

SIBO Specific Diet Sample *Fall* Meal Plan

NUNM SIBO Center recipe links can be found on <http://sibocenter.com/category/menus>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	- Strawberry Tangerine Smoothie Bowl - Beef bone broth (low FODMAP)	- Pumpkin Spice Latte - Bacon Acorn Squash Patties	- Pumpkin Ginger Muffin - Apple Cider Vinegar & Ginger Tea	- Nut butter pancakes with blueberry compote - Butter Coffee	-Bacon - 24 hour homemade yogurt with honey	- Coffee with coconut milk - Hot Smoked Salmon Breakfast Bowl	- Pureed carrots with coconut oil & five spice - Sausage Patties
Lunch	- Crispy Salt & Pepper Calamari Salad	- Tomato Soup & Asiago Cheese Crisps	- Mediterranean Zucchini Salad with chicken	- Butternut Squash Mini Pizza	- Roasted Chicken - Sautéed Radishes	- Hearty Beef Stew	- Slow Cooker Butter Chicken - Curried Carrot Soup
Dinner	- Lamb with Pomegranate Pumpkin Salad	- Chicken Tenders with honey mustard sauce - Tangy Red Cabbage	- Liver with Lemon Thyme - Kale chips	- Lemon Olive Chicken - Eggplant Caponata	- Carrot Kugel - Lemon Parsley Roasted Shrimp	- Slow Cooker Ribs - Lemon Garlic Steamed Broccoli	- Butternut Squash Lasagna
Desserts or Snacks*	- Creamy Egg Custard	- Vegan Peanut Butter Cookies	- Banana Ginger Spice Cake	- Egg-Free Macarons	- Garlic Herb crackers -Aged Cheese -Olives	- Carrot Muffin	- Pumpkin Caramel Cake

**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.*