

Gout Diet Made Easy

A 7-Day Meal Plan to Manage Gout with Low-Purine Foods

Gout Diet: 7-Day Meal Plan

This 7-day meal plan is designed to help manage gout by focusing on low-purine foods, while still providing a balanced and nutritious diet. Each meal is color-coded and separated for easy readability and planning.

Monday

Breakfast	Lunch	Dinner	Snack
(220 kcal Purines: 25m: Oatmeal with Berries <i>Calories: 150, Purine: Low</i> - Oatmeal - Fresh berries	Grilled Chicken Salad <i>Calories: 350, Purine: Low</i> - Mixed greens - Grilled chicken - Light vinaigrette	Baked Salmon with Quinoa <i>Calories: 400, Purine: Moderate</i> - Salmon - Quinoa - Steamed broccoli	Apple Slices with Peanut Butter <i>Calories: 200, Purine: Low</i>

Tuesday

Breakfast	Lunch	Dinner	Snack
Greek Yogurt with Honey <i>Calories: 180, Purine: Low</i> - Greek yogurt - Honey drizzle	Veggie Wrap <i>Calories: 300, Purine: Low</i> - Whole grain wrap - Mixed vegetables - Hummus	Turkey Stir-Fry <i>Calories: 380, Purine: Moderate</i> - Ground turkey - Mixed vegetables - Brown rice	Carrot Sticks with Hummus <i>Calories: 150, Purine: Low</i>

Wednesday

Breakfast	Lunch	Dinner	Snack
Smoothie Bowl <i>Calories: 200,</i> <i>Purine: Low -</i> Spinach - Banana - Almond milk	Lentil Soup <i>Calories: 280,</i> <i>Purine: Low -</i> Lentils - Carrots - Celery	Grilled Shrimp with Vegetables <i>Calories: 350,</i> <i>Purine: Moderate -</i> Shrimp - Zucchini - Bell peppers	Mixed Nuts <i>Calories: 180,</i> <i>Purine: Low</i>

Thursday

Breakfast	Lunch	Dinner	Snack
Whole Grain Toast with Avocado <i>Calories: 220,</i> <i>Purine: Low -</i> Whole grain bread - Avocado	Chicken Caesar Salad <i>Calories:</i> <i>320, Purine: Low -</i> Romaine lettuce - Grilled chicken - Caesar dressing	Herb-Crusted Cod with Asparagus <i>Calories: 370,</i> <i>Purine: Moderate -</i> Cod - Asparagus - Lemon	Berry Yogurt Parfait <i>Calories:</i> <i>160, Purine: Low</i>

Friday

Breakfast	Lunch	Dinner	Snack
Chia Seed Pudding <i>Calories: 180,</i> <i>Purine: Low -</i> Chia seeds - Almond milk	Quinoa Salad <i>Calories: 300,</i> <i>Purine: Low -</i> Quinoa - Cherry tomatoes - Cucumber	Chicken Curry with Rice <i>Calories: 400,</i> <i>Purine: Moderate -</i> Chicken - Curry sauce - Rice	Fruit Salad <i>Calories: 150,</i> <i>Purine: Low</i>

Saturday

Breakfast	Lunch	Dinner	Snack
Egg White Omelet <i>Calories: 170,</i> <i>Purine: Low</i> - Egg whites - Spinach - Tomatoes	Turkey Sandwich <i>Calories: 350,</i> <i>Purine: Low</i> - Whole grain bread - Sliced turkey - Lettuce	Beef Stir-Fry with Broccoli <i>Calories: 420, Purine: Moderate</i> - Beef strips - Broccoli - Soy sauce	Celery Sticks with Almond Butter <i>Calories: 160,</i> <i>Purine: Low</i>

Sunday

Breakfast	Lunch	Dinner	Snack
Pancakes with Maple Syrup <i>Calories: 250,</i> <i>Purine: Low</i> - Pancakes - Maple syrup	Spinach and Feta Quiche <i>Calories: 300, Purine: Low</i> - Spinach - Feta cheese - Egg	Roasted Chicken with Sweet Potatoes <i>Calories: 380, Purine: Moderate</i> - Chicken - Sweet potatoes - Green beans	Dark Chocolate Square <i>Calories: 100, Purine: Low</i>

Note: This meal plan is a general guide and should be adjusted based on individual nutritional needs and preferences. Always consult with a healthcare provider or nutritionist for personalized advice.



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