

## SIBO Specific Diet Sample SUMMER Meal Plan

### NUNM SIBO Center

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	- <a href="#">Ginger and Lemon Tea</a> - <a href="#">Carrot muffins</a> - <a href="#">Breakfast sausage</a>	- <a href="#">PB&amp;J Jar</a> - <a href="#">Chai Bone Broth</a>	- <a href="#">Rhubarb Basil Smoothie</a> <a href="#">Bacon</a>	- <a href="#">Strawberry tangerine smoothie bowl</a>	- <a href="#">Berry Compote with 24 hour yogurt</a> -Scrambled eggs - <a href="#">Butter Coffee</a>	- <a href="#">Choco-Banana Smoothie Bowl</a> - <a href="#">Green Blend Bone Broth</a>	- <a href="#">Smoked Salmon Eggs Benedict with Zucchini Pancakes</a>
Lunch	- <a href="#">Nutrient Dense Hamburger</a> - <a href="#">Celeriac fries with dipping sauce</a> - <a href="#">Jasmine Lime Cooler</a>	- <a href="#">Chicken Salad</a> - <a href="#">Sautéed Radishes with Thyme</a>	- <a href="#">Chicken Tenders with honey mustard sauce</a> - <a href="#">Minted Melon Salad</a>	- <a href="#">Asian Veggie Bowl</a> - <a href="#">Apple Cider Vinegar Drink</a>	- <a href="#">Crispy Calamari Salad</a>	- <a href="#">Tuna Poke Bowl</a> - <a href="#">Fruit salad with cilantro lime dressing</a>	- <a href="#">Zucchini Noodles with Spinach Pesto</a> - <a href="#">Sparkling Limeade</a>
Dinner	- <a href="#">Ginger Lemon Chicken</a> - <a href="#">Steamed Broccoli with Lemon &amp; Garlic</a>	- <a href="#">Warm strawberry balsamic salad</a> - <a href="#">Sweet &amp; Savory Baby Back Ribs</a>	-Grilled Pork Chop with <a href="#">Tapenade</a> - <a href="#">Steamed Veggies with Lemon Chive Butter</a>	- <a href="#">Tangy red cabbage</a> - <a href="#">Roasted chicken</a>	<a href="#">Mediterranean zucchini salad</a> with leftover <a href="#">roasted chicken</a>	- <a href="#">Buffalo chicken wings</a> with <a href="#">probiotic ranch dressing</a>	- <a href="#">Slow Cooker Butter Chicken</a> - <a href="#">French Style Salad</a>
Desserts or Snacks*	- <a href="#">Nut Butter Chocolate Chip Cookies</a>	- <a href="#">Strawberry Gummies</a>	- <a href="#">Coconut Fat Bombs</a>	- <a href="#">Strawberry Lemonade Popsicles</a>	- <a href="#">Blueberry Ice Cream</a>	- <a href="#">Garlic herb crackers</a> with <a href="#">tapenade</a>	- <a href="#">Curry Up Bone Broth</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.