

# 7-Day Diverticulitis Diet Plan + Flare-Up Checklist

This printable guide helps you manage and recover from diverticulitis using a gentle, step-by-step diet approach. Always consult a healthcare professional if symptoms are severe.

## 7-Day Diet Plan

### ***Day 1–2 (Liquid Phase)***

- 1 Water, herbal tea
- 2 Clear broth
- 3 Coconut water or diluted juice

### ***Day 3 (Soft Foods)***

- 1 Oatmeal + banana
- 2 White rice + chicken
- 3 Yogurt, mashed potatoes

### ***Day 4 (Low Fibre)***

- 1 Eggs + white toast
- 2 Pasta + soft vegetables
- 3 Fish + rice

### ***Day 5 (Transition)***

- 1 Oats + fruit
- 2 Rice + lentils
- 3 Chicken + sweet potato

### ***Day 6 (Increase Fibre)***

- 1 Oats + chia seeds
- 2 Brown rice + vegetables
- 3 Fish + broccoli

### ***Day 7 (Balanced Diet)***

- 1 Whole grains + berries
- 2 Quinoa + vegetables
- 3 Nuts + fruit
- 4 Chicken + greens

### **Flare-Up Emergency Checklist**

- 1 Switch to clear liquid diet immediately
- 2 Avoid caffeine, alcohol, spicy food
- 3 Monitor symptoms (pain, bloating)
- 4 Gradually reintroduce soft foods
- 5 Stay hydrated
- 6 Seek medical help if symptoms worsen