BOWLPREP

Starter recipes for colonoscopy prep

Five simple white-diet friendly recipes from the original pilot study — a free taste of what the prep week can look like.

BEFORE YOU COOK

These recipes were written to sit inside common Australian white-diet sheets, but your clinic's sheet may vary. If they differ, follow your clinic's instructions. Skip anything your sheet excludes.

Within 6 hours of anaesthetic or sedation: no jelly, gelatin, or egg white. Clear fluids means translucent liquids with no solid bits.

Want the gourmet set?

The full Colonoscopy Cookbook — 20 Sophie Hansen recipes designed for the whole table — is A$8.99 at bowlprep.com.au

Scan for the buy page → bowlprep.com.au/#buy

SCAN TO BUY

BREAKFAST

Poached eggs on toast

Serves 1

INGREDIENTS

- 2 eggs
- 1 tablespoon white vinegar
- 2 slices white bread (wholemeal if your sheet allows it)
- Butter
- Salt

METHOD

1. Half-fill a saucepan with water and bring it to a gentle simmer, with small bubbles rather than a rolling boil. Add the vinegar.
2. Crack each egg into a cup. Stir the water to make a slow whirlpool and slide one egg into the centre. Cook for 3 minutes for a runny yolk or 4 for a firmer one. Repeat with the second egg.
3. Lift the eggs out with a slotted spoon and rest them briefly on paper towel.
4. Toast and butter the bread, sit the eggs on top and add a little salt.

LUNCH

Chicken sandwich

Serves 1

INGREDIENTS

- 2 slices white bread (wholemeal if your sheet allows it)
- Butter or mayonnaise
- Sliced poached or roast chicken breast, skin removed

METHOD

1. Butter the bread or spread with mayonnaise.
2. Layer on the chicken, close and cut in half.

DINNER

Chicken and rice noodle soup

Serves 2

INGREDIENTS

- 1 litre chicken stock
- 2 cups water
- 200 g chicken breast
- ½ teaspoon salt
- 150 g dried flat rice noodles
- Pinch of sugar, optional

METHOD

1. Bring the stock, water and salt to the boil in a saucepan. Lower to a simmer, add the chicken and poach for 10–12 minutes until cooked through. Lift out, shred when cool enough to handle, and cover.
2. Keep the broth simmering for another 15 minutes.
3. Soak the noodles in hot water until soft, as the packet directs, then drain.
4. Strain the broth through a fine sieve for a clear soup, taste for salt and bring back to the boil.
5. Divide the noodles between 2 bowls, top with the chicken and ladle over the broth.

BREAKFAST / DESSERT

Ricotta pancakes

Makes about 8

INGREDIENTS

- 250 g ricotta
- 1 cup plain flour
- ½ teaspoon baking powder
- 1½ tablespoons sugar
- Pinch of salt
- ¾ cup milk
- 2 eggs
- ½ teaspoon vanilla extract
- Butter, for the pan
- Vanilla ice cream, to serve

METHOD

1. If the ricotta is wet, drain it in a sieve for 20–30 minutes first.
2. Mix the flour, baking powder, sugar and salt in one bowl. In a larger bowl whisk the ricotta, milk, eggs and vanilla until smooth. Fold the dry ingredients into the wet until just combined; a few lumps are fine.
3. Heat a frying pan over medium heat and melt a little butter. Spoon in about ⅓ cup of batter per pancake. Cook for about 3 minutes until bubbles appear and the edges set, then flip and cook 2 minutes more.
4. Serve warm with a scoop of vanilla ice cream.

CLEAR BROTH

Slow-cooker beef bone broth

Makes about 2.5 litres

INGREDIENTS

- 1.5–2 kg beef bones (marrow, knuckle, oxtail)
- 2 carrots
- 3 celery stalks
- 2 onions
- 2 tablespoons apple cider or white vinegar
- 1 bay leaf
- 2.5–3 litres water

METHOD

1. Heat the oven to 200°C. Roast the bones on a tray for 45–60 minutes, turning halfway.
2. Roughly chop the vegetables (no need to peel) and put them in the slow cooker with the bay leaf and vinegar. Add the roasted bones and cover with water.
3. Cook on low for 18–24 hours.
4. Strain through a fine sieve lined with muslin and discard all the solids, including every piece of vegetable. Cool, refrigerate, and lift off the layer of fat before using.
5. Keeps 4 days in the fridge or 3 months frozen. Serve as a clear broth.

This is general food education for the pre-colonoscopy white / low-residue window. It does not replace instructions from your doctor or clinic — if anything conflicts, follow your clinic sheet.

Adapted from the recipe resource used in Bennett, Knox, Luscombe, Egan & Wallace, *Endoscopy International Open* 2023 (prospective cohort with historical control). Methods rewritten for this starter pack.

BowlPrep · bowlprep.com.au · hello@bowlprep.com.au