

## SIBO Specific Diet Sample Summer Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	- <a href="#">Coconut Ginger Kiwi Smoothie</a> - <a href="#">Baked Eggs with Bacon, Greens &amp; Hollandaise</a>	- <a href="#">Warm Water with Lemon</a> - <a href="#">Coconut Flour Pancakes</a> with Sliced Strawberries & Ghee	-Scrambled eggs with ghee, sautéed bell peppers, 1/8 c artichoke hearts & ½ c broccoli - <a href="#">Celery Root Hash Browns</a>	- <a href="#">Cinnamon Bun Muffins</a> - <a href="#">Bone broth (cartilage free)</a>	-Coffee or tea w/ ghee - <a href="#">Orange Vanilla Smoothie</a> -Bacon	-Coffee with <a href="#">Coconut Milk</a> - <a href="#">Waffles</a> - <a href="#">Morning Sausages</a>	- <a href="#">Paleo French Toast</a> - <a href="#">Rhubarb Basil Smoothie</a>
Lunch	- <a href="#">Carrot Ginger Soup</a> - <a href="#">Turmeric Zucchini Fries</a>	-Open Face Chicken Salad Sandwich on Toasted <a href="#">Coconut Flour Bread</a> - <a href="#">Buttery Dill Carrots</a>	- <a href="#">Zucchini Pasta</a> with <a href="#">Pesto Sauce</a> or meat sauce	- <a href="#">Turkey Wings</a> - <a href="#">Kale Chips</a>	- <a href="#">Zucchini Broccoli Pancakes</a> -Cucumber & Tomato Salad	-Sandwich made with <a href="#">Paleo Sandwich Rounds</a>	-Lettuce Wrapped Organic Hamburger - <a href="#">Fruit Salad with Cilantro Lime Dressing</a>
Dinner	- <a href="#">Southwestern Roasted Butternut Squash</a> -Fresh berries -Roasted chicken	-Sliced kiwi and organic strawberries - <a href="#">Succulent Sole</a>	- <a href="#">Sweet and Spicy Beef with Green Beans</a> -Side salad with lemon juice, olive oil, shredded carrot, radish & lettuce	- <a href="#">Sesame Cumin Zucchini Bites</a> -Grilled pork chop	- <a href="#">Loaded Baked Squash</a> - <a href="#">Grilled Cantaloupe &amp; Prosciutto</a>	- <a href="#">Turmeric Switchel</a> - <a href="#">Roasted Cabbage</a> -Steak with <a href="#">Hollandaise Sauce</a>	- <a href="#">Pureed Cooked Carrots with Coconut Oil and Cumin</a> <a href="#">Baked Salmon with Lemon, Butter &amp; Thyme</a>
Desserts or Snacks*	- <a href="#">Carrot Cake Pudding</a>	- <a href="#">Bone Broth</a> (Cartilage Free)	- <a href="#">Peanut Butter &amp; Strawberry Cookies</a>	- <a href="#">Pineapple Honeydew Mint Smoothie</a>	- <a href="#">Banana Bread Bites</a>	- <a href="#">Nutty Lemon Balls</a>	- <a href="#">Peanut Butter Banana Smoothie</a>

\*It is recommended to wait, if possible, for at least four hours in between meals so that the Migrating Motor Complex (MMC) can create a “cleaning wave” in the small intestine. Because of blood sugar or other issues, that may not be possible for everyone, check with your doctor or health care provider for more information. What’s important is to ascertain between feeling a normal healthy feeling of hunger between meals and a feeling of hunger that needs more attention.