

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

DAY 1

- **Breakfast:** Berry Overnight Oats – Oats, chia, almond milk, berries, almonds.
- **Morning Snack:** Banana with Almond Butter.
- **Lunch:** Grilled Chicken & Quinoa Salad with greens, quinoa, tomatoes, cucumber, avocado. Vegetarian option: Use chickpeas or tofu.
- **Afternoon Snack:** Baby Carrots & Hummus.
- **Dinner:** Salmon with Roasted Asparagus & Sweet Potato. Vegetarian option: Baked tofu or tempeh.
- **Hydration:** Lemon-Ginger Morning Water.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

DAY 2

- **Breakfast:** Tropical Yogurt Bowl – Greek yogurt with pineapple, mango or papaya, granola, flax or chia. Vegan option: Use plant-based yogurt.
- **Morning Snack:** Kiwi & Almonds.
- **Lunch:** Mediterranean Veggie Wrap – Whole grain wrap with hummus, cucumber, bell pepper, tomato, shredded lettuce, feta.
- **Afternoon Snack:** Peppermint Tea & Rice Cakes with peanut butter.
- **Dinner:** Gentle Lentil Soup with carrot and zucchini.
- **Hydration:** Cucumber-Mint Spa Water.
- **Supplements:** Probiotic (morning), Peppermint Oil (evening).

DAY 3

- **Breakfast:** Veggie Egg Scramble with Avocado Toast. Vegetarian option: Use tofu scramble.
- **Morning Snack:** Papaya Lime Cup.
- **Lunch:** Turkey & Avocado Lettuce Wraps. Vegetarian option: Use chickpea salad or tofu.
- **Afternoon Snack:** Green Smoothie – Banana, spinach, almond milk, yogurt.
- **Dinner:** Tofu Stir-Fry with Bok Choy, bell peppers, carrots, served over brown rice.
- **Hydration:** Peppermint & Ginger Iced Tea.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

DAY 4

- **Breakfast:** Spinach-Banana Smoothie Bowl – Spinach, banana, almond milk, Greek yogurt, topped with oats, blueberries, pumpkin seeds.
- **Morning Snack:** Carrots & Hummus.
- **Lunch:** Leftover Lentil Soup with rice crackers.
- **Afternoon Snack:** Grapes & Almonds.
- **Dinner:** Turkey-Stuffed Bell Peppers with lean ground turkey, rice, tomatoes, spices, served with steamed green beans. Vegetarian option: Stuff peppers with quinoa, black beans, and corn.
- **Hydration:** Calming Chamomile Tea.

- **Supplements:** Probiotic (morning).

DAY 5

- **Breakfast:** Berry Chia Pudding – Chia seeds soaked in almond milk topped with strawberries and Greek yogurt.
- **Morning Snack:** Strawberries & Yogurt Dip.
- **Lunch:** Leftover Stuffed Pepper with greens.
- **Afternoon Snack:** Celery & Peanut Butter.
- **Dinner:** Baked Cod, Brussels Sprouts & Sweet Potato. Vegetarian option: Baked tofu or tempeh with Brussels and sweet potato.
- **Hydration:** Fennel Digestive Tea.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

DAY 6

- **Breakfast:** Avocado & Smoked Salmon Toast. Vegetarian option: Avocado & tomato toast.
- **Morning Snack:** Steamed Edamame or nuts/seeds.
- **Lunch:** Tuna Salad Lettuce Wraps. Vegetarian option: Chickpea salad lettuce wraps.
- **Afternoon Snack:** DIY Trail Mix – Almonds, walnuts, dried cranberries.
- **Dinner:** Vegetarian Tofu Stir-Fry with baby bok choy, carrots, bell peppers, garlic-infused oil, ginger, soy sauce; served over brown rice. Omnivore option: Add chicken or shrimp.
- **Hydration:** Detox Infused Water – Water with cucumber, lemon, ginger, mint.
- **Supplements:** Probiotic (morning), optional digestive aid or peppermint oil.

DAY 7

- **Breakfast:** Banana Oatmeal with Peanut Butter.
- **Morning Snack:** Cantaloupe Slices.
- **Lunch:** Leftover Tofu Stir-Fry.
- **Afternoon Snack:** Chamomile Mint Iced Tea with blueberries.
- **Dinner:** Grilled Chicken, Quinoa & Green Beans with garlic-infused oil and lemon. Vegetarian option: Grilled tofu.
- **Hydration:** Golden Chamomile Latte – Warm lactose-free milk or almond milk with chamomile, turmeric, honey.
- **Supplements:** Probiotic (morning), reflection & plan (evening).

COMBINED SHOPPING LIST (7-DAY PLAN)

Produce: Bananas, berries, pineapples, mango or papaya, kiwis, grapes, melons, lemons, limes, avocados, cucumbers, tomatoes, peppers, carrots, celery, spinach, lettuce, greens, bok choy, bell peppers, sweet potatoes, asparagus, broccoli or green beans, Brussels sprouts, zucchini, herbs, ginger, mint.

Pantry: Oats, chia seeds, quinoa, brown rice, nuts (almonds, walnuts), seeds (chia, flax, pumpkin), hummus, granola, peanut butter, almond butter, rice cakes, ingredients for trail mix, low-sodium broth, soy sauce or tamari, apple cider vinegar, spices (turmeric, cumin, ginger, cinnamon, Italian herbs), wraps and bread, herbal teas (peppermint, chamomile, ginger, fennel), honey.

Proteins & Refrigerated: Lean chicken breasts, ground turkey, salmon, cod, shrimp, tofu, Greek yogurt, smoked salmon, tuna (canned), eggs, feta or parmesan cheese, probiotic yogurt, hummus. Vegetarian proteins include tofu, tempeh, chickpeas, lentils, edamame.

Supplements: Daily probiotic, digestive enzyme complex, peppermint oil capsules, turmeric or curcumin, magnesium (optional).

GUT HEALTH & BLOATING TIPS

- Avoid high-FODMAP foods like garlic, onions, wheat, beans, and certain fruits during the plan.
- Limit carbonated drinks and sugar-free products with sugar alcohols to reduce gas.
- Increase fiber gradually and stay hydrated to prevent constipation.
- Reduce sodium and increase potassium-rich foods to balance fluids.
- Eat slowly and mindfully to avoid swallowing air.
- Incorporate light exercise and deep breathing to support digestion.

