

# Accessibility Energy-and-Access Meal Planning Card

Use this card when the hardest part of IBS or low-FODMAP planning is not knowing what to do. It is having enough access, energy, support, and bathroom certainty to do it.

## 1. Check Stop Signs

Get medical guidance promptly for blood or black stool, fever, dehydration, repeated vomiting, severe or worsening pain, unexplained weight loss, symptoms outside baseline, or constipation with vomiting, swelling, or inability to pass gas or stool.

## 2. Pick the Main Constraint This Week

Constraint	Minimum useful plan
Low energy or fatigue	One repeatable anchor meal and one backup snack
Mobility limits	Fewer shopping trips, delivery, frozen staples, reachable storage
Bathroom access	First bathroom, backup bathroom, travel buffer
Cooking pain or standing limits	Seated prep, microwave meals, pre-cut foods
Caregiver or support help	Written safe-food list, portion notes, stop signs
Appointment prep	Symptom timeline, food changes, access barriers, questions

## 3. Build the Low-FODMAP Floor

- One breakfast or snack that usually works.
- One protein or meal base.
- One starch or tolerated carbohydrate.
- One fruit or vegetable option.
- One emergency option for flare or low-energy days.

## 4. Handoff Note

Write down:

- foods you already tolerate
- foods or ingredients to avoid during the current phase
- portion notes that matter
- where the backup food is stored
- what symptoms mean "call for medical help"

## 5. Next Question

Am I trying to solve a food problem, an access problem, an energy problem, a bathroom problem, or a care-team problem?