

3-DAY BLOATING-FREE MEAL PLAN (OMNIVORE & VEGETARIAN-FRIENDLY)

DAY 1

- **Breakfast:** Overnight Oats with Berries & Chia (omnivore-friendly) Rolled oats soaked in almond milk with chia seeds and blueberries. This meal is high in soluble fiber to keep bowels regular. **Vegetarian/vegan option:** Use plant-based yogurt instead of dairy. *Optional supplement:* Take a probiotic with breakfast.
- **Morning Snack:** Banana & Almond Butter A small banana with almond butter provides potassium and healthy fats to flush excess sodium.
- **Lunch:** Grilled Chicken & Avocado Salad A salad with grilled chicken, mixed greens, cucumber, tomatoes, avocado, and quinoa dressed with olive oil and lemon juice. **Vegetarian option:** Swap chicken for chickpeas or grilled tofu.
- **Afternoon Snack:** Carrots & Hummus Baby carrots with hummus for hydration and fiber.
- **Dinner:** Salmon, Sweet Potato & Asparagus Baked salmon with roasted sweet potato and asparagus. **Vegetarian option:** Replace salmon with baked tofu or tempeh.
- **Hydration:** Cucumber-Mint Water Water infused with cucumber and mint to flush sodium and relax the GI tract.
- **Daily Supplements:**
 - Probiotic (morning)
 - Digestive enzyme (with lunch or dinner)

DAY 2

- **Breakfast:** Greek Yogurt Parfait Greek yogurt layered with pineapple, blueberries, walnuts, and honey. **Vegan option:** Use coconut or almond yogurt.
- **Morning Snack:** Kiwi Duo Two kiwis, rich in actinidin enzyme and fiber.
- **Lunch:** Veggie & Hummus Wrap A whole grain tortilla with hummus, spinach, cucumber, bell peppers, and feta. **Vegetarian option:** Same.
- **Afternoon Snack:** Boiled Eggs & Cucumber Two hard-boiled eggs with cucumber slices. **Vegetarian option:** Swap eggs for roasted chickpeas.
- **Dinner:** Hearty Lentil & Veggie Soup Lentils simmered with carrots, spinach, tomato, turmeric, and cumin. **Vegan/Vegetarian option:** Same.
- **Hydration:** Ginger-Lemon Tea Fresh ginger tea with lemon.
- **Daily Supplements:**
 - Probiotic (if no yogurt)

- Peppermint oil (post dinner)

DAY 3

- **Breakfast:** Spinach & Avocado Scramble on Toast Eggs scrambled with spinach and tomatoes on whole grain toast with avocado. **Vegetarian option:** Replace eggs with scrambled tofu.
- **Morning Snack:** Papaya with Pumpkin Seeds Papaya cubes with lime juice and pumpkin seeds.
- **Lunch:** Chicken & Veggie Wrap Whole grain tortilla with grilled chicken, lettuce, tomato, cucumber. **Vegetarian option:** Use tofu or tempeh.
- **Afternoon Snack:** Orange & Walnuts An orange with walnuts.
- **Dinner:** Shrimp Stir-Fry with Quinoa & Broccoli Stir-fried shrimp with broccoli and bell pepper over quinoa. **Vegetarian option:** Use tempeh or tofu instead of shrimp.
- **Hydration:** Peppermint Tea Warm peppermint tea to relax GI muscles.
- **Daily Supplements:**
 - Probiotic (morning)
 - Digestive enzyme (with dinner)

COMBINED SHOPPING LIST (3-DAY PLAN)

Produce: - Cucumbers, mint, lemons, blueberries, bananas, avocados, cherry tomatoes, salad greens/spinach, sweet potatoes, asparagus, carrots, garlic-infused olive oil, kiwis, pineapple, spinach, bell pepper, papaya, limes, whole grain tortillas, oranges, ginger root.

Pantry: - Rolled oats, chia seeds, almond milk, almond butter, olive oil, vinegar, hummus, quinoa, soy sauce, spices (turmeric, cumin), broth, whole grain bread, tortillas, tea (peppermint, ginger).

Proteins: - Chicken breasts, salmon, shrimp, Greek yogurt, lentils, eggs, tofu, walnuts, pumpkin seeds.

Supplements: - Probiotic, digestive enzymes, peppermint oil capsules.