

Diverticulitis Diet

21 Day Diet Guide

From Clear Liquids to High-Fiber



Calming Blends

Designed to support digestive rest during flare-ups, gradually reintroduce solid foods, and promote long-term gut health. Always consult your doctor before starting any dietary plan.

Phase 1 – Clear Liquid Diet (Days 1–7)

Purpose: Bowel rest and hydration.

Allowed:

- Water (still or carbonated)
- Clear broths, clear juices without pulp
- Electrolyte drinks
- Sugar-free gelatin and ice pops
- Clear herbal teas

Sip fluids throughout the day and avoid opaque liquids.



Phase 2 – Soft Foods Diet (Days 8–14)

Purpose: Gentle reintroduction of solid foods.

Allowed:

- Cream of wheat or farina
- Scrambled or poached eggs
- Smooth yogurt or cottage cheese
- Pureed soups
- White bread or bagels
- Mashed potatoes (no skin)
- Skinless chicken or white fish

Eat smaller meals to ease digestion.



Phase 3 – High-Fiber Diet (Days 15–21)

Purpose: Support bowel regularity and long-term gut health.

Suggested foods:

- Oatmeal and whole grains
- Soft fruits and vegetables
- Lentils, legumes & lean proteins

Gradually increase fiber intake to avoid discomfort.

Drink at least 8 cups of water daily. Maintain fiber intake after day 21.



Visit CalmingBlends.com for more diet information and recipes