

GUT HEALTHY MEAL PLAN



BREAKFAST

MORNING
FRUIT SNACK

LUNCH

DAY 1



Peanut & Strawberry
Chia Bowl

DAY 2



Tofu Scrambled
with Potatoes

DAY 3



Wheat Free
Banana Muffin

DAY 4



Wheat Free Waffles

DAY 5



Morning Coffee Cake



Green Grapes



Anti-inflammatory
Support



Vitamin C Boost



Antioxidant Booster



Metabolism Booster



Italian Chicken Salad



Kafta wa Batata



BBQ Chicken



Chinatown
Chicken Salad



Fish Tikka

GUT HEALTHY
MEAL PLAN

right
bite

AFTERNOON
SNACK

DAY 1



Corn Tortilla with
Edamame Guacamole

DAY 2



Vegan Peanut
Butter Granola

DAY 3



Vegetable Crudités
& Beetroot Hummus

DAY 4



Cardamom and
Saffron Cookies

DAY 5



Sticky Date
& Pecan Bar

DINNER



Tuscan Sausage
Spaghetti



Chicken Satay Bowl



Chicken Tex Mex Bowl



Masaman Fish Curry



Chicken
Merguez Carbonara

SIDES



Mutabbal Bathinjan



Harira Soup



Grated Almond Salad
& Mustard Dressing



Loubieh bi Zeit



Mixed Green Salad
& Blueberry Dressing