

## SIBO Specific Diet Sample SPRING Meal Plan

### NUNM SIBO Center

Recipe Links can be found on <http://sibocenter.com/category/menus/>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	-Bacon <a href="#">-24 hour homemade yogurt with berries &amp; honey</a>	- <a href="#">Spinach soufflé pancakes with roasted tomatoes and bacon</a>	- <a href="#">Nut butter pancakes with blueberry compote</a> <a href="#">-Butter coffee</a>	- <a href="#">Strawberry tangerine smoothie bowl</a> <a href="#">-Low FODMAP bone broth</a>	-Coffee with <a href="#">coconut milk</a> <a href="#">-Zucchini banana muffins with blueberry compote</a>	- <a href="#">Ginger and Lemon Tea</a> <a href="#">-Carrot muffins</a> <a href="#">-Breakfast sausage</a>	- <a href="#">Rhubarb Basil Smoothie</a> <a href="#">-Blueberry Muffin</a>
Lunch	- <a href="#">Nutrient Dense Hamburger</a> <a href="#">-Celeriac fries with dipping sauce</a> <a href="#">-Jasmine Lime Cooler</a>	- <a href="#">Buffalo chicken wings with probiotic ranch dressing</a> <a href="#">-Warm strawberry balsamic salad</a>	- <a href="#">Chicken Tenders with honey mustard sauce</a> <a href="#">-Coleslaw</a>	- <a href="#">Tuna Poke Bowl</a> <a href="#">-Fruit salad with cilantro lime dressing</a>	- <a href="#">Mediterranean zucchini salad with leftover roasted chicken</a>	- <a href="#">Zucchini Noodles with Spinach Pesto and chicken</a>	- <a href="#">Curried Carrot Soup</a> <a href="#">-Sardine Fritters with Spicy Sauce</a>
Dinner	- <a href="#">Ginger Lemon Chicken</a> <a href="#">-Sautéed Swiss Chard</a>	- <a href="#">Carnitas Tacos</a> <a href="#">-Sesame Cumin Zucchini Bites</a>	<a href="#">Baked Salmon with Lemon, Butter &amp; Thyme</a> <a href="#">-Greek Style Salad</a>	- <a href="#">Tangy red cabbage</a> <a href="#">-Roasted chicken</a>	- <a href="#">Succulent Sole</a> <a href="#">-Roasted vegetables</a>	-Steak with <a href="#">hollandaise sauce</a> <a href="#">-Tomato Basil Beans</a>	- <a href="#">Yogurt marinated chicken</a> <a href="#">-Moroccan Eggplant</a>
Desserts or Snacks*	- <a href="#">Coconut Fat Bombs</a>	- <a href="#">Almond Chocolate Chip Cookies</a>	- <a href="#">PB&amp;J Jar</a>	- <a href="#">Matcha Green Tea Gummies</a>	- <a href="#">Creamy custard</a>	- <a href="#">Marshmallow nut butter bar</a>	- <a href="#">Garlic herb crackers with tapenade</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 “cleansing 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.