2 Week SIBO Soothe: Gut-Friendly Meal Plans

SIBO (Small Intestinal Bacterial Overgrowth) can cause digestive discomfort, but diet plays an important role in managing the condition. This two-week meal plan focuses on foods that support digestion and reduce SIBO flare-ups.  
  
### Week 1: Low FODMAP Start  
- \*\*Day 1-3\*\*: Focus on easily digestible proteins like grilled chicken and salmon, and include low-FODMAP vegetables such as zucchini, spinach, and carrots.  
- \*\*Day 4-7\*\*: Add more low-FODMAP fruits like strawberries, blueberries, and bananas to your meals. Continue with lean meats and roasted root vegetables.  
  
### Week 2: Gentle Fiber Introduction  
- \*\*Day 8-10\*\*: Gradually add small amounts of fiber-rich foods like oats, quinoa, and non-cruciferous vegetables (e.g., bell peppers, zucchini).  
- \*\*Day 11-14\*\*: Begin including fermented foods such as coconut yogurt or kefir to support gut health, avoiding high-FODMAP items like garlic and onions.  
  
### Sample Day of Eating (Week 2):  
- \*\*Breakfast\*\*: Scrambled eggs with spinach and roasted potatoes  
- \*\*Lunch\*\*: Grilled turkey with quinoa and roasted carrots  
- \*\*Dinner\*\*: Baked chicken with steamed zucchini and a side of kale salad