7 Day Gut Harmony: Nutrition for IBS Relief

Managing IBS (Irritable Bowel Syndrome) through diet can alleviate symptoms like bloating, diarrhea, and constipation. This 7-day meal plan focuses on gut-friendly foods that may help ease IBS discomfort.  
  
### Day 1: Soothing Start  
- \*\*Breakfast\*\*: Warm oatmeal with blueberries and flaxseeds  
- \*\*Lunch\*\*: Grilled chicken with steamed zucchini and quinoa  
- \*\*Dinner\*\*: Salmon with roasted sweet potatoes and broccoli  
  
### Day 2: Gut Soothing Meals  
- \*\*Breakfast\*\*: Smoothie with spinach, banana, and almond milk  
- \*\*Lunch\*\*: Turkey meatballs with rice and steamed carrots  
- \*\*Dinner\*\*: Baked cod with mashed cauliflower and spinach  
  
### Day 3: Fiber-Rich and Light  
- \*\*Breakfast\*\*: Scrambled eggs with sautéed spinach  
- \*\*Lunch\*\*: Quinoa and chickpea salad with olive oil and lemon dressing  
- \*\*Dinner\*\*: Grilled shrimp with sautéed kale and brown rice  
  
### Day 4: Restorative Foods  
- \*\*Breakfast\*\*: Chia pudding with almond butter and berries  
- \*\*Lunch\*\*: Roasted chicken with zucchini noodles  
- \*\*Dinner\*\*: Stir-fried tofu with broccoli and bok choy  
  
### Day 5: Gentle, Nourishing Meals  
- \*\*Breakfast\*\*: Rice cakes with almond butter and banana slices  
- \*\*Lunch\*\*: Grilled fish tacos with cabbage and avocado  
- \*\*Dinner\*\*: Steamed cod with roasted Brussels sprouts and sweet potatoes  
  
### Day 6: Easy on the Gut  
- \*\*Breakfast\*\*: Warm quinoa with a dollop of coconut yogurt and berries  
- \*\*Lunch\*\*: Turkey lettuce wraps with avocado  
- \*\*Dinner\*\*: Grilled chicken with roasted carrots and spinach  
  
### Day 7: A Balanced End  
- \*\*Breakfast\*\*: Smoothie bowl with kiwi, chia seeds, and coconut yogurt  
- \*\*Lunch\*\*: Roasted vegetables with quinoa  
- \*\*Dinner\*\*: Grilled salmon with steamed asparagus and brown rice