (or ¼ teaspoon ground ginger)
- ½ teaspoon honey (optional)
- ¼ cup water (if needed, for consistency)

Preparation:

1. **Steam the papaya** – Place the papaya cubes in a small saucepan over low heat. Add 2 tablespoons of water and cover. Let them steam for 5-7 minutes until soft.
 2. **Mash or blend** – Once softened, mash the papaya with a fork for a chunkier purée or blend it for a smoother consistency.
 3. **Add ginger** – Stir in the grated or ground ginger and mix well.
 4. **Sweeten (if needed)** – If the papaya is not sweet enough, add a touch of honey.
 5. **Serve warm** – This purée is perfect as a snack, breakfast, or light dessert.
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34. Soft Millet Pudding with Vanilla

Millet is a gut-friendly grain that turns into a creamy pudding when cooked properly. This recipe is smooth, easy to digest, and lightly sweetened.

Ingredients:

- ½ cup millet, rinsed well
- 1 ½ cups water
- ½ cup coconut or almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- ¼ teaspoon cinnamon (optional)

Preparation:

1. **Cook the millet** – In a small saucepan, bring the water to a boil. Add the rinsed millet, lower the heat, and let it simmer for about 20 minutes, stirring occasionally, until very soft.
 2. **Mash or blend** – Use a spoon to mash the millet, or transfer it to a blender for a smoother consistency.
 3. **Add milk and vanilla** – Stir in the coconut or almond milk and the vanilla extract. Keep stirring over low heat to combine well.
 4. **Sweeten and season** – Add honey or maple syrup and a pinch of cinnamon if desired. Mix well.
 5. **Serve warm** – Enjoy as a warm pudding that soothes the digestive system.
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35. Coconut Rice Porridge with Honey

A gentle, naturally sweet, and creamy porridge that's easy on the stomach.

Ingredients:

- ½ cup white rice (jasmine or sushi rice for the best texture)
- 1 ½ cups water
- 1 cup coconut milk
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon (optional)

Preparation:

1. **Cook the rice** – Rinse the rice under cold water, then add it to a saucepan with water. Bring to a boil, then reduce heat and let it simmer until soft (about 15 minutes).
2. **Mash the rice** – Once the rice is fully cooked, use a fork or spoon to mash it into a soft consistency.
3. **Add coconut milk** – Pour in the coconut milk and stir well, keeping the heat low.
4. **Sweeten and flavor** – Stir in the honey, vanilla extract, and cinnamon. Mix until well combined.
5. **Simmer and serve** – Let the porridge cook for another 5 minutes, stirring occasionally, until it reaches a thick and creamy consistency. Serve warm.

36. Mild Almond Butter Toast on White Bread

A soft, comforting toast with creamy almond butter—easy on the stomach and full of mild, nutty goodness.

Ingredients:

- 1 slice of soft, **white bread** (gluten-free if needed)
- 1 tablespoon **smooth almond butter** (unsweetened, no added chunks)
- ½ teaspoon **honey** (optional, for a touch of natural sweetness)
- 1 teaspoon **warm water** (to thin the almond butter, if necessary)

Preparation:

1. **Toast the bread lightly**: Use a toaster on the lowest setting or warm the bread gently in a pan over **low heat**. The goal is to slightly warm it while keeping it soft. Avoid dark toasting, which can be rough on digestion.
2. **Prepare the almond butter**: If the almond butter is thick, stir in **1 teaspoon of warm water** until smooth and easily spreadable.
3. **Spread it gently**: Using a butter knife, **lightly spread** the almond butter over the soft toast.
4. **Optional honey drizzle**: If you'd like a hint of sweetness, drizzle a small amount of honey over the top.

5. **Cut into small pieces:** Slice into **four smaller squares** or **bite-sized pieces** to make chewing easier.
 6. **Enjoy warm** and eat slowly, allowing your body to digest it comfortably.
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37. Softly Steamed Apples with Nutmeg

A warm, spiced apple dish that's soothing, nutritious, and easy to digest.

Ingredients:

- 1 **medium apple** (peeled, cored, and sliced thin)
- ½ cup **filtered water** (for steaming)
- ¼ teaspoon **ground nutmeg** (gentle on digestion and adds a warm flavor)
- ½ teaspoon **honey** (optional, for a touch of sweetness)

Preparation:

1. **Prepare the apple:** Peel the apple completely, remove the core, and slice it into **thin, even pieces** to ensure even steaming.
 2. **Set up steaming:** Place a **small saucepan** over medium heat and add ½ **cup of water**.
 3. **Steam the apple:** Put the apple slices in a steamer basket and cover with a lid. Let them steam for **6–8 minutes**, or until they turn **soft and easily mashable** with a fork.
 4. **Add the nutmeg:** Once steamed, sprinkle the apples with **nutmeg** and mix gently.
 5. **Sweeten (optional):** Drizzle with a **touch of honey** for extra flavor.
 6. **Serve warm:** You can eat it as is, or mash the apples for a smoother consistency.
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38. Gentle Mango & Kefir Shake

A creamy, gut-friendly shake packed with probiotics for a happy stomach.

Ingredients:

- ½ cup **ripe mango** (peeled and cut into small pieces)
- ¾ cup **plain kefir** (mild, unsweetened, and probiotic-rich)
- ½ teaspoon **maple syrup or honey** (optional)
- 3 tablespoons **filtered water** (if needed to adjust consistency)

Preparation:

1. **Prepare the mango:** Make sure the mango is **fully ripe**, peeled, and cut into **small chunks** to blend smoothly.

2. **Blend it up:** In a **high-speed blender**, combine the **mango, kefir, and optional honey or maple syrup**.
 3. **Adjust consistency:** If the shake is too thick, add **a little water** and blend again.
 4. **Serve fresh:** Pour into a glass and sip **slowly**, letting your body enjoy its smooth, soothing texture.
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39. Cooked Quinoa with Banana Mash

A soft, nourishing, and easy-to-digest breakfast bowl.

Ingredients:

- ¼ cup **quinoa** (rinsed well)
- ¾ cup **filtered water**
- ½ **ripe banana** (mashed)
- ½ teaspoon **cinnamon** (optional, for mild sweetness)
- 1 teaspoon **maple syrup or honey** (optional)

Preparation:

1. **Rinse the quinoa well** under warm water for at least **30 seconds** to remove any natural bitterness.
 2. **Cook the quinoa:** In a **small saucepan**, bring **¾ cup of water** to a boil. Add the rinsed quinoa, reduce the heat to **low**, cover, and simmer for **12–15 minutes**, until **soft and fully cooked**.
 3. **Mash the banana:** While the quinoa cooks, mash the **banana** until smooth.
 4. **Mix everything together:** Once the quinoa is **fully cooked and soft**, stir in the mashed banana and **cinnamon (if using)**.
 5. **Sweeten if needed:** If you'd like a little extra sweetness, drizzle with **a teaspoon of maple syrup or honey**.
 6. **Serve warm** and enjoy slowly.
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40. Soft-Boiled Egg & White Rice Wrap

A simple, comforting wrap that's gentle on digestion and packed with nourishment.

Ingredients:

- 1 **large egg**
- ½ cup **white rice** (cooked until very soft)
- 1 **soft white tortilla** (or rice wrap for gluten-free option)
- 1 teaspoon **olive oil** (for a smooth texture)

- 1 pinch **salt** (optional, for taste)

Preparation:

1. **Cook the egg:** Bring a **small pot of water** to a gentle boil. Carefully add the egg and let it **cook for 6 minutes** for a soft, jammy yolk.
2. **Peel the egg carefully:** Once cooked, place the egg in **cold water for 1 minute**, then gently peel the shell.
3. **Prepare the rice:** Cook the **white rice** until very soft and slightly sticky. Mix with a **teaspoon of olive oil** for extra smoothness.
4. **Assemble the wrap:** Lay out the **soft tortilla**, spread the cooked rice evenly over the surface, then gently slice the soft-boiled egg on top.
5. **Season lightly:** If your stomach tolerates it, add a **tiny pinch of salt** for flavor.
6. **Roll and enjoy:** Fold the sides inward and roll the wrap tightly. Cut into **smaller pieces** if needed for easy chewing.

Soups & Broths

41. Healing Bone Broth

A warm, nutrient-dense broth perfect for soothing digestion and promoting gut healing.

Ingredients:

- 2 lbs beef or chicken bones (preferably with some marrow)
- 1 onion, quartered
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, smashed
- 1 tbsp apple cider vinegar (helps extract minerals)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 bay leaf
- 8 cups filtered water

Preparation:

1. **Prepare the bones:** If using beef bones, roast them in a 400°F (200°C) oven for 25 minutes for deeper flavor. Chicken bones don't require roasting.
2. **Combine ingredients:** In a large pot, add the bones, vegetables, garlic, apple cider vinegar, salt, and pepper. Pour in the filtered water.
3. **Bring to a simmer:** Heat on medium-high until it starts to boil. Reduce the heat to low and skim off any foam that forms.
4. **Slow cook:** Let it simmer gently for at least 12 hours (up to 24 hours for beef bones, 8–12 hours for chicken). The longer it simmers, the richer and more nutritious the broth will be. Add water if it reduces too much.
5. **Strain and store:** Remove the bones and vegetables. Strain the broth through a fine mesh sieve. Store in glass jars in the refrigerator for up to 5 days or freeze for longer use.

Serving Tip: Enjoy warm with a pinch of extra salt or fresh herbs for added flavor.

42. Creamy Carrot & Ginger Soup

A gentle, soothing soup with anti-inflammatory benefits from ginger—perfect for sensitive digestion.

Ingredients:

- 4 large carrots, peeled and chopped
- 1 small onion, diced
- 1 tbsp olive oil
- 1-inch piece fresh ginger, peeled and grated
- 2 cups vegetable or bone broth
- 1 cup coconut milk (for creaminess)
- 1/2 tsp turmeric (optional, for anti-inflammatory benefits)
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Preparation:

1. **Sauté the aromatics:** In a large pot, heat olive oil over medium heat. Add the onions and ginger, sautéing for 3–4 minutes until fragrant.
2. **Cook the carrots:** Add the chopped carrots and stir for another 2 minutes.
3. **Simmer the soup:** Pour in the broth, bring to a boil, then reduce heat and let simmer for 15–20 minutes, until carrots are soft.
4. **Blend to creamy perfection:** Use an immersion blender (or transfer to a blender in batches) to puree the soup until smooth.
5. **Add coconut milk and season:** Stir in the coconut milk, turmeric, salt, and pepper. Simmer for another 5 minutes.
6. **Serve warm:** Pour into bowls and garnish with a drizzle of coconut milk or fresh herbs if desired.

Serving Tip: This soup pairs well with a piece of soft, gut-friendly bread or rice.

43. Easy Chicken & Rice Soup

A comforting, mild, and nourishing soup that is easy on the stomach and full of gentle flavors.

Ingredients:

- 1 chicken breast (boneless, skinless)
- 6 cups chicken broth (homemade or low-sodium store-bought)
- 1/2 cup white rice (well-cooked for easy digestion)
- 1 small carrot, diced
- 1 celery stalk, diced
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp turmeric (optional, for anti-inflammatory properties)

Preparation:

1. **Sauté the vegetables:** In a large pot, heat olive oil over medium heat. Add the diced carrot and celery, sautéing for 3–4 minutes until softened.
2. **Cook the chicken:** Add the chicken breast and pour in the broth. Bring to a boil, then reduce to a gentle simmer. Let cook for 15–20 minutes until the chicken is fully cooked.
3. **Shred the chicken:** Remove the chicken breast, shred it using two forks, and return it to the pot.
4. **Cook the rice:** Add the rice, salt, pepper, and turmeric. Let simmer for another 10–15 minutes until the rice is very soft.
5. **Serve warm:** Ladle into bowls and enjoy while it's hot.

Serving Tip: For extra gut-healing benefits, squeeze in a bit of fresh lemon juice before serving.

44. Zucchini & Potato Puree Soup

A smooth and mild soup that is easy on digestion, packed with fiber and essential nutrients.

Ingredients:

- 2 medium zucchinis, chopped
- 1 medium potato, peeled and diced
- 1 small onion, chopped
- 1 tbsp olive oil
- 3 cups vegetable broth
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 cup coconut milk (for creaminess)

Preparation:

1. **Sauté the onions:** In a large pot, heat olive oil over medium heat. Add the chopped onion and sauté for 3–4 minutes until softened.
2. **Cook the vegetables:** Add the zucchini and potato, stirring for 2 minutes.
3. **Simmer the soup:** Pour in the vegetable broth, bring to a boil, then reduce to a simmer. Let cook for 15–20 minutes until the potatoes are soft.
4. **Blend to smoothness:** Use an immersion blender (or a standard blender in batches) to puree the soup until creamy.
5. **Add coconut milk and season:** Stir in the coconut milk, salt, and pepper. Simmer for another 5 minutes.
6. **Serve warm:** Garnish with fresh herbs or a drizzle of olive oil for extra flavor.

Serving Tip: Serve with a slice of soft, gut-friendly bread or crackers.

45. Gut-Healing Pumpkin Soup with Coconut Milk

A rich, comforting, and anti-inflammatory soup that is gentle on the digestive system.

Ingredients:

- 2 cups fresh pumpkin (or 1 can pure pumpkin puree)
- 1 small onion, diced
- 1 tbsp olive oil
- 1-inch piece fresh ginger, grated
- 2 cups vegetable broth
- 1 cup coconut milk
- 1/2 tsp turmeric
- 1/2 tsp cinnamon (optional, for natural sweetness)
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Preparation:

1. **Sauté the aromatics:** In a large pot, heat olive oil over medium heat. Add the onion and ginger, sautéing for 3–4 minutes until fragrant.
2. **Cook the pumpkin:** If using fresh pumpkin, add it to the pot and cook for 5 minutes until slightly softened.
3. **Simmer the soup:** Pour in the vegetable broth, bring to a boil, then reduce to a simmer. Cook for 15 minutes (if using fresh pumpkin) or 5 minutes (if using canned).
4. **Blend to a smooth texture:** Use an immersion blender (or a regular blender) to puree the soup until creamy.
5. **Add coconut milk and season:** Stir in the coconut milk, turmeric, cinnamon, salt, and pepper. Let simmer for another 5 minutes.
6. **Serve warm:** Enjoy in a bowl with a sprinkle of extra cinnamon or fresh herbs.

Serving Tip: This soup pairs beautifully with cooked rice or soft gluten-free bread.

46. Mild Butternut Squash Soup

A smooth, velvety soup that's gentle on the stomach while packing a punch of nutrients.

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cubed
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cups low-sodium vegetable broth

- 1 cup water
- ½ teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- ½ teaspoon ground ginger (gentle on digestion)
- ½ teaspoon salt (adjust to taste)
- ¼ cup coconut milk (optional, for creaminess)

Preparation:

1. **Prepare the squash:** Peel and cube the butternut squash. If peeling is tough, microwave the whole squash for 2 minutes to soften the skin.
2. **Sauté the aromatics:** In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook for 2-3 minutes until soft and translucent.
3. **Cook the squash:** Add the butternut squash cubes, turmeric, and ginger. Stir well to coat the squash with the spices.
4. **Simmer:** Pour in the vegetable broth and water. Bring to a boil, then reduce heat and let it simmer for 20 minutes or until the squash is fork-tender.
5. **Blend to perfection:** Use an immersion blender to puree the soup until smooth. If using a regular blender, allow the soup to cool slightly before blending in batches.
6. **Add creaminess (optional):** Stir in coconut milk for extra richness.
7. **Serve warm:** Pour into bowls and enjoy this soothing, gut-friendly soup.

47. Nourishing Miso Soup with Soft Tofu

A light, probiotic-rich soup that supports gut health and is easy to digest.

Ingredients:

- 4 cups water
- 2 tablespoons white miso paste (mild and gentle on the gut)
- ½ cup soft tofu, cubed
- ¼ cup thinly sliced green onions (optional, for mild flavor)
- 1 teaspoon low-sodium soy sauce or tamari
- 1 teaspoon grated ginger (optional, for digestive benefits)

Preparation:

1. **Heat the water:** In a small pot, warm the water over medium heat until hot but not boiling.
2. **Dissolve the miso:** In a small bowl, mix the miso paste with a few tablespoons of hot water, stirring until smooth. This prevents clumps in the soup.
3. **Add the tofu:** Gently add the cubed soft tofu to the pot and let it warm for 2 minutes.
4. **Flavor boost:** Stir in the soy sauce and grated ginger.
5. **Combine the miso:** Turn off the heat and slowly whisk in the miso mixture. Do not boil, as high heat kills beneficial probiotics in miso.
6. **Garnish and serve:** Sprinkle with green onions (if tolerated) and enjoy warm.

48. Simple Cauliflower & Broth Soup

A delicate, easy-to-digest soup with a mild, creamy texture.

Ingredients:

- 1 small head of cauliflower, chopped into florets
- 2 cups low-sodium chicken or vegetable broth
- 1 cup water
- 1 tablespoon olive oil
- 1 small potato, peeled and diced (for creaminess)
- ½ teaspoon salt
- ¼ cup lactose-free milk (or dairy-free alternative, optional)

Preparation:

1. **Sauté the cauliflower:** Heat olive oil in a pot over medium heat. Add cauliflower florets and cook for 3-4 minutes.
2. **Add the potato:** Stir in the diced potato, ensuring everything is coated with oil.
3. **Simmer:** Pour in the broth and water. Bring to a boil, then reduce heat and simmer for 15-20 minutes until the vegetables are soft.
4. **Blend for smoothness:** Use an immersion blender to puree the soup until creamy. If using a regular blender, let it cool slightly before blending.
5. **Adjust consistency:** Stir in the milk for extra creaminess, if desired.
6. **Season and serve:** Add salt to taste and enjoy warm.

49. Homemade Chicken Broth with Rice Noodles

A nourishing, comforting broth perfect for healing and soothing digestion.

Ingredients:

- 1 small whole chicken or 2 bone-in chicken thighs
- 6 cups water
- 1 small carrot, peeled and halved
- 1 small celery stalk, halved (optional)
- ½ teaspoon salt (adjust as needed)
- ½ teaspoon grated ginger (optional, for digestion)
- ½ teaspoon turmeric (optional, for anti-inflammatory benefits)
- 1 cup cooked rice noodles

Preparation:

1. **Prepare the broth:** In a large pot, place the chicken, water, carrot, celery, salt, ginger, and turmeric.
 2. **Bring to a boil:** Once boiling, reduce heat to a simmer and cook uncovered for 45-60 minutes, skimming off any foam.
 3. **Strain the broth:** Remove the chicken and vegetables, then strain the broth to remove any solids.
 4. **Shred the chicken:** Once cooled, shred the chicken into bite-sized pieces and discard the bones.
 5. **Prepare the rice noodles:** Cook the noodles according to package instructions and drain.
 6. **Assemble:** In serving bowls, place cooked rice noodles and shredded chicken. Pour hot broth over the top.
 7. **Enjoy warm:** Sip slowly and savor this nourishing, gut-friendly soup.
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50. Cucumber & Yogurt Cold Soup

A cooling, probiotic-rich soup perfect for sensitive digestion.

Ingredients:

- 1 large cucumber, peeled and chopped
- 1 cup lactose-free plain yogurt (or dairy-free alternative)
- ½ cup water
- 1 teaspoon olive oil
- ½ teaspoon salt
- ½ teaspoon fresh dill (optional, for mild flavor)

Preparation:

1. **Blend the base:** In a blender, combine cucumber, yogurt, water, olive oil, and salt. Blend until smooth.
2. **Adjust texture:** If too thick, add a little more water and blend again.
3. **Chill:** Refrigerate for at least 30 minutes to let flavors meld.
4. **Serve cold:** Pour into bowls, garnish with fresh dill if desired, and enjoy.

51. Mild Spinach & Potato Purée Soup

Creamy, mild, and soothing—this soup is packed with gentle nutrients while being easy on digestion.

Ingredients:

- 🥔 2 medium potatoes, peeled and diced
- 🥬 1 cup fresh baby spinach (stems removed)
- 🧄 1 clove garlic, minced (optional for sensitivity)
- 🧅 ½ small onion, finely chopped
- 🍲 3 cups homemade or low-sodium chicken broth (or vegetable broth)
- 🧈 1 tablespoon unsalted butter (or olive oil)
- 🧂 Pinch of salt (adjust to taste)
- 🌿 ½ teaspoon dried oregano or thyme (optional)

Preparation:

1. **Sauté the aromatics:** In a large pot, melt the butter over low heat. Add the chopped onion and cook gently until translucent. If using garlic, add it and stir for 30 seconds until fragrant.
2. **Cook the potatoes:** Add the diced potatoes and broth. Bring to a gentle simmer and let it cook for about 15-20 minutes or until the potatoes are fork-tender.
3. **Add the spinach:** Once the potatoes are soft, stir in the spinach and let it wilt for about 2 minutes.
4. **Blend until smooth:** Using an immersion blender (or a regular blender in batches), blend until smooth and creamy.
5. **Season & serve:** Add a pinch of salt and dried herbs if desired. Stir well, serve warm, and enjoy a gentle, comforting soup!

52. Soft Cooked Tomato-Free Vegetable Soup

A rich, nourishing soup without acidic tomatoes, making it perfect for a sensitive gut.

Ingredients:

- 🥕 1 medium carrot, peeled and chopped
- 🥒 ½ zucchini, peeled and diced
- 🥔 1 small potato, peeled and cubed
- 🧅 ½ small onion, finely chopped
- 🍲 1 cup peeled and chopped yellow squash
- 🍲 3 cups homemade or low-sodium vegetable or chicken broth
- 🧈 1 tablespoon unsalted butter (or olive oil)
- 🧂 Pinch of salt (adjust to taste)







Preparation:

1. **Sauté the onion:** In a large pot, melt butter over low heat. Add the onion and cook until soft and translucent.
 2. **Add the vegetables:** Stir in the carrots, zucchini, potato, and yellow squash. Sauté for 2-3 minutes to enhance the flavors.
 3. **Simmer gently:** Pour in the broth and bring to a gentle simmer. Cover and let it cook for about 20 minutes until the vegetables are very soft.
 4. **Blend for smoothness:** If desired, use an immersion blender to purée the soup into a smooth consistency. If you prefer a chunkier texture, simply mash some of the vegetables with a fork.
 5. **Season lightly & serve:** Add a pinch of salt, stir, and serve warm. This soup is a wonderful, gentle option for sensitive digestion.
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53. Gentle Rice & Carrot Soup

Soft, warm, and easy to digest—this simple soup provides gentle nourishment.

Ingredients:

-  ½ cup well-cooked white rice (soft and mushy)
-  1 medium carrot, peeled and grated
-  3 cups homemade or low-sodium chicken broth
-  ½ small onion, finely chopped
-  1 tablespoon butter (or olive oil)
-  Pinch of salt (optional)

Preparation:

1. **Sauté the onion & carrot:** In a pot, heat the butter over low heat. Add the chopped onion and grated carrot. Cook for about 3 minutes until soft.
 2. **Simmer with broth:** Pour in the chicken broth and bring to a gentle simmer. Let the carrots cook until very soft, about 10 minutes.
 3. **Add the rice:** Stir in the well-cooked rice and let it simmer for another 5 minutes so the flavors blend.
 4. **Mash or blend if needed:** For an ultra-smooth consistency, blend the soup. Otherwise, serve as is for a light, easy-to-digest meal.
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54. Warm Parsnip & Apple Soup

A naturally sweet, creamy, and mild soup that's gentle on the gut.

Ingredients:

- 🍏 1 medium apple (peeled, cored, and diced)
- 🥕 1 medium parsnip, peeled and chopped
- 🧅 ½ small onion, finely chopped
- 🍲 3 cups homemade or low-sodium vegetable broth
- 🧈 1 tablespoon butter (or olive oil)
- 🧂 Pinch of salt (optional)

Preparation:

1. **Sauté the onion & apple:** In a pot, melt the butter over low heat. Add the chopped onion and diced apple, cooking until soft.
2. **Add the parsnip & broth:** Stir in the chopped parsnip and pour in the broth. Bring to a gentle simmer and cook for 20 minutes until the parsnips are very soft.
3. **Blend until smooth:** Use an immersion blender to purée the soup until silky and creamy.
4. **Season & serve:** Add a small pinch of salt if desired. Serve warm and enjoy this naturally sweet, soothing soup!

55. Gentle Soft Cabbage Soup

A light and nourishing soup with soft, easy-to-digest cabbage.

Ingredients:

- 🥬 1 cup finely shredded green cabbage (cooked until very soft)
- 🥕 ½ medium carrot, peeled and finely chopped
- 🧅 ½ small onion, finely chopped
- 🍲 3 cups homemade or low-sodium chicken or vegetable broth
- 🧈 1 tablespoon butter (or olive oil)
- 🧂 Pinch of salt (optional)

Preparation:

1. **Sauté the onion & carrot:** In a pot, melt the butter over low heat. Add the onion and carrot, cooking until soft.
2. **Cook the cabbage:** Stir in the shredded cabbage and pour in the broth. Bring to a simmer and let cook for about 20 minutes, until the cabbage is very soft.
3. **Mash or blend if needed:** For a smoother consistency, blend the soup lightly. Otherwise, serve as is with its soft, delicate texture.

56. Turkey & White Rice Soup

A soothing and nourishing soup that's easy on the stomach, packed with lean protein and simple carbs to keep energy levels up.

Ingredients:

- 1 cup cooked white rice
- 1 cup cooked turkey breast, shredded
- 4 cups low-sodium chicken broth
- 1 small carrot, peeled and finely diced
- 1 celery stalk, finely diced (omit if sensitive)
- 1 teaspoon olive oil
- ½ teaspoon dried thyme
- Salt to taste
- Optional: 1 tablespoon finely chopped parsley (for garnish)

Preparation:

1. **Sauté the vegetables:** In a large pot, heat olive oil over medium-low heat. Add the diced carrot (and celery if using). Sauté for 2–3 minutes until slightly softened.
 2. **Add the broth:** Pour in the low-sodium chicken broth and bring to a gentle simmer. Let it cook for about 10 minutes to allow the flavors to meld.
 3. **Add the turkey:** Stir in the shredded cooked turkey and let it warm through for another 5 minutes.
 4. **Incorporate the rice:** Gently add the cooked white rice to the pot and stir well. Let the soup simmer for another 3–4 minutes.
 5. **Season & serve:** Sprinkle in thyme and add salt to taste. Stir, let it rest for a minute, then serve warm with an optional parsley garnish.
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57. Butternut Squash & Carrot Cream Soup

A creamy, naturally sweet, and gut-friendly soup packed with anti-inflammatory benefits.

Ingredients:

- 2 cups butternut squash, peeled and cubed
- 1 medium carrot, peeled and sliced
- 3 cups low-sodium vegetable broth

- ½ cup coconut milk (unsweetened)
- 1 teaspoon olive oil
- ½ teaspoon ground turmeric
- Salt to taste

Preparation:

1. **Sauté the veggies:** Heat olive oil in a pot over medium-low heat. Add the diced carrot and butternut squash. Sauté for 5 minutes until slightly softened.
2. **Simmer with broth:** Pour in the vegetable broth, bring to a boil, then lower to a gentle simmer. Let it cook for about 15–20 minutes, or until the vegetables are fork-tender.
3. **Blend to creamy perfection:** Remove from heat and use an immersion blender (or a regular blender in batches) to puree the soup until smooth.
4. **Add creaminess:** Stir in the coconut milk and turmeric. Mix well and let the soup simmer for another 3 minutes.
5. **Final touch:** Add salt to taste, stir, and serve warm.

58. Mild Sweet Corn & Potato Soup

A gentle, comforting soup with a touch of natural sweetness, perfect for soothing the gut.

Ingredients:

- 1 medium potato, peeled and diced
- ½ cup sweet corn kernels (fresh or frozen)
- 3 cups low-sodium vegetable broth
- ½ teaspoon olive oil
- ½ cup lactose-free or unsweetened almond milk
- Salt to taste

Preparation:

1. **Sauté the potatoes:** In a pot, heat olive oil and add the diced potatoes. Sauté for about 5 minutes until slightly golden.
2. **Simmer with broth:** Pour in the vegetable broth and bring to a boil. Lower the heat and let it simmer for 15 minutes until the potatoes are soft.
3. **Add the corn:** Stir in the sweet corn and continue simmering for another 5 minutes.
4. **Blend until smooth:** Use an immersion blender to puree the soup until creamy, leaving some small chunks for texture.
5. **Stir in the milk:** Add the almond milk, stir well, and let the soup simmer for another 2 minutes.
6. **Season & serve:** Add salt to taste and serve warm.

59. Mashed Peas & Rice Soup

A simple, nutrient-rich soup with soft, easy-to-digest ingredients.

Ingredients:

- ½ cup white rice, cooked
- 1 cup frozen peas
- 3 cups low-sodium vegetable broth
- ½ teaspoon olive oil
- ½ teaspoon dried oregano
- Salt to taste

Preparation:

1. **Sauté the peas:** Heat olive oil in a pot and add the peas. Sauté for 2–3 minutes until softened.
 2. **Simmer with broth:** Add the vegetable broth, bring to a gentle boil, and let it simmer for 5 minutes.
 3. **Blend to a smooth texture:** Use an immersion blender to puree the soup until creamy.
 4. **Add the rice:** Stir in the cooked white rice and mix well. Let it simmer for another 3 minutes.
 5. **Season & serve:** Add oregano and salt to taste, stir, and serve warm.
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60. Hydrating Coconut Broth Soup

A light, electrolyte-rich soup that helps with hydration and gut healing.

Ingredients:

- 2 cups low-sodium vegetable broth
- 1 cup coconut water (unsweetened)
- ½ teaspoon grated ginger
- ½ teaspoon olive oil
- 1 teaspoon lime juice
- Salt to taste

Preparation:




1. **Heat the broth & coconut water:** In a pot, combine vegetable broth and coconut water. Warm over medium-low heat.
2. **Add ginger:** Stir in the grated ginger and let the soup simmer for 5 minutes to infuse flavors.

3. **Season & finish:** Add lime juice and a pinch of salt. Stir well.
4. **Serve warm:** Pour into a bowl and sip slowly for hydration and nourishment.

61. Cooked Beet & Carrot Puree Soup

A vibrant, gut-friendly soup that combines the natural sweetness of beets and carrots into a smooth, nourishing puree.

Ingredients:

-  2 medium carrots, peeled and chopped
- ☐ 1 small beet, peeled and diced
-  1 small potato, peeled and diced (optional, for a creamier texture)
- ☐ 3 cups water or low-sodium vegetable broth
- ☐ ½ teaspoon sea salt (optional)
-  1 teaspoon olive oil
- ☐ ½ teaspoon grated ginger (optional, for extra anti-inflammatory benefits)

Preparation:

1. **Prepare the vegetables** – Peel and chop the carrots, beet, and potato (if using). Keep them in uniform sizes for even cooking.
2. **Sauté for flavor** – In a medium pot, heat olive oil over low heat. Add the grated ginger (if using) and sauté for 30 seconds until fragrant.
3. **Simmer the soup** – Add the chopped vegetables and pour in the water or vegetable broth. Bring to a gentle simmer. Cover and cook for 20-25 minutes, or until the vegetables are completely soft.
4. **Blend until smooth** – Use an immersion blender to puree the soup directly in the pot. If using a regular blender, allow the soup to cool slightly before blending in batches.
5. **Adjust consistency** – If the soup is too thick, add a little warm water or broth until you reach the desired texture.
6. **Serve warm** – Pour into bowls and enjoy. This soup is naturally sweet and easy to digest, making it perfect for sensitive stomachs.

62. Zucchini & Chicken Soup with Rice

A light and nourishing soup that provides easy-to-digest protein and gentle fiber.

Ingredients:

- 🍗 1 small boneless, skinless chicken breast
- 🥒 1 medium zucchini, chopped
- 🍚 ½ cup cooked white rice
- 🍲 3 cups water or low-sodium chicken broth
- 🧂 ½ teaspoon sea salt (optional)
- 🫒 1 teaspoon olive oil
- 🌿 ½ teaspoon dried oregano or thyme (optional, for flavor)

Preparation:

1. **Prepare the ingredients** – Dice the chicken breast into small, bite-sized pieces and chop the zucchini into small chunks.
2. **Cook the chicken** – In a medium pot, heat olive oil and add the diced chicken. Cook for about 5 minutes, stirring occasionally, until it turns white on all sides.
3. **Simmer the soup** – Add water or broth and bring to a gentle boil. Reduce heat, cover, and let it simmer for 15 minutes.
4. **Add zucchini & rice** – Stir in the chopped zucchini and cooked rice. Let simmer for another 10 minutes until the zucchini is soft.
5. **Season and serve** – Taste and add a pinch of salt if needed. Remove from heat and serve warm.

63. Roasted Pumpkin & Coconut Soup

A creamy, anti-inflammatory soup that's easy on digestion.

Ingredients:

- 🎃 2 cups diced pumpkin (or butternut squash)
- 🥥 ½ cup canned coconut milk (full-fat for a creamy texture)
- 🍲 3 cups water or low-sodium vegetable broth
- 🫒 1 teaspoon olive oil
- 🧂 ½ teaspoon sea salt (optional)
- 🌿 ½ teaspoon cinnamon (optional, for warmth)

Preparation:






1. **Roast the pumpkin** – Preheat your oven to 375°F (190°C). Spread the diced pumpkin on a baking sheet, drizzle with olive oil, and roast for 20-25 minutes until soft.
2. **Simmer the soup** – In a pot, heat the water or broth and add the roasted pumpkin. Let it simmer for 5 minutes.
3. **Blend into a puree** – Use an immersion blender to blend the soup until completely smooth.

4. **Add coconut milk** – Stir in the coconut milk and cinnamon, letting it warm through for another 2-3 minutes.
 5. **Serve warm** – Pour into bowls and enjoy this creamy, soothing soup.
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64. Easy Celery & White Rice Soup

A mild, gut-soothing soup perfect for flare-ups.

Ingredients:

-  3 stalks celery, finely chopped
-  ½ cup cooked white rice
-  3 cups water or low-sodium vegetable broth
-  ½ teaspoon sea salt (optional)
-  1 teaspoon olive oil







Preparation:

1. **Prepare the ingredients** – Chop the celery finely to ensure it softens easily.
 2. **Sauté the celery** – In a medium pot, heat the olive oil and lightly sauté the celery for 2-3 minutes.
 3. **Simmer the soup** – Add the water or broth and let it simmer for 15 minutes until the celery is very soft.
 4. **Add rice** – Stir in the cooked rice and let the soup heat through for another 5 minutes.
 5. **Blend (optional)** – If you prefer a smoother soup, blend it lightly with an immersion blender.
 6. **Serve warm** – Enjoy this gentle, easily digestible soup.
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65. Simple Cooked Apple & Carrot Soup

A naturally sweet, soothing soup with anti-inflammatory properties.

Ingredients:

-  1 small apple, peeled, cored, and chopped
-  1 medium carrot, peeled and chopped
-  3 cups water or low-sodium vegetable broth
-  ½ teaspoon sea salt (optional)
-  1 teaspoon olive oil
-  ½ teaspoon honey (optional, for added sweetness)

Preparation:

1. **Prepare the ingredients** – Peel and chop the apple and carrot into small pieces.
2. **Sauté for flavor** – In a pot, heat the olive oil and lightly sauté the apple and carrot for 2 minutes.
3. **Simmer until soft** – Add the water or broth and bring to a gentle simmer. Cover and cook for 15 minutes, or until both apple and carrot are soft.
4. **Blend until smooth** – Use an immersion blender to puree the soup.
5. **Adjust flavor** – Stir in a small drizzle of honey if desired.
6. **Serve warm** – This naturally sweet, comforting soup is ready to enjoy.

66. Rice & Egg Drop Soup

A comforting, warm, and gentle soup that's soothing on the stomach. The soft texture of rice and the silkiness of the egg make this a perfect meal for those with sensitive digestion.

Ingredients:

- 4 cups low-sodium chicken broth (or vegetable broth)
- 1/2 cup cooked white rice
- 2 large eggs
- 1 teaspoon ginger (grated or minced)
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon white pepper (optional)
- 1 teaspoon sesame oil (optional, for flavor)

Preparation:

1. **Warm the Broth:** In a medium pot over medium heat, bring the chicken broth to a gentle simmer. Add the grated ginger and stir. Let it infuse for about 5 minutes.
2. **Prepare the Eggs:** In a small bowl, beat the eggs until smooth. Set aside.
3. **Add the Rice:** Stir in the cooked white rice and let it warm up for about 3-5 minutes.
4. **Create the Egg Ribbons:** Slowly drizzle the beaten eggs into the simmering soup while stirring in one direction with a spoon or chopsticks. This creates delicate egg ribbons.
5. **Season the Soup:** Add salt and white pepper, adjusting to taste. Drizzle in the sesame oil if using.
6. **Serve Warm:** Ladle into bowls and enjoy immediately. This soup is best eaten fresh when the egg is silky and soft.

67. Tofu & Soft Rice Broth

A mild, protein-rich soup that's incredibly easy to digest. The combination of tofu and soft rice creates a creamy, gentle texture perfect for an inflamed gut.

Ingredients:

- 4 cups vegetable or chicken broth (low sodium)
- 1/2 cup cooked white rice
- 1/2 block soft tofu (cubed)
- 1 teaspoon grated ginger
- 1 teaspoon olive oil or sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon turmeric (optional, for anti-inflammatory benefits)

Preparation:

1. **Heat the Broth:** In a medium pot, bring the broth to a gentle simmer over low heat. Add the grated ginger and let it infuse for a few minutes.
2. **Mash the Rice:** If needed, mash the cooked rice slightly with a fork to create an even softer texture. Add it to the simmering broth.
3. **Add the Tofu:** Gently place the soft tofu cubes into the broth. Stir carefully to avoid breaking them too much.
4. **Season the Soup:** Add salt and turmeric (if using). Let everything simmer for 5-7 minutes, allowing the flavors to meld.
5. **Finish with Oil:** Drizzle a teaspoon of olive oil or sesame oil on top for extra flavor.
6. **Serve Warm:** Pour into bowls and enjoy this soothing, easy-to-digest meal.

68. Carrot, Apple & Ginger Puree Soup

A naturally sweet and soothing soup packed with gentle nutrients and anti-inflammatory properties.

Ingredients:

- 3 large carrots (peeled and chopped)
- 1 medium apple (peeled, cored, and chopped)
- 2 cups low-sodium vegetable broth or water
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon cinnamon (optional)
- 1/2 teaspoon salt
- 1 teaspoon olive oil

Preparation:

1. **Cook the Carrots & Apple:** In a pot, combine the chopped carrots, apple, and vegetable broth. Bring to a boil, then reduce heat and simmer until soft (about 15 minutes).
2. **Add the Ginger:** Stir in the grated ginger and let it cook for another 2 minutes.
3. **Blend Until Smooth:** Using an immersion blender (or transferring to a blender), puree the soup until completely smooth.

4. **Season the Soup:** Add salt and cinnamon (if using) for extra flavor. Stir in the olive oil.
 5. **Serve Warm:** Pour into bowls and enjoy a naturally sweet, gut-friendly soup.
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69. Gentle Chicken & Sweet Potato Soup

A protein-packed, soothing meal that's full of soft textures and easy-to-digest nutrients.

Ingredients:

- 1 small chicken breast (boneless, skinless)
- 1 small sweet potato (peeled and diced)
- 3 cups low-sodium chicken broth
- 1/2 teaspoon grated ginger
- 1/2 teaspoon salt
- 1 teaspoon olive oil

Preparation:

1. **Cook the Chicken:** In a small pot, bring the chicken broth to a simmer. Add the chicken breast and cook for about 12-15 minutes, until fully cooked.
 2. **Shred the Chicken:** Remove the chicken, let it cool slightly, then shred it into small, tender pieces.
 3. **Cook the Sweet Potato:** Add the diced sweet potato to the broth and simmer until very soft (about 10-12 minutes).
 4. **Blend (Optional):** If a smoother texture is preferred, mash or blend the sweet potatoes before adding the shredded chicken back into the soup.
 5. **Season & Serve:** Stir in the grated ginger, salt, and olive oil. Serve warm and enjoy this nourishing meal.
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70. Soft Sweet Pea & White Rice Soup

A mild, slightly sweet soup packed with gentle fiber and easy-to-digest carbohydrates.

Ingredients:

- 1/2 cup frozen or fresh peas
- 1/2 cup cooked white rice
- 2 cups low-sodium vegetable broth
- 1/2 teaspoon salt
- 1 teaspoon olive oil

Preparation:

1. **Cook the Peas:** In a small pot, bring the vegetable broth to a simmer. Add the peas and cook until soft (about 5 minutes).
2. **Mash the Peas:** Using a fork or immersion blender, mash the peas to create a creamy texture.
3. **Add the Rice:** Stir in the cooked white rice and let it warm up for a few minutes.
4. **Season the Soup:** Add salt and olive oil, stirring gently.
5. **Serve Warm:** Ladle into bowls and enjoy a soft, easy-to-digest soup.

Main Dishes

71. Baked Salmon with Lemon & Olive Oil

A simple, nourishing dish packed with omega-3 fatty acids, this baked salmon is tender, flavorful, and easy to digest.

Ingredients:

- 1 salmon fillet (about 6 oz)
- 1 tbsp olive oil
- ½ lemon (sliced)
- ½ tsp sea salt
- ¼ tsp ground black pepper (optional)
- ¼ tsp dried oregano or parsley (optional)

Instructions:

1. **Preheat & Prepare** – Preheat your oven to **375°F (190°C)**. Line a baking sheet with parchment paper or lightly grease a baking dish with olive oil.
 2. **Season the Salmon** – Place the salmon fillet on the baking sheet. Drizzle **1 tbsp of olive oil** evenly over the fillet. Sprinkle with **salt and black pepper**. If you like a little herbal touch, add **dried oregano or parsley**.
 3. **Add the Lemon** – Lay **thin lemon slices** on top of the salmon. The lemon not only adds flavor but also keeps the fish moist.
 4. **Bake** – Place the baking sheet in the preheated oven and bake for **12–15 minutes**, depending on the thickness of your fillet. The salmon is ready when it flakes easily with a fork.
 5. **Rest & Serve** – Let it cool for **2 minutes** before serving. Enjoy with a side of steamed rice or mashed potatoes for a complete, gut-friendly meal.
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72. Tender Chicken Breast with Steamed Carrots

A mild, protein-packed dish that is light on the stomach and perfect for a sensitive digestive system.

Ingredients:

- 1 boneless, skinless chicken breast
- 1 cup carrots (sliced into rounds)
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp ground black pepper (optional)

- ¼ cup low-sodium chicken broth or water

Instructions:

1. **Prepare the Chicken** – Rinse the chicken breast under cold water and pat dry with a paper towel.
2. **Season** – Rub **olive oil, salt, and pepper** over both sides of the chicken breast.
3. **Cook the Chicken** – Heat a nonstick pan over **medium heat**. Add the chicken breast and cook for **5 minutes on one side**, then flip and cook for another **5 minutes**.
4. **Add Moisture** – Pour in **¼ cup of chicken broth or water**, cover the pan, and let the chicken steam for **10 more minutes** until fully cooked. The internal temperature should reach **165°F (75°C)**.
5. **Steam the Carrots** – While the chicken is cooking, bring a small pot of water to a boil. Add the sliced carrots and steam for **5–7 minutes** until soft. Drain and set aside.
6. **Rest & Serve** – Let the chicken rest for **5 minutes** before slicing. Serve with the steamed carrots for a soft and nourishing meal.

73. Ground Turkey & White Rice Bowl

A light yet filling meal that provides easy-to-digest protein and carbohydrates.

Ingredients:

- ½ lb ground turkey
- 1 cup cooked white rice
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp ground black pepper (optional)
- ¼ tsp garlic powder (optional)

Instructions:

1. **Cook the Rice** – If you don't already have cooked rice, prepare **1 cup of white rice** according to the package instructions. Set aside.
2. **Heat the Pan** – In a nonstick skillet, heat **1 tbsp of olive oil** over **medium heat**.
3. **Cook the Turkey** – Add **ground turkey** to the pan. Use a wooden spoon or spatula to break it into small pieces as it cooks. Stir occasionally for **5–7 minutes** until no pink remains.
4. **Season** – Sprinkle with **salt, pepper, and garlic powder** if using. Stir well to combine.
5. **Combine & Serve** – Spoon the cooked turkey over the white rice. Mix lightly and serve warm. This dish is great for meal prep and can be easily reheated.

74. Simple Baked Cod with Mashed Potatoes

A delicate and flaky fish dish paired with creamy mashed potatoes for a soothing, easy-to-digest meal.

Ingredients:

- 1 cod fillet (about 6 oz)
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp dried dill or parsley (optional)
- 2 medium potatoes (peeled and cubed)
- 2 tbsp unsalted butter
- ¼ cup lactose-free milk or almond milk

Instructions:

1. **Preheat & Prep** – Preheat your oven to **375°F (190°C)**. Line a baking dish with parchment paper or lightly grease it.
 2. **Season the Cod** – Place the **cod fillet** in the dish. Drizzle **olive oil** over the top and sprinkle with **salt and herbs** if using.
 3. **Bake** – Bake for **12–15 minutes**, or until the fish flakes easily with a fork.
 4. **Boil the Potatoes** – While the cod is baking, bring a pot of water to a boil. Add **cubed potatoes** and cook for **10–12 minutes** until fork-tender.
 5. **Mash the Potatoes** – Drain the potatoes and mash them with **butter and milk** until smooth.
 6. **Serve** – Plate the baked cod with a side of creamy mashed potatoes for a satisfying and gentle meal.
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75. Soft Tofu & Steamed Vegetables

A plant-based, gut-friendly meal that is rich in protein and easy to digest.

Ingredients:

- ½ block soft tofu (drained and cubed)
- 1 cup steamed vegetables (zucchini, carrots, or peeled cucumbers)
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp low-sodium soy sauce (optional)

Instructions:

1. **Drain the Tofu** – Remove the tofu from its packaging and let it drain on a paper towel for **5 minutes**. Then, cut it into **bite-sized cubes**.
2. **Steam the Vegetables** – In a steamer or saucepan with a steaming basket, steam **1 cup of vegetables** for **5–7 minutes** until soft.
3. **Warm the Tofu** – In a nonstick pan, heat **1 tbsp of olive oil** over low heat. Gently add the **tofu cubes** and cook for **2–3 minutes**, just enough to warm them up without breaking.
4. **Season & Serve** – Sprinkle with **sea salt** and, if tolerated, a **dash of low-sodium soy sauce** for flavor. Serve with the steamed vegetables for a balanced, soothing meal.

76. Gentle Stir-Fried Shrimp with Zucchini

This light and easy shrimp stir-fry is packed with **lean protein and soft, easy-to-digest vegetables**. It's free from harsh spices, making it **ulcer-friendly and comforting**.

Ingredients:

- 1 cup small shrimp (peeled, deveined, and rinsed)
- 1 medium zucchini (thinly sliced)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder (optional for mild flavor)
- 1/4 cup low-sodium vegetable or chicken broth
- 1 teaspoon fresh lemon juice

Preparation:

1. **Prepare the ingredients:** Rinse the shrimp thoroughly under cold water and pat them dry with a paper towel. Slice the zucchini into thin rounds.
2. **Heat the oil:** In a non-stick pan, heat the olive oil over **medium-low heat**. You don't want it too hot, as high heat can make the shrimp rubbery.
3. **Cook the shrimp:** Add the shrimp to the pan and **sauté for 1-2 minutes**, just until they start turning pink.
4. **Add the zucchini:** Toss in the sliced zucchini and stir gently. If using, sprinkle a small amount of garlic powder for mild flavor.
5. **Pour in the broth:** Add the broth to the pan and let everything **simmer for about 3-4 minutes**, allowing the zucchini to soften and absorb the flavors.
6. **Season lightly:** Sprinkle in the salt and add a touch of lemon juice for freshness. Stir gently to combine.
7. **Serve warm:** Enjoy this dish as-is or pair it with a small serving of white rice for a gentle, complete meal.

77. Mild Chicken & Rice Stir-Fry (No Spices)

A simple and **soothing meal** that's easy to digest and free from strong spices. The soft chicken and well-cooked rice make it an **ideal comfort dish** for those with sensitive digestion.

Ingredients:

- 1 small boneless, skinless chicken breast (diced into small pieces)
- 1 cup cooked white rice
- 1 tablespoon olive oil
- 1/2 cup finely diced zucchini or carrots
- 1/4 cup low-sodium chicken broth
- 1/4 teaspoon salt

Preparation:

1. **Cook the rice:** If you haven't already, cook your rice until very soft. Set it aside.
2. **Prepare the chicken:** Dice the chicken into **small, bite-sized** pieces to ensure they cook quickly and stay tender.
3. **Sauté the chicken:** In a pan, heat the olive oil over **medium-low heat**. Add the chicken pieces and cook **gently for 3-4 minutes**, stirring occasionally until no longer pink.
4. **Add the vegetables:** Stir in the finely diced zucchini or carrots. Cook for another **3 minutes**, letting them soften.
5. **Pour in the broth:** Add the chicken broth and let everything simmer for **5 minutes** until the chicken is tender and the flavors meld.
6. **Combine with rice:** Add the soft-cooked rice and stir gently to mix everything together. Let it cook for **another minute** so the rice absorbs the broth.
7. **Serve warm:** Enjoy this mild, soothing stir-fry immediately.

78. Soft Baked Tilapia with Lemon & Butter

A **delicate, flaky fish dish** that's rich in protein, omega-3s, and gentle on the stomach. The mild lemon-butter flavor makes it both **nourishing and comforting**.

Ingredients:

- 1 tilapia fillet
- 1 teaspoon unsalted butter (melted)
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon salt
- 1 tablespoon water
- 1/2 teaspoon dried parsley (optional)

Preparation:

1. **Preheat the oven:** Set it to **350°F (175°C)**.
 2. **Prepare the fish:** Rinse the tilapia fillet and pat it dry with a paper towel. Place it in a small baking dish.
 3. **Make the seasoning mix:** In a small bowl, combine the melted butter, lemon juice, salt, and water.
 4. **Coat the fish:** Brush the butter mixture evenly over the tilapia. If using, sprinkle a tiny amount of dried parsley for a mild touch of flavor.
 5. **Bake:** Cover the dish with foil and bake for **12-15 minutes**, or until the fish is flaky and tender.
 6. **Serve warm:** This soft and buttery fish pairs well with steamed white rice or mashed potatoes for a gentle meal.
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79. Scrambled Egg Wrap with Soft Cheese

A **protein-packed, easy-to-digest meal** perfect for breakfast or a light dinner. The **creamy texture** makes it soothing and satisfying.

Ingredients:

- 2 eggs
- 1 teaspoon unsalted butter
- 2 tablespoons soft cheese (such as ricotta or cream cheese)
- 1 soft flour tortilla
- 1/4 teaspoon salt

Preparation:

1. **Whisk the eggs:** In a bowl, beat the eggs with the salt until smooth.
 2. **Cook the eggs:** Melt the butter in a pan over **low heat**. Add the eggs and stir **gently and continuously** until they become soft and creamy.
 3. **Add the cheese:** Remove from heat and stir in the soft cheese, mixing until creamy and well-blended.
 4. **Assemble the wrap:** Place the scrambled eggs onto the tortilla and fold it gently.
 5. **Serve warm:** Cut in half and enjoy immediately.
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80. Turkey Meatballs with Mashed Sweet Potato

A **comforting, nutrient-rich meal** that is **soft, easy to digest, and packed with protein and vitamins**.

Ingredients:

For the meatballs:

- 1/2 pound ground turkey
- 1/4 cup soft breadcrumbs
- 1 egg yolk
- 1/4 teaspoon salt
- 1 teaspoon olive oil

For the mashed sweet potato:

- 1 large sweet potato (peeled and diced)
- 1 teaspoon unsalted butter
- 1/4 teaspoon salt

Preparation:

1. **Preheat the oven:** Set it to **350°F (175°C)**.
2. **Prepare the meatball mixture:** In a bowl, mix the ground turkey, breadcrumbs, egg yolk, and salt until combined.
3. **Form the meatballs:** Shape into **small, soft meatballs** and place them on a baking sheet.
4. **Bake:** Drizzle with olive oil and bake for **15-20 minutes**, or until cooked through.
5. **Cook the sweet potatoes:** While the meatballs bake, boil the diced sweet potatoes in a pot of water until **soft** (about 10-12 minutes).
6. **Mash them:** Drain, then mash with butter and salt until **smooth**.
7. **Serve warm:** Plate the soft turkey meatballs alongside the creamy sweet potato mash and enjoy.

81. Mild Chicken & Coconut Milk Curry

A gentle, creamy curry packed with flavor but easy on the stomach. Perfect for those with ulcerative colitis who need a mild yet satisfying meal.

Ingredients:

- 2 boneless, skinless chicken breasts, cut into small cubes
- 1 cup coconut milk (full-fat for richness)
- 1 cup low-sodium chicken broth
- 1 tablespoon olive oil
- ½ teaspoon ground turmeric (anti-inflammatory!)
- ½ teaspoon ground cumin (gentle on digestion)
- ½ teaspoon ground coriander
- 1 small zucchini, peeled and diced (easy to digest)
- 1 small carrot, peeled and diced
- 1 teaspoon fresh ginger, grated

- ½ teaspoon salt
- ½ cup cooked white rice (optional, for serving)

Preparation:

1. Heat the olive oil in a large pan over medium heat.
2. Add the grated ginger and let it sauté for about 30 seconds until fragrant.
3. Add the cubed chicken and cook for about 5 minutes, stirring occasionally, until it turns white on the outside.
4. Sprinkle in the turmeric, cumin, coriander, and salt, stirring well to coat the chicken in the spices.
5. Pour in the coconut milk and chicken broth, stirring to combine everything.
6. Bring the mixture to a gentle simmer, then add the diced zucchini and carrot.
7. Cover the pan and let it cook for about 15 minutes, stirring occasionally, until the vegetables are soft and the chicken is fully cooked.
8. Taste and adjust the seasoning if necessary.
9. Serve warm with a side of white rice if desired.

82. Steamed White Fish with Olive Oil Drizzle

A light, tender fish dish with a delicate olive oil finish. Steaming ensures easy digestion, making it perfect for sensitive stomachs.

Ingredients:

- 2 fillets of white fish (such as cod, haddock, or sole)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon lemon juice
- ½ cup water (for steaming)

Preparation:

1. Fill a pot with ½ cup of water and place a steamer basket inside. Bring the water to a gentle simmer.
2. Pat the fish fillets dry with a paper towel and sprinkle both sides with salt and oregano.
3. Place the fillets in the steamer basket, cover with a lid, and let them steam for about 8–10 minutes, or until the fish easily flakes with a fork.
4. Remove the fish carefully and transfer it to a plate.
5. Drizzle with olive oil and a touch of lemon juice for added flavor.
6. Serve warm, either on its own or with a side of soft white rice.

83. Avocado & Tuna Rice Bowl

A simple, nourishing bowl packed with healthy fats and protein—easy to digest and filling!

Ingredients:

- 1 cup cooked white rice (cooled slightly for better texture)
- 1 small ripe avocado, mashed
- 1 can tuna (in water, drained)
- ½ teaspoon olive oil
- ½ teaspoon lemon juice
- ¼ teaspoon salt

Preparation:

1. In a bowl, combine the mashed avocado, tuna, olive oil, lemon juice, and salt. Mix well.
 2. Scoop the warm, cooked rice into a serving bowl.
 3. Top the rice with the avocado-tuna mixture, spreading it evenly.
 4. Stir everything together gently and enjoy warm or at room temperature.
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84. Boiled Chicken & Rice Casserole

A soothing, mild casserole designed for easy digestion and comfort.

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup white rice
- 3 cups low-sodium chicken broth
- 1 small carrot, peeled and finely diced
- ½ teaspoon salt
- 1 teaspoon olive oil

Preparation:

1. In a large pot, bring the chicken broth to a gentle boil.
2. Add the chicken breasts and let them simmer for about 15–20 minutes, or until fully cooked.
3. Remove the chicken and let it rest for a few minutes before shredding it into small pieces with a fork.
4. In the same pot, add the white rice, diced carrot, and salt. Cover and cook for about 15 minutes until the rice is tender.
5. Stir in the shredded chicken and olive oil, mixing gently to combine.

6. Let it sit for 5 minutes before serving warm.

85. Baked White Fish with Soft Mashed Cauliflower

A gentle, nutritious dish with tender fish and a creamy cauliflower mash.

Ingredients:

- 2 fillets of white fish (such as tilapia or cod)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon dried thyme
- 1 small head cauliflower, chopped
- ½ cup low-sodium vegetable broth
- 1 teaspoon olive oil (for the cauliflower)

Preparation:

1. Preheat the oven to 375°F (190°C).
2. Place the fish fillets on a baking sheet lined with parchment paper.
3. Drizzle with olive oil, sprinkle with salt and thyme, and bake for 12–15 minutes, or until the fish flakes easily with a fork.
4. While the fish bakes, place the chopped cauliflower in a saucepan with the vegetable broth. Cover and simmer for about 10 minutes, or until very soft.
5. Drain any excess liquid and mash the cauliflower until smooth. Stir in the teaspoon of olive oil for extra creaminess.
6. Serve the baked fish on a bed of mashed cauliflower and enjoy warm.

86. Simple Chicken & Zucchini Skillet

A light yet satisfying dish that's easy to digest and packed with protein and soft-cooked vegetables.

Ingredients:

- 2 boneless, skinless chicken breasts (cut into bite-sized pieces)
- 2 medium zucchinis (peeled and sliced into thin rounds)
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ¼ teaspoon ground turmeric (gentle anti-inflammatory spice)
- ¼ teaspoon dried oregano
- ½ cup low-sodium chicken broth

- 1 teaspoon fresh lemon juice

Preparation:

1. Heat a large non-stick skillet over medium heat and add the olive oil.
2. Add the chicken pieces and sprinkle with salt, turmeric, and oregano. Cook for about 3–4 minutes until lightly golden.
3. Stir in the zucchini slices and continue cooking, stirring occasionally, for another 2 minutes.
4. Pour in the chicken broth, cover the skillet, and let everything simmer on low for 7–8 minutes until the chicken is cooked through and the zucchini is soft.
5. Remove from heat and drizzle with fresh lemon juice before serving.
6. Serve warm and enjoy this gentle, nourishing meal!

87. Tender Ground Chicken Patties

These soft, moist patties are easy to digest and perfect for those looking for a high-protein, stomach-friendly meal.

Ingredients:

- 1 pound ground chicken
- ½ cup plain cooked rice (helps keep patties soft)
- 1 tablespoon finely grated carrot
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ¼ teaspoon ground turmeric
- ¼ teaspoon dried thyme
- 1 egg (optional for binding)
- 1 tablespoon water

Preparation:

1. In a large mixing bowl, combine the ground chicken, cooked rice, grated carrot, salt, turmeric, thyme, and water. If using, add the egg for extra binding.
2. Mix everything gently with your hands until just combined—avoid overmixing to keep the patties tender.
3. Wet your hands and form small, flat patties.
4. Heat olive oil in a non-stick pan over medium heat.
5. Place the patties in the pan and cook for 3–4 minutes per side until golden brown and fully cooked.
6. Remove from heat and let them rest for a minute before serving.
7. Enjoy these soft, flavorful patties with a side of mashed potatoes or steamed rice.

88. Baked Soft Tofu with Mild Ginger Sauce

A soothing, protein-rich dish with a touch of warmth from ginger, perfect for a sensitive stomach.

Ingredients:

- 1 block soft tofu (cut into thick slices)
- 1 tablespoon olive oil
- ½ teaspoon sea salt

For the Mild Ginger Sauce:

- ½ cup low-sodium vegetable broth
- 1 teaspoon grated fresh ginger
- 1 teaspoon low-sodium tamari or coconut aminos
- 1 teaspoon honey (optional)

Preparation:

1. Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
2. Place the tofu slices in the dish, drizzle with olive oil, and sprinkle with salt.
3. Bake for 15 minutes until slightly firm but still soft inside.
4. Meanwhile, prepare the sauce by heating the vegetable broth in a small pan over low heat.
5. Add the grated ginger, tamari, and honey. Stir and let it simmer for 5 minutes.
6. Remove the tofu from the oven and pour the warm ginger sauce over it.
7. Serve immediately with steamed rice or soft-cooked vegetables.

89. Egg Drop Soup with Soft Rice Noodles

A comforting, soothing soup that's gentle on digestion and rich in protein.

Ingredients:

- 4 cups low-sodium chicken or vegetable broth
- 2 eggs (beaten)
- ½ cup cooked soft rice noodles
- ½ teaspoon sea salt
- ¼ teaspoon ground turmeric (for anti-inflammatory benefits)
- ½ teaspoon fresh ginger (grated)
- 1 teaspoon olive oil

Preparation:

1. In a pot, heat the broth over medium heat until it starts to simmer.
 2. Add the grated ginger, salt, and turmeric. Stir and let it infuse for 2 minutes.
 3. Slowly pour in the beaten eggs in a thin stream while stirring gently to create egg ribbons.
 4. Add the cooked soft rice noodles and let them warm up for 1–2 minutes.
 5. Drizzle with olive oil for extra smoothness.
 6. Serve warm and enjoy this soothing, nourishing soup.
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90. Mild Steamed White Fish with Rice

A light and gentle dish, perfect for sensitive digestion.

Ingredients:

- 2 fillets of mild white fish (cod, tilapia, or sole)
- ½ teaspoon sea salt
- 1 teaspoon olive oil
- ½ teaspoon grated fresh ginger
- ½ cup cooked white rice
- ¼ cup low-sodium vegetable or chicken broth
- 1 teaspoon fresh lemon juice

Preparation:

1. Place a steaming rack or heatproof plate inside a pot with about an inch of water at the bottom.
2. Season the fish fillets with salt and grated ginger.
3. Place the fish on the steaming rack and cover the pot with a lid.
4. Steam over low-medium heat for about 7–8 minutes, until the fish flakes easily with a fork.
5. Meanwhile, warm the broth and pour it over the cooked rice for extra moisture.
6. Serve the steamed fish over the rice and drizzle with olive oil and lemon juice.
7. Enjoy this simple, nourishing dish!

91. Soft Ground Turkey Meatloaf

This moist and tender meatloaf is packed with lean protein, making it an excellent option for those with sensitive digestion.

Ingredients:

- 1 lb ground turkey (preferably lean)
- 1/2 cup rolled oats (blended into a fine powder) or cooked white rice
- 1/4 cup unsweetened applesauce (keeps it moist and easy to digest)
- 1 egg (lightly beaten)
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground turmeric (anti-inflammatory)
- 1/2 teaspoon garlic powder (optional, if tolerated)
- 1/2 teaspoon onion powder
- 1/4 cup low-sodium chicken broth

Preparation:

1. **Preheat & Prepare:** Preheat your oven to 350°F (175°C). Lightly grease a loaf pan or line it with parchment paper.
 2. **Mix the Ingredients:** In a large bowl, combine the ground turkey, oat flour (or cooked rice), applesauce, egg, and seasonings. Gently mix everything until well combined, being careful not to overwork the meat.
 3. **Shape & Bake:** Transfer the mixture into the prepared loaf pan, smoothing out the top. Pour the chicken broth over the top to keep it moist.
 4. **Bake:** Place in the oven and bake for 40–45 minutes, or until the meatloaf is cooked through (internal temperature of 165°F/74°C).
 5. **Rest & Serve:** Let it rest for 5 minutes before slicing. Serve with a side of mashed carrots or cooked white rice for a gentle, balanced meal.
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92. Cooked Spinach & Rice Bowl

A warm, soothing dish that provides essential nutrients while being easy on the gut.

Ingredients:

- 1 cup cooked white rice (soft and well-cooked)
- 2 cups fresh spinach, washed and finely chopped
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground turmeric (optional, for inflammation relief)
- 1/2 teaspoon garlic powder (optional, if tolerated)
- 1/4 cup low-sodium vegetable or chicken broth

Preparation:

1. **Cook the Rice:** If you haven't already, cook the white rice until soft and fluffy. Set aside.

2. **Sauté the Spinach:** In a medium skillet, heat the olive oil over low heat. Add the chopped spinach and cook gently for 2–3 minutes until wilted.
 3. **Add Seasonings & Broth:** Sprinkle in the salt, turmeric, and garlic powder (if using). Pour in the broth and let everything simmer for another 2 minutes.
 4. **Combine with Rice:** Add the cooked rice to the skillet, stirring everything together until well mixed.
 5. **Serve Warm:** Let the mixture cool slightly before serving. Enjoy this nourishing bowl as a light meal or side dish.
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93. Mild Lentil & Rice Medley

A soft, protein-packed dish with gentle flavors to support digestive health.

Ingredients:

- 1/2 cup red lentils (soaked for 30 minutes, drained)
- 1/2 cup cooked white rice
- 2 cups water or low-sodium vegetable broth
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon cumin (optional, aids digestion)
- 1/4 teaspoon turmeric (optional, anti-inflammatory)

Preparation:

1. **Cook the Lentils:** In a medium pot, combine the soaked lentils with water or broth. Bring to a boil, then reduce heat to low and let them simmer for 15–20 minutes until very soft. Stir occasionally.
 2. **Add Seasonings:** Once the lentils are tender, stir in the olive oil, salt, cumin, and turmeric. Let it cook for another 2 minutes.
 3. **Combine with Rice:** Gently fold in the cooked white rice, stirring everything together. If the mixture is too thick, add a splash of warm water or broth to loosen it up.
 4. **Simmer & Serve:** Let the medley sit for a few minutes, then serve warm. This dish is mild, nutritious, and easy to digest.
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94. Mashed Pea & Soft Cheese Bowl

A creamy, protein-rich dish that is gentle on the stomach.

Ingredients:

- 1 cup frozen green peas (boiled until soft)

- 2 tablespoons soft ricotta or cottage cheese
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- 1/4 teaspoon dried dill (optional, for flavor)

Preparation:

1. **Cook the Peas:** Boil the peas in a small pot of water for about 5 minutes until very soft. Drain and let cool slightly.
2. **Mash Until Smooth:** Using a fork or food processor, mash the peas until smooth.
3. **Add Cheese & Seasonings:** Mix in the ricotta or cottage cheese, olive oil, salt, turmeric, and dill. Stir well until creamy.
4. **Serve & Enjoy:** This dish can be eaten warm or at room temperature. Serve as a side dish or a light meal.

95. Roasted Chicken Thighs with Mashed Carrots

A comforting and easy-to-digest meal, perfect for a gentle and satisfying dinner.

Ingredients:

For the Chicken:

- 2 boneless, skinless chicken thighs
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground turmeric

For the Mashed Carrots:

- 2 large carrots (peeled and chopped)
- 1 tablespoon unsalted butter or olive oil
- 1/4 teaspoon sea salt

Preparation:

1. **Preheat & Prep:** Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
2. **Season the Chicken:** Place the chicken thighs in the dish. Drizzle with olive oil and sprinkle with salt, oregano, and turmeric. Rub the seasoning evenly.
3. **Bake:** Roast the chicken in the oven for 25–30 minutes until fully cooked (internal temperature of 165°F/74°C).
4. **Prepare the Carrots:** While the chicken cooks, boil the chopped carrots in a pot of water for about 15 minutes until very soft.

5. **Mash the Carrots:** Drain the carrots and mash them with butter (or olive oil) and salt until smooth.
6. **Serve Together:** Plate the tender chicken thighs with a generous serving of mashed carrots. Enjoy a warm, soothing meal.

96. Softly Cooked Scrambled Tofu with Rice

A light, protein-rich dish that's easy on digestion and packed with nutrients.

Ingredients:

- 1/2 block soft or silken tofu (crumbled)
- 1/2 cup cooked white rice
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- 1/4 teaspoon garlic powder (optional, if tolerated)
- 1 tablespoon low-sodium vegetable broth (for moisture)

Preparation:

1. **Cook the Rice:** If not already prepared, cook white rice until very soft and set aside.
2. **Heat the Pan:** In a non-stick skillet, warm the olive oil over low heat.
3. **Scramble the Tofu:** Add the crumbled tofu to the pan and cook gently for 3–4 minutes, stirring occasionally.
4. **Add Seasonings:** Sprinkle in the salt, turmeric, and garlic powder (if using). Stir well.
5. **Moisten the Tofu:** Pour in the vegetable broth and cook for another minute until the tofu is soft and creamy.
6. **Serve Warm:** Plate the scrambled tofu over the cooked white rice and enjoy!

97. White Fish with Steamed Squash

A light, protein-packed dish with gentle flavors to support gut health.

Ingredients:

- 1 fillet white fish (cod, tilapia, or sole)
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- 1 small yellow squash (sliced)

- 1/2 cup low-sodium vegetable broth

Preparation:

1. **Prepare the Fish:** Preheat the oven to 375°F (190°C). Place the fish fillet in a baking dish.
 2. **Season the Fish:** Drizzle with olive oil, sprinkle with salt, thyme, and turmeric. Pour a little vegetable broth over the top for moisture.
 3. **Bake:** Cover the dish with foil and bake for 15–20 minutes until the fish is flaky and cooked through.
 4. **Steam the Squash:** While the fish is baking, steam the sliced squash in a small pot with the remaining vegetable broth for 5–7 minutes until soft.
 5. **Serve Together:** Plate the delicate white fish with the tender steamed squash. A gentle and nourishing meal!
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98. Mild Chicken & Avocado Wrap

A soft and creamy wrap that's easy on digestion while being packed with healthy fats and protein.

Ingredients:

- 1 small boneless, skinless chicken breast
- 1/2 small avocado (mashed)
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon dried oregano
- 1 small, soft tortilla (preferably gluten-free if needed)
- 1 tablespoon plain Greek yogurt (optional, for extra creaminess)

Preparation:

1. **Cook the Chicken:** In a small pan, heat the olive oil over low heat. Add the chicken breast, season with salt and oregano, and cook for about 5 minutes per side until fully cooked. Let it cool slightly before shredding.
 2. **Mash the Avocado:** In a small bowl, mash the avocado with a pinch of salt until smooth.
 3. **Assemble the Wrap:** Spread the mashed avocado over the soft tortilla, then add the shredded chicken. If using, drizzle with a little Greek yogurt for extra moisture.
 4. **Wrap & Serve:** Gently roll up the tortilla and enjoy a mild, easy-to-digest meal!
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99. Soft Egg & White Rice Pudding

A nourishing, protein-packed dish that is both soothing and satisfying.

Ingredients:

- 1/2 cup cooked white rice
- 1 large egg
- 1/2 cup unsweetened almond milk (or regular milk if tolerated)
- 1 teaspoon honey or maple syrup (optional)
- 1/4 teaspoon cinnamon (optional, if tolerated)
- 1/4 teaspoon vanilla extract

Preparation:

1. **Cook the Rice:** If not already prepared, cook white rice until very soft.
 2. **Whisk the Egg:** In a small bowl, lightly beat the egg.
 3. **Heat the Milk:** In a saucepan, warm the almond milk over low heat. Slowly pour in the beaten egg while stirring continuously.
 4. **Combine Everything:** Add the cooked rice, honey, cinnamon, and vanilla extract. Stir well.
 5. **Simmer & Thicken:** Cook the mixture over low heat for 3–5 minutes, stirring occasionally, until it thickens into a soft pudding-like texture.
 6. **Serve Warm:** Let it cool slightly before enjoying this gentle, nutritious dish.
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100. Coconut Chicken Rice Bowl

A creamy and soothing meal that's rich in healthy fats and easy on digestion.

Ingredients:

- 1 small boneless, skinless chicken breast (cut into bite-sized pieces)
- 1/2 cup cooked white rice
- 1/2 cup canned coconut milk (unsweetened)
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon turmeric (optional, for anti-inflammatory benefits)
- 1/4 teaspoon ginger powder (optional, aids digestion)

Preparation:

1. **Cook the Chicken:** In a small pan, heat the olive oil over low heat. Add the chicken pieces and cook gently for 5–7 minutes until fully cooked.
2. **Simmer in Coconut Milk:** Pour in the coconut milk, add the salt, turmeric, and ginger powder. Let it simmer for another 2–3 minutes.
3. **Combine with Rice:** Add the cooked rice to the pan, stirring everything together until well mixed.
4. **Serve Warm:** Let the mixture sit for a few minutes before serving. A soothing, flavorful, and nourishing meal!

101. Boiled White Fish with Steamed Zucchini

This dish is light, tender, and easy on the stomach—perfect for anyone dealing with digestive sensitivities. The delicate white fish flakes apart beautifully, and the steamed zucchini adds a touch of mild sweetness.

Ingredients:

- 1 fillet of white fish (cod, haddock, or sole)
- 1 cup zucchini, sliced into rounds
- 2 cups water or mild fish broth
- 1 teaspoon olive oil (optional)
- A pinch of salt (if tolerated)

Preparation:

1. **Prepare the water:** In a medium pot, bring 2 cups of water or mild fish broth to a gentle simmer over medium heat. Do not let it boil aggressively—keep it at a low simmer.
2. **Cook the fish:** Gently place the white fish fillet into the simmering water. Cover and let it cook for 5–7 minutes, depending on the thickness. The fish is done when it flakes easily with a fork.
3. **Steam the zucchini:** While the fish cooks, place zucchini slices in a steamer basket over a pot of simmering water. Cover and steam for 3–4 minutes until tender but not mushy.
4. **Drain and serve:** Using a slotted spoon, carefully lift the fish out and place it on a plate. Arrange the steamed zucchini on the side.
5. **Drizzle with olive oil (optional):** If tolerated, drizzle a teaspoon of olive oil over the fish and zucchini for added flavor.
6. **Enjoy warm:** Serve immediately, ensuring the meal is not too hot to avoid irritating the digestive tract.

102. Plain Turkey Burger with Soft Bun

A simple, lean turkey burger that's soft, easy to chew, and free of irritating seasonings. The soft bun makes it even gentler on the stomach.

Ingredients:

- 4 oz ground turkey
- 1 soft white hamburger bun (avoid whole wheat or high-fiber buns)
- ½ teaspoon olive oil

- A pinch of salt (optional)

Preparation:

1. **Shape the patty:** In a small bowl, form the ground turkey into a patty about ½ inch thick. Do not over-handle the meat, as this can make the burger tough.
 2. **Cook the turkey patty:** Heat a nonstick skillet over medium heat and add ½ teaspoon of olive oil. Once warm, place the turkey patty in the pan.
 3. **Cook gently:** Let the burger cook for 4–5 minutes on one side. Flip carefully and cook for another 4–5 minutes, until the internal temperature reaches 165°F (75°C) and the juices run clear.
 4. **Rest the burger:** Remove from heat and let it sit for a minute to allow the juices to settle.
 5. **Assemble the burger:** Place the cooked patty inside the soft hamburger bun. Avoid condiments or toppings that may be irritating.
 6. **Serve warm:** Enjoy your simple, soothing turkey burger with a side of mild mashed potatoes or plain steamed carrots if desired.
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103. Salmon & Mashed Cauliflower

Salmon is a wonderful source of omega-3s, and mashed cauliflower is a gentle, creamy alternative to mashed potatoes.

Ingredients:

- 1 small salmon fillet (skin removed)
- 1 cup cauliflower florets
- 1 teaspoon olive oil or butter (if tolerated)
- 2 cups water or mild broth
- A pinch of salt (optional)

Preparation:

1. **Steam the cauliflower:** In a medium pot, bring 2 cups of water to a boil. Place cauliflower florets in a steamer basket, cover, and steam for 8–10 minutes until very tender.
 2. **Mash the cauliflower:** Drain well and mash with a fork or blend using a food processor for an extra smooth texture. Add a teaspoon of olive oil or butter for creaminess.
 3. **Cook the salmon:** While the cauliflower steams, heat a nonstick pan over medium heat. Add a few drops of water to the pan, then place the salmon fillet inside. Cover and let it cook for 5–6 minutes per side until opaque and flaky.
 4. **Flake and serve:** Once cooked, use a fork to gently break the salmon into small, bite-sized pieces.
 5. **Plate the dish:** Serve the salmon alongside the mashed cauliflower for a soft, nourishing meal.
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104. Soft Tofu with Mild Soy Broth

Tofu is an excellent source of plant-based protein and is extremely easy to digest. This dish is light, soothing, and packed with gentle flavor.

Ingredients:

- ½ block soft tofu (silken tofu works best)
- 1 cup mild soy broth (low-sodium)
- ½ teaspoon sesame oil (optional)

Preparation:

1. **Heat the broth:** In a small saucepan, warm the soy broth over low heat. Do not boil, as high temperatures can make the broth taste too strong.
 2. **Prepare the tofu:** Cut the tofu into small cubes or gently break it apart with a spoon for a smoother texture.
 3. **Simmer the tofu:** Add the tofu pieces to the warm broth and let them gently heat for 2–3 minutes. The tofu should be warm but not overcooked.
 4. **Serve with a drizzle of sesame oil:** If tolerated, add a few drops of sesame oil for extra flavor.
 5. **Enjoy warm:** Serve immediately as a soothing, protein-rich meal.
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105. Baked Chicken with Soft Sweet Potato

This simple meal provides protein and gentle carbohydrates, making it an excellent choice for those with Ulcerative Colitis.

Ingredients:

- 1 small boneless, skinless chicken breast
- 1 small sweet potato
- 1 teaspoon olive oil
- A pinch of salt (optional)

Preparation:

1. **Preheat the oven:** Set your oven to 375°F (190°C).
2. **Prepare the sweet potato:** Wash and peel the sweet potato, then cut it into large chunks. Place on a baking sheet lined with parchment paper.
3. **Prepare the chicken:** Rub the chicken breast with 1 teaspoon of olive oil and a tiny pinch of salt. Place it on the same baking sheet.
4. **Bake:** Put the tray in the oven and bake for 25–30 minutes. The chicken should reach an internal temperature of 165°F (75°C), and the sweet potatoes should be fork-tender.
5. **Mash the sweet potatoes:** If desired, mash the baked sweet potatoes for a smoother texture.

6. **Slice the chicken:** Let the chicken rest for 5 minutes, then slice into soft, bite-sized pieces.
7. **Serve warm:** Enjoy this nourishing meal with a drizzle of olive oil or mild broth for extra moisture.

111. Gentle Chickpea Purée

This smooth and creamy chickpea purée is a comforting and nourishing dish, easy on digestion and packed with plant-based protein.

Ingredients:

- 1 cup canned chickpeas (drained and rinsed well)
- ½ cup low-sodium vegetable broth (or water)
- 1 tbsp olive oil
- ½ tsp ground cumin (optional, for mild flavor)
- ¼ tsp sea salt (optional, based on tolerance)
- 1 tbsp lemon juice (optional, only if tolerated)

Preparation:

1. **Rinse & Drain:** If using canned chickpeas, rinse them thoroughly under running water to remove excess sodium and any potential digestive irritants.
2. **Simmer for Softness:** In a small pot, combine chickpeas and vegetable broth. Heat over low-medium heat and let them simmer for 5-7 minutes until very soft.
3. **Blend Until Creamy:** Transfer the chickpeas and broth to a blender or food processor. Add olive oil, cumin (if using), and sea salt. Blend until smooth and creamy.
4. **Adjust Consistency:** If too thick, add more broth, one tablespoon at a time, until the desired smoothness is achieved.
5. **Serve Warm:** Pour into a bowl and enjoy warm. This purée pairs well with soft-cooked rice or steamed vegetables.

112. Baked White Fish with Rice Flour Coating

This mild, easy-to-digest baked fish is coated with rice flour for a light, crispy texture without irritating the gut.

Ingredients:

- 2 fillets of white fish (cod, tilapia, or haddock)

- ½ cup rice flour
- 1 tbsp olive oil (for brushing)
- ½ tsp dried oregano (optional)
- ¼ tsp sea salt
- ¼ tsp garlic powder (optional)

Preparation:

1. **Preheat Oven:** Set the oven to 375°F (190°C) and line a baking sheet with parchment paper.
 2. **Prepare the Coating:** In a shallow dish, mix rice flour, oregano, sea salt, and garlic powder (if using).
 3. **Coat the Fish:** Pat the fish fillets dry with a paper towel. Lightly brush them with olive oil, then dredge them in the rice flour mixture, ensuring an even coating.
 4. **Bake Until Tender:** Place the coated fish on the prepared baking sheet and bake for 12-15 minutes until the fish is opaque and flakes easily with a fork.
 5. **Serve Warm:** Let the fish rest for a minute before serving. Pair with steamed white rice or mashed potatoes for a gentle meal.
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113. Soft Rice & Ground Chicken Mix

This simple dish combines tender ground chicken with soft-cooked rice for a mild, nourishing meal that's easy to digest.

Ingredients:

- 1 cup cooked white rice
- ½ lb ground chicken (lean, skinless)
- ½ cup low-sodium chicken broth
- 1 tbsp olive oil
- ¼ tsp sea salt
- ¼ tsp dried basil (optional)

Preparation:

1. **Cook the Rice:** Prepare the white rice according to package instructions. Ensure it is soft and slightly overcooked for easier digestion.
2. **Sauté the Chicken:** In a non-stick pan, heat olive oil over low-medium heat. Add the ground chicken and cook, breaking it apart with a spatula. Stir occasionally until no longer pink (about 5-7 minutes).
3. **Simmer with Broth:** Pour in the chicken broth and add sea salt and dried basil (if using). Stir and let it simmer for another 5 minutes until the flavors blend and the chicken is extra tender.
4. **Combine & Serve:** Mix the cooked rice with the ground chicken, stirring well. Serve warm as a gentle and nourishing meal.

114. Mild Steamed Salmon with Coconut Oil

Steaming salmon preserves its delicate texture while coconut oil adds a gentle, anti-inflammatory boost.

Ingredients:

- 1 salmon fillet (skinless, boneless)
- 1 tsp coconut oil
- ¼ tsp sea salt
- ½ cup water (for steaming)

Preparation:

1. **Prepare the Steamer:** If using a steaming basket, fill a pot with ½ cup of water and bring it to a gentle simmer.
2. **Season the Salmon:** Lightly rub the salmon fillet with coconut oil and sprinkle with a small amount of sea salt.
3. **Steam Until Tender:** Place the salmon in the steaming basket and cover with a lid. Steam for 8-10 minutes until the salmon turns opaque and flakes easily.
4. **Serve Soft & Warm:** Remove from the steamer and let it rest for a minute before serving. Enjoy with soft mashed vegetables or plain white rice.

115. Soft Zucchini & Turkey Casserole

This easy-to-digest casserole combines soft zucchini and lean turkey for a nourishing, gut-friendly meal.

Ingredients:

- 1 medium zucchini (peeled and finely diced)
- ½ lb ground turkey (lean, skinless)
- 1 egg (optional, for binding)
- ½ cup low-sodium chicken broth
- ½ cup cooked white rice
- 1 tbsp olive oil
- ¼ tsp sea salt
- ¼ tsp dried thyme (optional)

Preparation:

1. **Preheat Oven:** Set the oven to 350°F (175°C) and lightly grease a small baking dish with olive oil.

2. **Cook the Turkey:** In a non-stick pan, heat olive oil over low-medium heat. Add ground turkey and cook until no longer pink, breaking it apart with a spatula.
3. **Soften the Zucchini:** Add the diced zucchini to the pan and cook for 3-5 minutes until slightly softened.
4. **Combine & Layer:** In a bowl, mix the cooked turkey, zucchini, cooked rice, sea salt, and dried thyme. If using, beat the egg and mix it in for better binding.
5. **Bake Until Set:** Transfer the mixture to the prepared baking dish. Pour the chicken broth over the top. Cover with foil and bake for 20 minutes.
6. **Cool & Serve:** Let the casserole rest for a few minutes before serving. Enjoy warm.

116. Boiled Chicken Thighs with Rice

A simple, nourishing meal that's easy on the stomach. Boiled chicken thighs are tender and full of protein, while soft white rice provides gentle, digestible carbs.

Ingredients:

- 2 bone-in, skinless chicken thighs
- 1 ½ cups water or low-sodium chicken broth
- ½ teaspoon sea salt (optional)
- 1 cup cooked white rice
- 1 teaspoon olive oil (optional, for extra moisture)

Preparation:

1. **Prepare the Chicken:** Place the chicken thighs in a small pot and add water or broth. The liquid should cover the chicken completely.
2. **Boil Gently:** Bring the water to a boil over medium-high heat, then reduce the heat to low. Cover the pot and let the chicken simmer for about **25–30 minutes**, or until the meat is tender and fully cooked (internal temperature of 165°F/75°C).
3. **Prepare the Rice:** While the chicken is cooking, rinse ½ cup of white rice under cold water until the water runs clear. Cook according to package instructions using 1 cup of water.
4. **Shred the Chicken:** Once the chicken is done, remove it from the pot and let it cool slightly. Use a fork to shred the meat into small, bite-sized pieces for easy digestion.
5. **Combine and Serve:** Mix the shredded chicken with the cooked rice. Drizzle with a teaspoon of olive oil for extra moisture, and serve warm.

117. Mashed Rice & Carrot Blend

This creamy, mild dish combines soft-cooked rice and carrots into a smooth, easy-to-digest meal. Perfect for soothing an irritated gut.

Ingredients:

- ½ cup white rice
- 1 medium carrot, peeled and diced
- 1 ½ cups water or vegetable broth
- ½ teaspoon sea salt (optional)
- 1 teaspoon olive oil or unsalted butter

Preparation:

1. **Cook the Rice and Carrots Together:** In a small pot, combine the rice, diced carrot, and water or broth. Bring to a boil over medium heat, then reduce to a low simmer. Cover and cook for about **20 minutes** or until the rice is very soft and the carrots are tender.
 2. **Mash for Smoothness:** Once cooked, use a fork or potato masher to mash the mixture into a soft consistency. For an extra smooth texture, blend it with a hand blender.
 3. **Enhance with Olive Oil:** Stir in the olive oil or butter for extra flavor and creaminess.
 4. **Serve Warm:** Let it cool slightly before serving. It should be soft and easy to eat, perfect for a sensitive stomach.
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118. Plain White Fish with Olive Oil

This light, protein-rich dish is easy to digest and packed with healthy omega-3s, which can help reduce inflammation.

Ingredients:

- 1 fillet of white fish (cod, haddock, or tilapia)
- 2 cups water
- ½ teaspoon sea salt
- 1 teaspoon olive oil

Preparation:

1. **Poach the Fish:** In a small pot, bring 2 cups of water to a gentle simmer. Add the salt.
2. **Cook Until Tender:** Carefully place the fish fillet into the simmering water. Let it cook for **7–10 minutes**, depending on thickness, until the fish flakes easily with a fork.
3. **Drain and Plate:** Remove the fish from the water and place it on a plate. Let it rest for a minute.
4. **Drizzle with Olive Oil:** Pour a teaspoon of olive oil over the fish for added moisture and healthy fats.

5. **Serve Warm:** Enjoy as-is or pair with soft white rice or mashed carrots for a complete meal.
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119. Mild Chicken & Almond Milk Sauce

This ultra-gentle chicken dish features a creamy, mild almond milk sauce for easy digestion and extra comfort.

Ingredients:

- 1 boneless, skinless chicken breast
- ½ cup unsweetened almond milk
- ½ teaspoon sea salt
- ½ teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- 1 teaspoon olive oil
- ½ teaspoon cornstarch (optional, for thickening)

Preparation:

1. **Cook the Chicken:** In a small pan, heat the olive oil over medium-low heat. Add the chicken breast and cook for **4–5 minutes** on each side, until fully cooked. Remove and let it rest.
 2. **Prepare the Sauce:** In the same pan, pour in the almond milk. Add salt and turmeric, stirring gently. If using cornstarch, dissolve it in a tablespoon of water before adding to the sauce.
 3. **Thicken the Sauce:** Cook the almond milk mixture over low heat, stirring constantly, until slightly thickened (about **2 minutes**).
 4. **Slice and Serve:** Slice the chicken into soft, bite-sized pieces and pour the almond milk sauce over the top.
 5. **Enjoy Warm:** This mild dish pairs well with mashed rice or steamed zucchini.
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120. Soft Tofu & Rice Noodle Bowl

This nourishing dish combines protein-packed soft tofu with gentle rice noodles for a light, soothing meal.

Ingredients:

- ½ block soft tofu, cubed
- 1 cup rice noodles
- 2 cups water
- ½ teaspoon sea salt

- 1 teaspoon olive oil

Preparation:

1. **Cook the Rice Noodles:** Bring 2 cups of water to a boil. Add the rice noodles and cook for **3–5 minutes** (or as directed on the package) until very soft. Drain and set aside.
2. **Prepare the Tofu:** Cut the soft tofu into small cubes. If desired, warm it slightly in a pan over low heat with a teaspoon of olive oil for **1–2 minutes** (avoid browning).
3. **Combine the Ingredients:** Place the drained rice noodles in a bowl, add the soft tofu cubes, and sprinkle with salt.
4. **Drizzle with Olive Oil:** For extra flavor and moisture, drizzle a teaspoon of olive oil over the bowl.
5. **Serve Immediately:** Enjoy warm for a gentle, nourishing meal.

Side Dishes

121. Steamed Carrots with Olive Oil


A simple, nourishing dish that's easy on the stomach yet packed with essential nutrients like beta-carotene and fiber.

Ingredients:

- 4 medium carrots, peeled and cut into rounds or sticks
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt (optional)
- ½ teaspoon honey (optional, for a slight sweetness)

Instructions:

1. Fill a medium pot with about 1 inch of water and place a steamer basket inside. If you don't have a steamer basket, use a metal colander that fits in the pot.
2. Bring the water to a gentle simmer over medium heat.
3. Add the carrot slices to the steamer basket, cover with a lid, and let them steam for **8-10 minutes** until they are fork-tender but not mushy.
4. Once steamed, remove the carrots and place them in a bowl.
5. Drizzle the olive oil over the warm carrots and toss to coat. If using, add a touch of honey for natural sweetness.
6. Sprinkle with sea salt if desired, and serve warm.

 **Tip:** If you prefer an even softer texture, steam for an extra 2-3 minutes.

122. Simple Mashed Potatoes with Ghee


Creamy and smooth, this ulcerative colitis-friendly mashed potato recipe replaces heavy dairy with gut-soothing ghee.

Ingredients:

- 3 large russet potatoes, peeled and cut into cubes
- 3 tablespoons ghee (clarified butter)
- ½ teaspoon sea salt
- ¼ cup warm water or bone broth (for extra nutrients)

Instructions:

1. Place the cubed potatoes in a large pot and cover them with cold water. Add a pinch of salt to the water if desired.
2. Bring to a gentle boil over **medium-high heat** and let the potatoes cook for **15-20 minutes**, or until they are very soft when pierced with a fork.
3. Drain the potatoes and return them to the pot. Let them sit for a minute to allow excess moisture to evaporate.
4. Add the ghee and mash the potatoes using a potato masher or fork until smooth.
5. Slowly pour in warm water or bone broth, mixing until the potatoes reach your desired creaminess.
6. Taste and adjust salt if needed. Serve warm.

 **Tip:** For an extra boost of gut health, try adding a little unsweetened almond milk instead of water for more creaminess.

123. Roasted Butternut Squash with Cinnamon

This naturally sweet, soft, and spiced dish is both comforting and nourishing, perfect for an anti-inflammatory diet.

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cut into small cubes
- 1 tablespoon extra virgin olive oil or melted ghee
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 1 teaspoon maple syrup (optional, for extra sweetness)

Instructions:

1. Preheat your oven to **375°F (190°C)** and line a baking sheet with parchment paper.
2. In a large bowl, toss the cubed butternut squash with olive oil (or melted ghee), cinnamon, and salt. If using maple syrup, add it now.
3. Spread the squash evenly on the baking sheet in a single layer.
4. Roast in the oven for **25-30 minutes**, flipping halfway through, until the edges are slightly caramelized and the inside is tender.
5. Remove from the oven and let cool for a few minutes before serving.

 **Tip:** This dish can also be mashed for an even gentler texture.

124. Zucchini & White Rice Medley


A soothing and easy-to-digest combination of soft zucchini and well-cooked rice, perfect for an ulcerative colitis-friendly meal.

Ingredients:

- 1 medium zucchini, finely diced
- 1 cup white rice (jasmine or basmati works best)
- 2 cups water or bone broth
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt

Instructions:

1. Rinse the white rice under cold water until the water runs clear.
2. In a medium saucepan, bring the 2 cups of water (or broth) to a boil.
3. Add the rinsed rice and reduce the heat to **low**, covering the pot. Let it simmer for **15 minutes** until the rice is soft and fluffy.
4. While the rice is cooking, heat the olive oil in a small pan over medium heat.
5. Add the diced zucchini and cook for **5-7 minutes**, stirring occasionally, until soft.
6. Once the rice is done, fluff it with a fork and gently fold in the cooked zucchini.
7. Season with a pinch of sea salt, and serve warm.

 **Tip:** To make this dish even more gentle, you can mash the zucchini into the rice before serving.

125. Steamed Spinach with Olive Oil Drizzle

A simple yet nutritious way to enjoy spinach while keeping it gentle on digestion.


Ingredients:

- 4 cups fresh baby spinach
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- 1 teaspoon lemon juice (optional)

Instructions:

1. Fill a medium pot with about 1 inch of water and bring to a gentle simmer over **medium heat**.
2. Place the baby spinach in a steamer basket and cover the pot with a lid.
3. Steam for **2-3 minutes**, just until the spinach wilts and turns bright green. Be careful not to overcook, as spinach cooks very quickly.
4. Remove the spinach and transfer it to a bowl.
5. Drizzle the olive oil over the warm spinach and toss gently to coat.

6. Sprinkle with sea salt and a touch of lemon juice if desired. Serve immediately.

 **Tip:** If you prefer a softer texture, you can chop the steamed spinach before serving.

126. Soft-Boiled Sweet Potatoes with Coconut Oil

A simple, soothing dish that's easy on the stomach and packed with gut-friendly nutrients.

Ingredients:

- 2 medium sweet potatoes, peeled and cut into chunks
- 3 cups water
- 1 tablespoon coconut oil
- A pinch of sea salt (optional)

Preparation:

1. **Prepare the sweet potatoes** – Peel the sweet potatoes and cut them into evenly sized chunks to ensure even cooking.
2. **Boil the water** – In a medium pot, bring 3 cups of water to a gentle boil over medium heat.
3. **Cook the sweet potatoes** – Carefully add the sweet potato chunks to the boiling water. Reduce the heat to low and let them simmer for 10–12 minutes, or until they become fork-tender.
4. **Drain and add coconut oil** – Once the sweet potatoes are soft, drain them well and transfer them to a bowl. Add 1 tablespoon of coconut oil while they're still warm, allowing the oil to melt and coat the potatoes beautifully.
5. **Mash or leave whole** – If you prefer a softer texture, mash the sweet potatoes with a fork or potato masher. Otherwise, leave them as they are for a more substantial bite.
6. **Season lightly** – Add a pinch of sea salt if desired, and mix well.
7. **Serve warm** – Enjoy this comforting dish as a snack or side dish that's easy to digest and nourishing.

127. Creamy Mashed Cauliflower

A gentle, low-fiber alternative to mashed potatoes that's easy on the gut and deliciously creamy.

Ingredients:

- 1 medium head of cauliflower, cut into florets
- 2 cups water or low-sodium vegetable broth

- 2 tablespoons unsalted butter (or coconut oil for a dairy-free option)
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder (optional, if tolerated)
- 1 tablespoon lactose-free milk or coconut milk (optional, for extra creaminess)

Preparation:

1. **Steam the cauliflower** – In a large pot, add 2 cups of water or vegetable broth and bring to a gentle boil. Place a steamer basket over the pot and add the cauliflower florets. Cover and steam for 10–12 minutes, or until fork-tender.
2. **Drain well** – Once soft, remove the cauliflower and let it drain well to avoid excess moisture.
3. **Mash or blend** – Transfer the steamed cauliflower to a large mixing bowl. Use a potato masher for a slightly chunky texture or a blender/immersion blender for a completely smooth consistency.
4. **Add butter and seasoning** – While still warm, add the unsalted butter (or coconut oil), sea salt, and garlic powder (if using). If you want an extra creamy texture, stir in a tablespoon of lactose-free milk or coconut milk.
5. **Mix until creamy** – Blend or mash until everything is well incorporated and smooth.
6. **Serve warm** – This mashed cauliflower pairs well with mild proteins like steamed fish or chicken.

128. Rice with Soft Steamed Green Beans

A simple, digestible meal that provides a good balance of carbohydrates and fiber in a gut-friendly way.

Ingredients:

- 1 cup white rice (jasmine or basmati)
- 2 cups water
- ½ teaspoon sea salt (optional)
- 1 cup green beans, trimmed and cut into small pieces
- 1 teaspoon olive oil or unsalted butter

Preparation:

1. **Rinse the rice** – Wash the rice under cold water until the water runs clear. This removes excess starch and makes it easier to digest.
2. **Cook the rice** – In a medium pot, bring 2 cups of water to a boil. Add the rice and salt (if using), then reduce the heat to low. Cover and let it simmer for 15 minutes or until the rice is soft and fluffy.
3. **Steam the green beans** – While the rice is cooking, bring a separate small pot of water to a boil. Add the green beans and steam for 5–7 minutes until they are very soft.

4. **Drain and season** – Once the green beans are tender, drain any excess water and mix in a teaspoon of olive oil or unsalted butter to keep them moist and add a gentle flavor.
 5. **Combine and serve** – Fluff the rice with a fork and gently mix in the steamed green beans. Serve warm for a mild and soothing meal.
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129. Baked Sweet Potato with Honey

A naturally sweet and soothing treat that's easy on digestion.

Ingredients:

- 1 large sweet potato
- 1 teaspoon olive oil or coconut oil
- 1 teaspoon honey (or maple syrup for a vegan option)

Preparation:

1. **Preheat the oven** – Set your oven to 375°F (190°C).
 2. **Prepare the sweet potato** – Wash the sweet potato thoroughly and pat it dry. Pierce it a few times with a fork to allow steam to escape during baking.
 3. **Coat with oil** – Rub the sweet potato with olive oil or coconut oil to keep the skin soft and prevent it from drying out.
 4. **Bake** – Place the sweet potato on a baking sheet and bake for 40–50 minutes, or until it feels soft when squeezed gently.
 5. **Cool slightly** – Once baked, let it cool for 5 minutes before slicing open.
 6. **Drizzle with honey** – Slice the sweet potato in half and drizzle a teaspoon of honey over the warm flesh.
 7. **Serve warm** – Enjoy as a naturally sweet, gut-friendly dish.
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130. Mild Boiled Pumpkin with Butter

A soft, gentle dish that's rich in soothing nutrients and perfect for sensitive digestion.

Ingredients:

- 2 cups pumpkin, peeled and cut into chunks
- 3 cups water
- 1 tablespoon unsalted butter (or coconut oil for a dairy-free option)
- A pinch of sea salt (optional)






Preparation:

1. **Prepare the pumpkin** – Peel and cut the pumpkin into small, even chunks for faster cooking.
2. **Boil the water** – In a medium pot, bring 3 cups of water to a gentle boil over medium heat.
3. **Cook the pumpkin** – Add the pumpkin chunks and simmer for 10–12 minutes, or until they become very soft and easily mashable with a fork.
4. **Drain and add butter** – Once fully cooked, drain the pumpkin and transfer it to a bowl. Add the butter while it's still warm and let it melt into the soft pumpkin.
5. **Mash or serve whole** – You can mash the pumpkin for a smooth texture or leave the chunks whole for a bit more texture.
6. **Season lightly** – Add a small pinch of sea salt if desired.
7. **Serve warm** – This dish is great on its own or as a side with mild proteins.

131. Carrot & Potato Purée

This creamy, mild purée is perfect for sensitive stomachs, offering a comforting blend of easily digestible carrots and potatoes.

Ingredients

-  2 medium carrots, peeled and chopped
-  2 medium potatoes, peeled and cubed
-  2 cups water (or low-sodium vegetable broth)
-  1/4 teaspoon salt (optional)
-  1 tablespoon olive oil or unsalted butter

Preparation

1. **Boil the vegetables:** In a medium saucepan, add the chopped carrots and potatoes. Pour in the water and bring to a boil. Reduce the heat and simmer for about **15-20 minutes**, or until the vegetables are fork-tender.
2. **Drain and reserve liquid:** Once cooked, drain the vegetables, but save about **1/2 cup of the cooking water** for blending.
3. **Blend until smooth:** Use a hand blender or food processor to purée the carrots and potatoes. Add the reserved cooking water **little by little** until you reach a smooth, creamy consistency.
4. **Add richness:** Stir in olive oil or butter to enhance the flavor and texture.
5. **Season lightly:** If tolerated, add a pinch of salt.
6. **Serve warm:** Enjoy immediately or store in an airtight container in the fridge for up to **2 days**.

132. Rice Cakes with Mild Avocado Spread

A light, crunchy snack topped with a smooth and gentle avocado spread, easy to digest and packed with healthy fats.

Ingredients

- 🍙 2 plain rice cakes (unsalted, without added seeds)
- 🥑 1/2 ripe avocado
- 🍋 1/2 teaspoon lemon juice
- ☐ A pinch of salt (optional)
- ☐ 1 teaspoon olive oil

Preparation

1. **Prepare the avocado:** Scoop out the flesh of the avocado and place it in a small bowl.
2. **Mash until smooth:** Using a fork, mash the avocado until creamy and lump-free.
3. **Enhance the flavor:** Stir in lemon juice, olive oil, and a small pinch of salt (if tolerated). Mix well until smooth.
4. **Assemble the rice cakes:** Spread a thin layer of avocado mixture on top of each rice cake.
5. **Serve fresh:** Enjoy immediately to prevent the rice cakes from becoming soggy.

133. Soft Roasted Eggplant with Olive Oil

This gentle, melt-in-your-mouth eggplant dish is light, easy to digest, and full of nutrients without any harsh spices.

Ingredients

- 🍆 1 medium eggplant
- ☐ 1 tablespoon olive oil
- ☐ A pinch of salt (optional)

Preparation

1. **Preheat the oven:** Set your oven to **375°F (190°C)**. Line a baking sheet with parchment paper.
2. **Prepare the eggplant:** Rinse and dry the eggplant, then cut it in half lengthwise.
3. **Score the flesh:** Use a knife to make shallow crisscross cuts in the eggplant flesh, allowing the olive oil to seep in.
4. **Drizzle with olive oil:** Lightly brush the surface with olive oil to keep it moist.

5. **Roast until tender:** Place the eggplant halves cut-side down on the baking sheet. Roast for **30-40 minutes**, until the flesh is soft and easily scoopable.
 6. **Cool slightly & serve:** Let it cool for a few minutes, then scoop out the flesh and mash lightly. Add a pinch of salt if desired.
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134. Mashed Butternut Squash with Nutmeg

A naturally sweet and velvety mash that soothes the digestive tract and is packed with beta-carotene.

Ingredients

- 🍠 1 small butternut squash, peeled, seeded, and cubed
- 💧 1 cup water (or low-sodium vegetable broth)
- ☐ A pinch of salt (optional)
- 🍴 1 tablespoon olive oil or unsalted butter
- 🌰 A tiny pinch of nutmeg (optional, only if well-tolerated)

Preparation

1. **Boil the squash:** In a medium saucepan, add the butternut squash cubes and cover with water. Bring to a boil, then simmer for **15-20 minutes** until fork-tender.
 2. **Drain and reserve liquid:** Remove from heat and drain, keeping **1/2 cup of the cooking liquid**.
 3. **Mash until smooth:** Use a potato masher or hand blender to mash the squash, adding the reserved liquid gradually until you reach a creamy texture.
 4. **Enhance the flavor:** Stir in olive oil or butter for extra creaminess. If tolerated, sprinkle a very small amount of nutmeg.
 5. **Serve warm:** This dish pairs well with mild proteins like chicken or white fish.
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135. Boiled Rice with Coconut Milk

A gentle, easily digestible rice dish with a creamy, slightly sweet coconut flavor.

Ingredients

- 🍚 1 cup white rice (jasmine or basmati)
- ☐ 1/2 cup unsweetened coconut milk
- 💧 1 1/2 cups water
- ☐ A small pinch of salt (optional)

Preparation

1. **Rinse the rice:** Place the rice in a fine-mesh sieve and rinse under cold water until the water runs clear.
2. **Boil the rice:** In a medium saucepan, combine rice, water, and a pinch of salt. Bring to a boil over **medium heat**.
3. **Simmer gently:** Reduce heat to **low**, cover, and let it cook for **10-12 minutes** until the water is absorbed.
4. **Add coconut milk:** Pour in the coconut milk and stir well. Let it cook for **5 more minutes**, stirring occasionally to prevent sticking.
5. **Fluff and serve:** Turn off the heat, fluff the rice with a fork, and let it sit covered for **5 minutes** before serving.

136. Soft Rice Pudding with Honey

A warm, creamy, and easy-to-digest rice pudding sweetened with honey—perfect for soothing the digestive tract.

Ingredients:

- 1 cup white rice (jasmine or basmati for extra softness)
- 4 cups water
- 2 cups lactose-free milk (or almond milk for a dairy-free option)
- 2 tablespoons honey (or to taste)
- ½ teaspoon vanilla extract (optional)
- 1 pinch ground cinnamon (optional, if tolerated)

Preparation:

1. **Rinse the Rice:** Place the rice in a fine-mesh strainer and rinse under cold water until the water runs clear. This removes excess starch, ensuring a smooth texture.
2. **Cook the Rice:** In a medium saucepan, bring 4 cups of water to a gentle boil. Add the rice, reduce heat to low, cover, and let simmer for about 20 minutes until the rice is very soft.
3. **Add the Milk:** Stir in the milk and continue cooking on low heat, stirring frequently, until the mixture thickens (about 15 minutes).
4. **Sweeten & Flavor:** Add honey and vanilla extract (if using), stirring until well combined.
5. **Final Simmer:** Continue stirring and cooking for another 5-10 minutes until the pudding reaches a creamy consistency. If it becomes too thick, add a little more milk.
6. **Serve Warm or Chilled:** Pour into bowls, sprinkle with a pinch of cinnamon (if tolerated), and enjoy warm or refrigerate for a soothing cold treat.

137. Gentle Mashed Peas with Olive Oil

A smooth, velvety pea puree enriched with heart-healthy olive oil.

Ingredients:

- 2 cups frozen peas (or fresh, if available)
- 1½ cups water or low-sodium vegetable broth
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt (or to taste)
- ¼ teaspoon garlic powder (optional, if tolerated)

Preparation:

1. **Cook the Peas:** In a small saucepan, bring the water or broth to a simmer. Add the peas and cook for about 5 minutes until they are soft and tender.
2. **Drain & Blend:** Drain the peas, reserving a few tablespoons of cooking liquid. Transfer them to a blender or use an immersion blender in a bowl.
3. **Puree Until Smooth:** Blend the peas with olive oil, salt, and garlic powder (if using), adding a bit of the reserved cooking liquid to reach the desired consistency.
4. **Adjust Texture:** If the mixture is too thick, add more liquid a little at a time until smooth and creamy.
5. **Serve Warm:** Spoon the puree into a bowl, drizzle with a little more olive oil, and enjoy as a gentle, soothing side dish.

138. Soft Lentil Puree with White Rice

A protein-rich, easy-to-digest lentil puree served with soft, well-cooked white rice.

Ingredients:

- ½ cup red or yellow lentils (they are softer and easier to digest)
- 3 cups water
- ½ teaspoon salt (or to taste)
- ½ teaspoon turmeric (optional, for anti-inflammatory benefits)
- 1 cup cooked white rice
- 1 tablespoon olive oil

Preparation:

1. **Rinse the Lentils:** Place lentils in a fine-mesh strainer and rinse under cold water until the water runs clear.
 2. **Cook the Lentils:** In a small pot, bring 3 cups of water to a boil. Add lentils, reduce heat, and simmer for about 25 minutes until they become very soft and mushy.
 3. **Blend or Mash:** Drain excess water if needed, then use an immersion blender or mash with a fork until smooth. Stir in salt, turmeric (if using), and olive oil.
 4. **Prepare the Rice:** While the lentils are cooking, cook the white rice until very soft and fluffy.
 5. **Combine & Serve:** Serve the lentil puree over the rice or mix them together for an extra creamy consistency. Enjoy warm.
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139. Cooked Zucchini & Rice Bowl

A gentle, nourishing bowl of soft-cooked zucchini and rice with a touch of olive oil for easy digestion.

Ingredients:

- 1 medium zucchini, peeled and diced
- 1 cup white rice (jasmine or basmati for extra softness)
- 3 cups water
- 1 tablespoon olive oil
- ½ teaspoon salt

Preparation:

1. **Cook the Rice:** In a medium saucepan, bring 3 cups of water to a boil. Add the rice, lower the heat, cover, and simmer for about 20 minutes until very soft.
 2. **Prepare the Zucchini:** While the rice is cooking, peel and dice the zucchini into small cubes.
 3. **Steam or Boil the Zucchini:** Place zucchini in a steamer basket over boiling water and steam for 5-7 minutes until very soft. Alternatively, boil the zucchini in a small pot for about 5 minutes.
 4. **Mash the Zucchini:** Once tender, mash the zucchini with a fork or blend for a completely smooth texture.
 5. **Combine & Serve:** Mix the zucchini puree with the rice, drizzle with olive oil, and season with salt. Enjoy warm.
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140. Mashed Plantains with Coconut Milk

A naturally sweet and creamy dish, perfect for soothing the digestive system.

Ingredients:

- 2 ripe plantains (yellow with black spots for extra softness)
- 1 cup water
- ½ cup coconut milk
- ½ teaspoon cinnamon (optional, if tolerated)
- 1 teaspoon honey (optional, for added sweetness)

Preparation:

1. **Peel & Slice the Plantains:** Cut off the ends, make a shallow slit along the skin, and peel. Slice the plantains into rounds.
2. **Boil Until Soft:** In a medium saucepan, bring 1 cup of water to a boil. Add plantain slices and cook for about 10-12 minutes until they are very soft.
3. **Drain & Mash:** Drain any excess water and mash the plantains using a fork or potato masher until smooth.
4. **Add Coconut Milk:** Slowly stir in the coconut milk, mixing until the texture is creamy.
5. **Flavor & Serve:** Add cinnamon and honey (if using), stir well, and serve warm.

141. Soft Rice & Yogurt Bowl

A soothing, nourishing meal that's easy on the stomach and packed with probiotics for gut health.

Ingredients:

- ½ cup white rice
- 1 cup water
- ½ cup plain yogurt (preferably lactose-free if needed)
- A pinch of salt (optional)
- 1 teaspoon honey or maple syrup (optional, for sweetness)

Preparation:

1. **Cook the Rice:** In a small pot, combine the rice and water. Bring to a boil over medium heat, then reduce the heat to low. Cover and let it simmer for about **15-20 minutes**, or until the rice is soft and fully cooked.
2. **Cool Slightly:** Let the rice cool for a few minutes. This prevents the yogurt from curdling when mixed in.
3. **Mix in Yogurt:** Add the plain yogurt to the warm (but not hot) rice. Stir gently to combine.
4. **Season Lightly:** If desired, add a pinch of salt for balance. For a touch of sweetness, drizzle honey or maple syrup on top.

5. **Serve & Enjoy:** Eat warm or at room temperature for a soothing, easy-to-digest meal.
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142. Warm Mashed Carrots & Butter

A simple, creamy side dish that's rich in beta-carotene and easy to digest.

Ingredients:

- 2 large carrots, peeled and chopped
- 1 cup water
- 1 teaspoon unsalted butter
- A pinch of salt (optional)

Preparation:

1. **Boil the Carrots:** In a small pot, bring the water to a boil. Add the chopped carrots and cook for **10-15 minutes**, or until they're fork-tender.
 2. **Drain & Mash:** Drain any excess water and use a fork or potato masher to mash the carrots until smooth. For an even creamier texture, blend them with a hand blender.
 3. **Add Butter:** Stir in the unsalted butter while the carrots are still warm, allowing it to melt and blend in.
 4. **Season & Serve:** Add a small pinch of salt if desired. Serve warm for a comforting, gut-friendly dish.
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143. Mild Sweet Corn Rice Blend

A lightly sweet, nutritious dish that's easy on the stomach and full of gentle fiber.

Ingredients:

- ½ cup white rice
- ½ cup sweet corn (cooked and blended for easier digestion)
- 1 cup water
- ½ teaspoon unsalted butter
- A pinch of salt (optional)

Preparation:

1. **Cook the Rice:** In a small pot, bring the water to a boil. Add the rice, reduce heat to low, cover, and simmer for **15-20 minutes** until fully cooked.

2. **Prepare the Corn:** If using fresh or frozen corn, steam or boil it until soft, then blend it with a small amount of water to create a smooth puree.
 3. **Combine the Ingredients:** Mix the pureed sweet corn with the cooked rice, stirring gently.
 4. **Add Butter & Season:** Stir in the butter while warm, letting it melt into the mixture. Add a pinch of salt if desired.
 5. **Serve & Enjoy:** Eat warm for a gentle, naturally sweet meal.
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144. Coconut Rice & Carrot Medley

A delicate, slightly sweet dish that's creamy, nourishing, and full of gentle flavors.

Ingredients:

- ½ cup white rice
- ½ cup canned coconut milk (full-fat for creaminess)
- ½ cup water
- ½ small carrot, finely grated
- ½ teaspoon honey (optional, for slight sweetness)
- A pinch of salt (optional)

Preparation:

1. **Cook the Rice:** In a pot, combine rice, coconut milk, and water. Bring to a gentle boil, then reduce to low heat. Cover and cook for **15-20 minutes**, stirring occasionally.
 2. **Add the Carrots:** When the rice is almost fully cooked, stir in the finely grated carrots and let them soften for the last **5 minutes** of cooking.
 3. **Sweeten & Season:** If desired, add honey and a tiny pinch of salt to enhance the flavors.
 4. **Serve Warm:** Enjoy the creamy, mildly sweet dish while warm for a comforting meal.
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145. Soft Avocado with White Rice

A creamy, nutrient-dense dish that's packed with healthy fats and easy on digestion.

Ingredients:

- ½ cup white rice
- 1 cup water
- ½ ripe avocado
- A pinch of salt (optional)
- ½ teaspoon lemon juice (optional, for mild flavor balance)

Preparation:

1. **Cook the Rice:** In a small pot, bring water to a boil. Add the rice, reduce to low heat, cover, and let it simmer for **15-20 minutes** until soft.
2. **Mash the Avocado:** While the rice is cooking, scoop out the avocado into a bowl and mash it with a fork until smooth.
3. **Combine the Ingredients:** Once the rice is cooked and slightly cooled, mix it gently with the mashed avocado.
4. **Season Lightly:** Add a small pinch of salt for taste. If desired, add a tiny squeeze of lemon juice to prevent the avocado from browning.
5. **Serve & Enjoy:** Eat immediately for a creamy, soothing meal that's rich in healthy fats and easy to digest.

146. Roasted Sweet Potato & Almond Butter

A warm, nourishing dish that's packed with fiber, healthy fats, and natural sweetness—perfect for soothing the gut.

Ingredients:

- 1 medium **sweet potato**, washed and scrubbed
- 1 tablespoon **almond butter** (smooth, unsweetened)
- ½ teaspoon **cinnamon** (optional, for extra warmth)
- ½ teaspoon **honey** (optional, for a touch of sweetness)

Preparation:

1. **Preheat the oven** to 375°F (190°C).
2. **Prepare the sweet potato:** Using a fork, pierce the skin a few times to allow steam to escape while roasting.
3. **Bake the sweet potato:** Place it on a baking sheet and roast for **40-50 minutes**, or until soft and tender. You should be able to pierce it easily with a fork.
4. **Cool slightly:** Once done, let it cool for about **5 minutes** before handling.
5. **Slice open and top:** Cut the sweet potato in half lengthwise and **spread the almond butter** on top. The heat from the potato will help it melt slightly.
6. **Add finishing touches:** Sprinkle with **cinnamon** and **drizzle with honey** if desired.
7. **Enjoy warm**, mashing it gently with a fork if needed for easier digestion.

147. Steamed Soft Broccoli with Olive Oil

A simple, gut-friendly way to enjoy broccoli while ensuring it remains **gentle on digestion**.

Ingredients:

- 1 cup **broccoli florets** (fresh, not raw)
- 1 teaspoon **extra virgin olive oil**
- A pinch of **sea salt** (optional)

Preparation:

1. **Wash and chop** the broccoli into **small, bite-sized florets**.
 2. **Set up a steamer:** Fill a pot with about **1 inch of water** and bring it to a boil. Place a steaming basket over the pot.
 3. **Steam the broccoli:** Add the florets to the basket, cover, and steam for **5-7 minutes** until **very soft**. They should be easy to pierce with a fork.
 4. **Remove from heat** and let them cool slightly for a minute.
 5. **Drizzle with olive oil:** Transfer to a plate and **gently toss with extra virgin olive oil**.
 6. **Season lightly:** Sprinkle with a small pinch of sea salt if desired.
 7. **Serve warm** as a gentle, nourishing side dish.
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148. Cooked Soft Peas & Carrots

A mild, nutrient-rich dish that's easy on the stomach while providing vitamins and gentle fiber.

Ingredients:

- ½ cup **frozen or fresh peas**
- 1 medium **carrot**, peeled and diced
- 1 teaspoon **olive oil or unsalted butter**
- ½ cup **water or low-sodium vegetable broth**

Preparation:

1. **Peel and dice** the carrot into small, soft-cooking pieces.
 2. **Add peas and carrots to a small pot** with ½ cup of water or broth.
 3. **Simmer on low heat** for **10-12 minutes**, stirring occasionally, until the carrots are **very soft** and the peas are tender.
 4. **Drain excess liquid** if needed and **add olive oil or butter** for extra richness.
 5. **Mash slightly** with a fork if necessary for easier digestion.
 6. **Serve warm** as a gentle, nourishing side dish.
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149. Simple Baked Pumpkin Wedges

A comforting and naturally sweet dish that's rich in beta-carotene and soft in texture.

Ingredients:

- 1 small **pumpkin** (such as sugar pumpkin or kabocha)
- 1 teaspoon **olive oil**
- A pinch of **cinnamon** (optional)
- A pinch of **sea salt** (optional)

Preparation:

1. **Preheat the oven** to 375°F (190°C).
 2. **Prepare the pumpkin:** Cut it into **small wedges**, about **½-inch thick**, making sure to remove the skin and seeds.
 3. **Lightly coat with olive oil:** Toss the wedges in a bowl with olive oil, ensuring they are evenly coated.
 4. **Arrange on a baking sheet:** Line a baking tray with parchment paper and spread the pumpkin wedges in a single layer.
 5. **Bake for 25-30 minutes**, turning halfway through, until the pumpkin is very soft and golden.
 6. **Sprinkle with cinnamon** or a pinch of sea salt if desired.
 7. **Let cool slightly** and enjoy warm!
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150. Gentle Cooked Mushrooms & Rice

A light, soothing dish that's perfect for easy digestion while still being satisfying.

Ingredients:

- ½ cup **white rice** (jasmine or basmati, for easy digestion)
- 1 cup **water or low-sodium vegetable broth**
- ½ cup **soft mushrooms** (such as button or cremini), finely sliced
- 1 teaspoon **olive oil or unsalted butter**
- A pinch of **sea salt** (optional)

Preparation:

1. **Rinse the rice:** In a fine-mesh strainer, rinse the rice under cold water until the water runs clear.
2. **Cook the rice:** In a small pot, combine ½ **cup rice** with **1 cup of water or broth**. Bring to a gentle boil.
3. **Simmer:** Once boiling, reduce heat to **low**, cover, and let it simmer for **12-15 minutes**, or until the rice is soft and fully absorbed the liquid.
4. **Prepare the mushrooms:** While the rice cooks, heat **1 teaspoon of olive oil or butter** in a small pan over **low heat**.
5. **Cook the mushrooms gently:** Add the sliced mushrooms and **sauté for 5-7 minutes**, stirring occasionally, until soft and tender.
6. **Combine the mushrooms and rice:** Once the rice is done, fluff it with a fork and gently stir in the mushrooms.

7. **Season lightly** with a small pinch of salt if desired, and serve warm.