

SIBO Specific Diet Sample WINTER Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	- Carrot Muffins - Breakfast Sausage	- Pumpkin Ginger Muffin - Low FODMAP Bone Broth	- Lemon Bread with Lemon Glaze -Hardboiled Egg - Coffee blended w/ Ghee	-Mint tea - Prosciutto, Egg & Bell Pepper Muffins	- Bacon Quiche with Spaghetti Squash Crust	-Coffee with coconut milk - Carmel Glazed Donuts -Fried Egg	-Bacon - 24 hour homemade yogurt with honey
Lunch	- Salmon Cakes - Braised Fennel	- Spaghetti Squash with Bolognese	- Winter Salad with Bay Scallops - Cheesy Herb Biscuits	- Twice Baked Delicata Squash - Baked Salmon with Lemon, Butter & Thyme	- Lamb with Pomegranate Pumpkin Salad	- Ginger lemon chicken - Roasted Cabbage	- African Peanut Soup
Dinner	- Simple Roast Chicken - Tangy Red Cabbage	-Steak and Steamed Broccoli with Hollandaise Sauce	-Baked Pork Chop - Pecan-Glazed Butternut Squash Pudding	- Moroccan Baked Chicken - Moroccan Eggplant	- Liver with Lemon Thyme - Orange Spiced Baby Carrots	- Garlic, Rosemary & Parmesan Meatloaf - Garlic Bacon Green Beans	- Hearty Beef Stew - Tangerine and Olive Salad
Desserts or Snacks*	- Pumpkin Pie Pepitas -Olives -Aged cheese	- Sweet Orange Curd	- Garlic herb crackers , with Chunky Roast Pumpkin & Macadamia Dip	- Pecan Pie OR Pumpkin Pie	- Cake Batter Collagen Protein Bars	- Banana Ginger Spice Cake with Coconut Ginger Glaze	- Pumpkin Spice Cookies

*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. 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.