

Day 1



Starting your week with soothing, stomach-friendly foods sets the tone for healing. These meals are easy to digest and won't trigger acid production.

Breakfast: Oatmeal with Banana and Honey

Cook rolled oats in low-fat milk until creamy. Top with sliced banana and a drizzle of honey.

This meal coats your stomach lining and provides lasting energy without causing irritation or discomfort.

Lunch: Baked Chicken with Steamed Carrots and White Rice

Season chicken breast with mild herbs, then bake until tender. Serve with steamed carrots and fluffy white rice.

This combination is easy to digest and provides the protein your body needs for tissue repair.

Dinner: Poached Salmon with Mashed Potatoes and Green Beans

Gently poach salmon in water with lemon. Prepare smooth mashed potatoes with a bit of butter.

Steam green beans until soft. Salmon's omega-3 fats help reduce inflammation in your stomach lining.

Snacks: Plain Greek Yogurt and Saltine Crackers

Choose low-fat Greek yogurt without added sugars or fruit chunks. Pair with a few saltine crackers.

Yogurt contains probiotics that support gut health, while crackers help absorb excess stomach acid between meals.

Day 2



Today's menu continues building on gentle, nourishing foods, keeping everything stomach-safe. These meals help maintain steady energy without upsetting your digestive system.

Breakfast: Scrambled Eggs with White Toast

Whisk the eggs and cook them gently in a non-stick pan with a little butter. Serve alongside white toast without heavy spreads.

Eggs provide high-quality protein that's easy to digest and won't irritate your ulcer.

Lunch: Turkey Sandwich on White Bread with Cucumber Slices

Use lean deli turkey and soft white bread for this simple sandwich. Add thin cucumber slices for crunch.

Skip spicy mustard or acidic condiments. This light lunch won't trigger acid reflux or stomach pain.

Dinner: Baked Tilapia with Quinoa and Steamed Zucchini

Season the tilapia lightly and bake until it flakes easily. Cook quinoa according to package directions. Steam zucchini until tender.

This meal is packed with nutrients while remaining gentle on your stomach and promoting healing.

Snacks: Applesauce and String Cheese

Choose unsweetened applesauce that's smooth and easy to swallow. Pair with one piece of string cheese.

Applesauce is naturally soothing, while cheese provides calcium and protein without being too heavy for snacking.

Day 3



Midweek meals focus on comfort foods that support healing. The portions are moderate to prevent your stomach from feeling too full or uncomfortable.

Breakfast: Cream of Wheat with Blueberries

Prepare cream of wheat with low-fat milk for extra creaminess. Top with a handful of fresh blueberries.

This warm cereal is incredibly gentle on your stomach while providing fiber and antioxidants that support healing.

Lunch: Chicken Noodle Soup with Soft Dinner Roll

Make a mild chicken noodle soup using low-sodium broth and tender chicken pieces. Serve with a soft dinner roll.

Soup is hydrating and easy to digest, making it perfect for ulcer management and comfort.

Dinner: Grilled Chicken Breast with Sweet Potato and Steamed Broccoli

Grill chicken with minimal seasoning until fully cooked. Bake the sweet potato until soft inside. Steam broccoli florets until tender.

Sweet potatoes contain vitamins that help repair stomach tissue and reduce inflammation naturally.

Snacks: Rice Cakes with Almond Butter

Spread a thin layer of smooth almond butter on plain rice cakes. Keep portions small.

Rice cakes are bland and won't irritate your stomach, while almond butter adds healthy fats and keeps you satisfied between meals.

Day 4



These meals help neutralize stomach acid naturally. You're halfway through the week, and your stomach should be feeling some relief by now.

Breakfast: Banana Smoothie with Low-Fat Milk

Blend one ripe banana with low-fat milk and a touch of honey. Keep it simple without acidic fruits.

Bananas help neutralize stomach acid and coat your stomach lining, making this smoothie both delicious and therapeutic.

Lunch: Tuna Salad on White Bread with Lettuce

Mix water-packed tuna with a small amount of mayonnaise. Spread on white bread with butter lettuce.

Avoid adding onions or pickles. This protein-rich lunch is filling yet gentle enough for sensitive stomachs to handle.

Dinner: Baked Cod with Brown Rice and Steamed Spinach

Season cod lightly and bake until opaque throughout. Prepare brown rice according to package directions.

Steam spinach until wilted. Cod is a lean protein that digests easily, while spinach provides iron without causing irritation.

Snacks: Pear Slices and Cottage Cheese

Cut a ripe pear into thin slices for easy eating. Serve with low-fat cottage cheese on the side.

Pears are low in acid compared to other fruits, and cottage cheese provides protein and calcium in a gentle form.

Day 5



Friday's menu brings variety while maintaining stomach-friendly ingredients. These meals keep you satisfied without triggering any uncomfortable symptoms or pain.

Breakfast: French Toast with Maple Syrup

Dip white bread in beaten eggs and cook on a griddle. Drizzle with real maple syrup instead of artificial versions.

This breakfast is comforting and easy to digest, giving you energy without aggravating your ulcer symptoms.

Lunch: Grilled Cheese Sandwich with Tomato-Free Soup

Make a simple grilled cheese using white bread and mild cheese. Pair with a creamy potato or squash soup.

Avoid tomato-based soups since tomatoes are acidic. This classic combination is soothing and satisfying for lunch.

Dinner: Roasted Turkey Breast with Mashed Cauliflower and Green Peas

Roast the turkey breast with light seasoning until golden brown. Mash steamed cauliflower with butter for a lighter alternative.

Add steamed green peas. Turkey is lean and gentle, while cauliflower provides fiber without causing gas.

Snacks: Vanilla Wafers and Chamomile Tea

Enjoy a few vanilla wafers with a cup of warm chamomile tea. Chamomile is naturally calming for your digestive system.

These light snacks won't overload your stomach and can actually help reduce inflammation and promote relaxation throughout your day.

Day 6



Weekend meals should be just as healing as weekday ones. Today's menu includes foods that continue supporting your recovery.

Breakfast: Cottage Cheese with Melon Chunks

Combine low-fat cottage cheese with small pieces of honeydew or cantaloupe. These melons are low in acid.

This breakfast provides protein and hydration while being incredibly gentle on your stomach lining and easy to prepare.

Lunch: Chicken and Rice Casserole with Carrots

Mix cooked chicken, white rice, and soft carrots in a mild cream sauce. Bake until heated through.

Casseroles are comforting and easy to portion. This dish provides balanced nutrition without any ingredients that could irritate your ulcer.

Dinner: Baked Chicken Thighs with Butternut Squash and Asparagus

Season chicken thighs lightly and bake until the skin is crispy. Roast butternut squash cubes with olive oil.

Steam asparagus spears until tender. This colorful dinner is rich in vitamins and minerals that support tissue healing naturally.

Snacks: Pretzels and Hummus

Choose soft pretzels over hard, crunchy varieties for easier digestion. Serve with a small amount of plain hummus.

Pretzels help absorb stomach acid, while hummus provides protein and fiber in a form that's gentle on your digestive system.

Day 7



You've made it to the final day of this healing meal plan. These last meals reinforce healthy eating patterns.

Breakfast: Pancakes with Honey and Strawberry Slices

Make fluffy pancakes using white flour and low-fat milk. Top with honey and fresh strawberry slices.

Strawberries are less acidic than other berries. This breakfast feels like a treat while still being gentle on your recovering stomach.

Lunch: Egg Salad on White Bread with Cucumber

Mash hard-boiled eggs with a small amount of mayonnaise. Spread on soft white bread with cucumber slices.

Skip pepper and paprika. This simple lunch is protein-rich and easy to digest, making it perfect for ulcer management.

Dinner: Baked Pork Chops with Roasted Potatoes and Steamed Cabbage

Choose lean pork chops and bake with minimal seasoning. Roast potato wedges until golden. Steam cabbage until soft.

This hearty dinner provides complete nutrition while remaining gentle. Cabbage contains compounds that may help heal stomach ulcers.

Snacks: Graham Crackers and Almond Milk

Enjoy a few graham crackers with a glass of unsweetened almond milk. Graham crackers are bland and soothing.

Almond milk is easier to digest than regular milk for some people. This combination makes a light, satisfying snack options