

How to Use the Pancreas-Friendly Eating Pattern Starter Template

A simple step-by-step guide to help a beginner use the worksheet with confidence

Best approach: Do not try to use every part of the worksheet at once. Start with one meal idea, one shopping trip, and one small weekly change.

1) Read through the whole template first

Before writing anything down, quickly look at each section so you understand what is included. The goal is to get familiar with the layout before making decisions.

You do not need to complete every section in one sitting. This template works best when used a little at a time.

2) Start with the meal template rotation

Go to the section called "[Your simple meal template rotation](#)." Choose one or two meal patterns that look easiest for you to repeat during the week.

In the "My go-to choice" column, write down the meals you are most likely to make. Pick realistic options, not perfect ones.

Example: If baked fish, quinoa, and green beans feels too complicated right now, you might start with grilled chicken, brown rice, and broccoli instead.

3) Build your first shopping list

Next, use the "[Beginner shopping list](#)" section. Check only the foods you want to buy for the next few days or for one week.

Try to choose a small number of foods from each group so your meals stay simple. You do not need every item on the list.

A good beginner goal is to choose 2 proteins, 3 vegetables, 2 fruits, 2 grains, and 1 or 2 dairy items.

4) Use the slow weekly rollout section

[This section](#) is there to help you change your eating pattern gradually. Focus on one weekly step at a time instead of overhauling everything.

Choose the week you are on and work only on that step. When you feel comfortable, move to the next one.

If one week takes longer than expected, that is fine. Repeat the same step for another week before moving on.

5) Keep the eating-out and social sections as a reminder

You do not have to fill [these sections](#) in. They are meant to be quick reminders when you go to a restaurant, family gathering, or other event.

You can review these tips before you leave home so you already know what choices you want to make.

Some people like to circle one or two reminders they especially want to remember that week.

6) Fill out the food and symptom tracker once a day

Use the [tracker](#) to write down your meals, snacks, and how you felt afterward. You can fill it in after each meal or once at the end of the day.

Keep your notes short. You only need enough information to notice patterns.

Helpful things to track include what you ate, roughly when you ate it, portion size if relevant, and whether you felt comfortable, bloated, full, or in pain afterward.

7) Use the personal decision rule section

If a food seems to cause discomfort, bloating, or pain, stop using it for two weeks. Then try it again in a smaller amount and note what happens.

Write reminders to yourself in [this section](#) so you do not have to rely on memory.

This can help you separate a one-time problem from a food that consistently does not work well for you.

8) Review the worksheet at the end of the week

At the end of the week, look back over what you wrote. Ask yourself which meals were easiest, which foods felt best, and which situations were hardest.

Use what you learn to make next week a little easier. For example, you might repeat the meals that went well and leave out foods that seemed to cause trouble.

9) Keep the process simple and repeatable

This worksheet is meant to help you build a steady routine. A simple routine you can follow is more useful than a strict plan you cannot keep up with.

Many people do best by repeating the same few breakfasts, lunches, dinners, and snacks until the pattern feels natural.

Quick example: one simple way to use the worksheet

Step	What to do
Day 1	Choose 1 breakfast, 1 lunch, and 1 dinner from the meal templates.
Day 1	Check off a small shopping list for the foods needed for those meals.
Week 1	Work only on the first weekly change: reduce or eliminate fried foods and alcohol.
During week	Write a few notes in the food and symptom tracker each day.

For personal education and planning only. Use with guidance from your healthcare professional if needed.

Pancreas-Friendly Eating Pattern Starter Template

A simple beginner worksheet to help build steady daily habits

1) Your simple meal template rotation

Choose a few easy meals you can repeat. Repetition makes eating patterns easier to maintain.

Template	Examples	My go-to choice
Protein + grain + vegetable	Grilled chicken + brown rice + steamed broccoli Baked fish + quinoa + green beans Turkey + whole wheat pasta + carrots	_____
Soup-based meal	Lentil soup + whole grain crackers Chicken and vegetable soup + brown rice Bean and vegetable soup + whole wheat roll	_____
Breakfast option	Low-fat yogurt + berries + whole grain cereal Oatmeal + banana + cinnamon Eggs or egg whites + whole wheat toast + fruit	_____

2) Beginner shopping list

Check the items you want to keep on hand this week.

Proteins	Vegetables	Fruits	Grains	Dairy
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Spinach / greens	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Low-fat yogurt
<input type="checkbox"/> Lean turkey	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cherries	<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Skim milk
<input type="checkbox"/> White fish	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Apples	<input type="checkbox"/> Whole wheat bread	<input type="checkbox"/> Low-fat string cheese
<input type="checkbox"/> Tuna in water	<input type="checkbox"/> Sweet potatoes	<input type="checkbox"/> Bananas	<input type="checkbox"/> Whole grain crackers	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Lentils / beans	<input type="checkbox"/> Carrots / green beans / asparagus	<input type="checkbox"/> Grapes	<input type="checkbox"/> Quinoa	

3) Slow weekly rollout

Use one small change at a time instead of trying to change everything all at once.

Week	Suggested focus	Done
Week 1	Reduce or eliminate fried foods and alcohol	<input type="checkbox"/>
Week 2	Switch to low-fat dairy products	<input type="checkbox"/>
Week 3	Replace fatty proteins with leaner options	<input type="checkbox"/>
Week 4	Add more vegetables and whole grains	<input type="checkbox"/>

Week 5	Fine-tune portions and meal timing	<input type="checkbox"/>
My next step	_____	<input type="checkbox"/>

Keep it realistic: A steady pattern you can follow is more useful than a perfect plan you cannot maintain.

4) Eating out and social situations

When eating out	At gatherings or other social events
<input type="checkbox"/> Choose grilled, baked, or steamed meals <input type="checkbox"/> Ask for sauces and dressings on the side <input type="checkbox"/> Request vegetables instead of fries <input type="checkbox"/> Eat half and take the rest home <input type="checkbox"/> Skip fried appetizers	<input type="checkbox"/> Eat a small snack before you go <input type="checkbox"/> Focus on vegetables, lean protein, and fruit <input type="checkbox"/> Politely decline rich fried foods <input type="checkbox"/> Bring a dish you know works for you <input type="checkbox"/> Keep portions moderate

5) One-week food and symptom tracker

Write down what you ate, roughly when you ate it, and how you felt afterward. This can help you notice patterns.

Day	Meals / snacks	How I felt afterward	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

6) Personal decision rule

If a food seems to cause discomfort, bloating, or pain, stop using it for two weeks. Then try it again in a smaller amount and note how you feel.

My reminder to myself: _____

Foods I want to watch more closely: _____

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