

SIBO Specific Diet Sample SPRING Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bacon 24 hour homemade yogurt with berries & honey	Scrambled eggs with ghee & sautéed bell peppers Coffee or tea	Nut butter pancakes with blueberry compote Coffee blended with Ghee	Pureed cooked carrots with coconut oil and cinnamon Beef bone broth (cartilage free)	Coffee with coconut milk Banana ginger bar	Ginger and Lemon Tea Fried eggs with kale sautéed in coconut oil	Smoothie with 24 hour yogurt, kale or spinach, coconut oil, berries or frozen banana and nut butter
Lunch	Hamburger patty (hamburger and organ meat) topped with sauerkraut and mustard Kale chips	Cucumber slices drizzled with lime juice & salt Grilled salmon with honey mustard sauce	Chicken salad with homemade mayo, chicken, grape halves, orange slices, cucumber and microgreens	Zucchini Pasta with Pesto Sauce	Nicoise salad with lettuce, tuna, olive oil, lemon juice, olives, green beans & hard-boiled egg	Chicken Tenders with honey mustard sauce Coleslaw with vinaigrette and pineapple	Side salad with greens, tomatoes, lemon juice and olive oil Succulent Sole
Dinner	Ginger Lemon Chicken Sautéed bok choy with sesame oil	Sautéed zucchini with cumin Carnitas Tacos	Grilled lamb chops Salad of orange slices, arugula & roasted fennel with lemon juice and olive oil	Steamed broccoli with olive oil and lemon Roasted chicken Cheesy herb biscuits	Roasted eggplant with olive oil and Italian herbs Grilled pork chop	Green beans with toasted almond slices Steak with hollandaise sauce	Bacon wrapped pork tenderloin Roasted carrots
Desserts or Snacks*	Prosciutto (made with salt and pork only) wrapped melon	Banana with nut butter	Nutty lemon balls	Radishes with ghee and salt Olives	Coconut custard	Marshmallow nut butter bar	Garlic herb crackers, aged cheese & grapes

