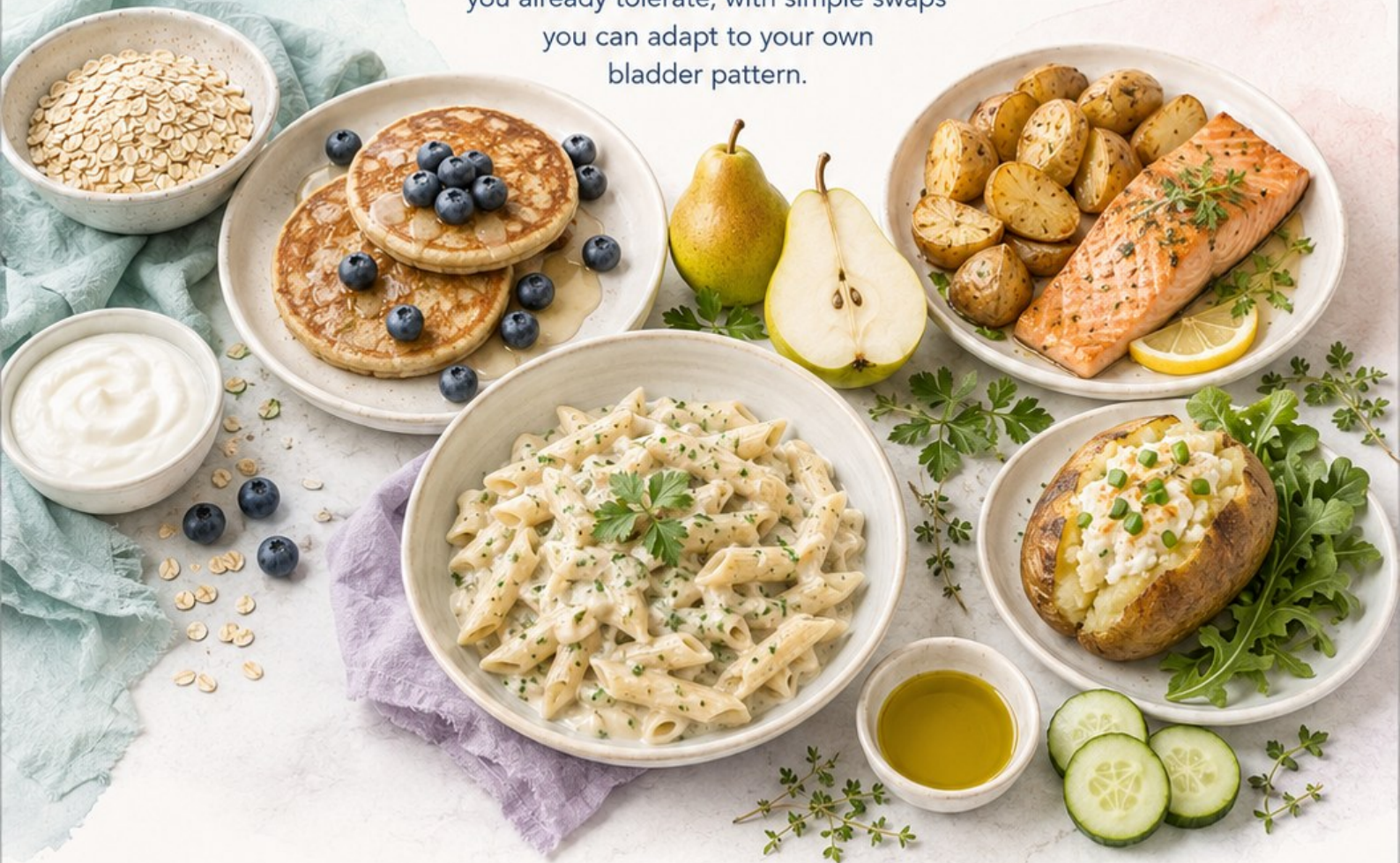


IC Ally

# 5-Day IC-Friendly Meal Pack

A gentle mini meal-planning guide with tasty  
breakfasts, lunches, dinners, snacks, sauces  
and a shopping list.

Build flavourful meals using foods  
you already tolerate, with simple swaps  
you can adapt to your own  
bladder pattern.



Educational support only — not a substitute for medical care.

# How to use this meal pack

Use meals built from foods you usually tolerate. These pages are starting ideas — not guaranteed safe foods for everyone.

1



## Start with familiar foods

Build meals from ingredients you already tolerate most of the time.



2



## Test one change at a time

When trying something new, change one ingredient or product rather than everything at once.



3



## Keep flavour simple during flares

You can simplify meals temporarily, but you do not need to stop eating or live on bland dry food.



4



## Use swaps, not fear

Swap likely triggers such as tomato, chilli, citrus or fizzy drinks for gentler alternatives you enjoy.



5



## Track the bigger picture

Portion size, stress, hormones, constipation, hydration and timing can all affect symptoms.



If a meal seems to trigger symptoms, compare it with a simpler version before deciding the whole meal is a problem.



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## 5-Day

### IC-Friendly Meal Pack

A simple day built around creamy comfort and gentle flavour.



#### Breakfast

Blueberry oat pancakes



Serve with plain yoghurt or a dairy-free alternative if tolerated.



#### Lunch

Creamy herb chicken pasta



Add courgette, spinach or peas for colour and texture.



#### Dinner

Salmon with dill yoghurt and roast potatoes



Serve with cucumber or greens on the side.



#### Snack

Warm pear and cinnamon yoghurt bowl



A soft, comforting option when you want something gentle.



#### Easy swap

Use gluten-free pasta, tofu or dairy-free yoghurt if that suits you better.



#### Prep tip

Cook extra salmon or potatoes to reuse the next day.



# Day 2 meal plan

Comforting meals with creamy textures  
and easy protein.



## Breakfast

Pear-and-cinnamon  
overnight oats

Make ahead for an  
easy, filling start.



## Lunch

Loaded baked  
potato with  
herby chicken

Top with cream cheese,  
chives and cucumber  
if tolerated.



## Dinner

Turkey meatballs  
with basil  
cream sauce

Serve with pasta,  
mashed potatoes or  
a base you tolerate well.



## Snack

Oatcakes with  
ricotta and pear

A quick sweet-  
savory snack idea.



## Easy swap

Try tofu, lentil meatballs  
or a dairy-free topping if needed.



## Prep tip

Make extra meatballs so you  
have an easy freezer meal.



# IC Ally 5-Day Day 3 meal plan

Colourful, satisfying meals with gentle flavourful swaps.



## Breakfast

### Spinach and cheese breakfast wrap

Add egg, turkey or tofu if tolerated.



## Lunch

### Roast vegetable and ricotta couscous bowl

Use courgette, carrots, squash and fresh herbs.



## Dinner

### Mild coconut chicken rice bowl

Add vegetables and mild herbs for extra flavour.



## Snack

### Blueberry yoghurt parfait

Layer with oats for extra texture.



## Easy swap

Use rice, quinoa or noodles instead of couscous, and choose dairy-free yoghurt if needed.



## Prep tip

Roast a tray of vegetables once and use them in several meals.



# Day 4 meal plan

Soft textures, protein and easy repeat ingredients.



## Breakfast

Creamy  
scrambled eggs  
on herb toast



Serve with  
spinach or  
mushrooms  
if tolerated.



## Lunch

Salmon and  
potato cakes



Great with  
cucumber and  
a dill yoghurt dip.



## Dinner

Creamy  
mushroom  
risotto



Finish with  
butter, ricotta or  
a tolerated dairy-  
free option.



## Snack

Cheese and  
herb muffin



Or choose  
a savoury snack  
you already  
tolerate.



## Easy swap

Try tofu cakes, gluten-free bread  
or dairy-free soft cheese if needed.



## Prep tip

Risotto feels richer when finished  
with herbs and a creamy topping.

# Day 5 meal plan

A final day of cosy meals and realistic easy-prep ideas.



## Breakfast

Baked pear breakfast crumble

Serve warm with yoghurt or a tolerated dairy-free option.



## Lunch

Pesto chicken wrap

Use a lemon-free homemade pesto if that works better for you.



## Dinner

Chicken, courgette and ricotta pasta bake

A family-friendly dish that still feels comforting.



## Snack

Buttered herb popcorn

Or another simple snack you know you do well with.



## Easy swap

Use tofu, rice pasta or dairy-free ricotta-style alternatives if needed.



## Prep tip

This is a good day to double-cook dinner and freeze a portion.



# 7 flavourful sauces and toppings

Gentle ways to add flavour without relying on tomato, chilli or heavy seasoning blends.

1



## Creamy herb sauce

Cream cheese or a dairy-free alternative, milk and basil or chives.

2



## Lemon-free basil pesto

Basil, olive oil, mild cheese and tolerated nuts or seeds.

3



## Dill yoghurt sauce

Yoghurt, cucumber, dill and olive oil.

4



## Roasted vegetable sauce

Blend squash, courgette or carrots with herbs.

5



## Mild coconut sauce

Coconut milk with ginger or coriander if tolerated.

6



## Ricotta herb topping

Ricotta, olive oil and fresh herbs for pasta or potatoes.

7



## Tahini herb drizzle

Tahini thinned with water and finished with parsley or basil.



A simple sauce can turn a bland plate into a meal you genuinely want to eat.



# Shopping list and quick swaps

Use this as a starting list, then adapt it to your own tolerances.



## Protein

- Chicken
- Turkey
- Eggs
- Fish
- Yoghurt
- Ricotta
- Tofu



## Starches

- Oats
- Pasta
- Rice
- Potatoes
- Couscous
- Wraps
- Bread



## Vegetables

- Courgette
- Spinach
- Cucumber
- Carrots
- Peas
- Mushrooms
- Leafy greens



## Fruit

- Pears
- Blueberries and any other fruit you already tolerate.



## Cupboard and flavour

- Olive oil
- Herbs
- Cream cheese
- Coconut milk
- Tahini
- Mild cheese
- Cinnamon

## Quick swaps

- 🔄 Tomato sauce → creamy herb sauce
- 🔄 Chilli blend → basil, thyme or rosemary
- 🔄 Citrus dressing → yoghurt and herbs
- 🔄 Flavoured yoghurt → plain yoghurt and fruit

# Your planner and food notes

Use this page to personalise the meal pack around your own pattern.

## My meal planning sheet



Breakfast ideas

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Lunch ideas

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Dinner ideas

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Snacks

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Batch-cook items

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Shopping reminders

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## Food and symptom notes

| Meal or food tested | Portion or notes | Symptoms after | Retest? |
|---------------------|------------------|----------------|---------|
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Keep meals flexible, test calmly  
and build a list of foods you genuinely enjoy.

Explore more food support at IC Ally.