

SIBO Specific Diet Sample FALL Meal Plan

NUNM SIBO Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	- Ginger and Lemon Tea - Coconut Flour Crepes with sweet or savory filling	-Coffee or tea - Bacon Acorn Squash Patties	- Pumpkin Ginger Muffin - Beef bone broth (cartilage free)	- Nut butter pancakes with blueberry compote - Coffee blended with Ghee	-Bacon - 24 hour homemade yogurt with honey	- Coffee with coconut milk -Scrambled eggs with ghee, chives and veggies	- Pureed carrots with coconut oil & Chinese five spice - Sausage Patties
Lunch	- Crispy Salt & Pepper Calamari Salad	- Tomato Soup & Asiago Cheese Crisps	- Mediterranean Zucchini Salad with chicken	- Butternut Squash Mini Pizza	- Curried Carrot Soup -Roasted Chicken	- Loaded Baked Squash	- Carnitas Tacos - Sautéed zucchini with Cumin
Dinner	- Lamb with Pomegranate Pumpkin Salad	- Chicken Tenders with honey mustard sauce -Coleslaw with vinaigrette and pineapple	- Liver with Lemon Thyme - Kale chips	- Lemon Olive Chicken - Eggplant Caponata	- Carrot Kugel - Lemon Parsley Roasted Shrimp	- Cheesy Chicken Casserole -Steamed broccoli with lemon and olive oil	- Butternut Squash Lasagna - Cheesy herb biscuits
Desserts or Snacks*	- Beef bone broth (cartilage free)	- Vegan Peanut Butter Cookies	- Nutty Lemon Balls	- Egg-Free Macaroons	- Garlic Herb crackers -Aged Cheese -Olives	- Carrot Muffin	- Pumpkin Caramel Cake