

# SIBO Specific Diet Sample *Winter* Meal Plan

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	- <a href="#">Carrot Muffins</a> - <a href="#">Breakfast Sausage</a> - <a href="#">Pumpkin Spice Latte</a>	- <a href="#">Banana Nut Butter Pancakes</a> - <a href="#">Green Blend Low FODMAP Bone Broth</a>	- <a href="#">Zucchini Fritters with Pancetta</a> - <a href="#">Butter Coffee</a>	-Tea - <a href="#">Baked Eggs with Spanish Sausage</a>	- <a href="#">Bacon Quiche with Spaghetti Squash Crust</a>	- <a href="#">Apple Cider Vinegar &amp; Ginger Tea</a> - <a href="#">Pumpkin Bread</a>	- <a href="#">Bacon -24 hour homemade yogurt with honey</a>
<b>Lunch</b>	- <a href="#">Salmon Cakes</a> - <a href="#">Braised Fennel</a>	- <a href="#">Spaghetti Squash with Bolognese</a>	- <a href="#">Winter Salad with Bay Scallops</a> - <a href="#">Curried Carrot Soup</a>	- <a href="#">Twice Baked Delicata Squash</a> - <a href="#">Baked Salmon with Lemon, Butter &amp; Thyme</a>	- <a href="#">Lamb with Pomegranate Pumpkin Salad</a>	- <a href="#">Ginger lemon chicken</a> - <a href="#">Roasted Cabbage</a>	- <a href="#">African Peanut Soup</a>
<b>Dinner</b>	- <a href="#">Roasted Chicken with Vegetables</a> - <a href="#">Pecan-Glazed Butternut Squash Pudding</a>	- <a href="#">Steak and Steamed Broccoli with Hollandaise Sauce</a>	- <a href="#">Baked Pork Chop with Tapenade</a> - <a href="#">Tangy Red Cabbage</a>	- <a href="#">Cilantro Lime Chicken Fiesta Bowl</a>	- <a href="#">Liver with Lemon Thyme</a> - <a href="#">Orange Spiced Baby Carrots</a>	- <a href="#">Garlic, Rosemary &amp; Parmesan Meatloaf</a> - <a href="#">Garlic Bacon Green Beans</a>	- <a href="#">Hearty Beef Stew</a> - <a href="#">Tangerine and Olive Salad</a>
<b>Desserts or Snacks*</b>	- <a href="#">Pumpkin Pie Pepitas</a> -Olives -Aged cheese	- <a href="#">Sweet Orange Curd</a>	- <a href="#">Garlic herb crackers, with Chunky Roast Pumpkin &amp; Macadamia Dip</a>	- <a href="#">Pecan Pie OR Pumpkin Pie</a>	- <a href="#">Cake Batter Collagen Protein Bars</a>	- <a href="#">Banana Ginger Spice Cake with Coconut Ginger Glaze</a>	- <a href="#">Pumpkin Spice Cookies</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. 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.*