



Bloating-Free Meal Planning Templates

3-Day Bloating-Free Meal Plan (Omnivore & Vegetarian-Friendly)

Day 1

- **Breakfast:** Overnight Oats with Berries & Chia (omnivore-friendly) Rolled oats soaked in almond milk with chia seeds and blueberries. This meal is high in soluble fiber to keep bowels regular. **Vegetarian/vegan option:** Use plant-based yogurt instead of dairy. *Optional supplement:* Take a probiotic with breakfast.
- **Morning Snack:** Banana & Almond Butter A small banana with almond butter provides potassium and healthy fats to flush excess sodium.
- **Lunch:** Grilled Chicken & Avocado Salad A salad with grilled chicken, mixed greens, cucumber, tomatoes, avocado, and quinoa dressed with olive oil and lemon juice. **Vegetarian option:** Swap chicken for chickpeas or grilled tofu.
- **Afternoon Snack:** Carrots & Hummus Baby carrots with hummus for hydration and fiber.
- **Dinner:** Salmon, Sweet Potato & Asparagus Baked salmon with roasted sweet potato and asparagus. **Vegetarian option:** Replace salmon with baked tofu or tempeh.
- **Hydration:** Cucumber-Mint Water Water infused with cucumber and mint to flush sodium and relax the GI tract.
- **Daily Supplements:**
 - Probiotic (morning)
 - Digestive enzyme (with lunch or dinner)

Day 2

- **Breakfast:** Greek Yogurt Parfait Greek yogurt layered with pineapple, blueberries, walnuts, and honey. **Vegan option:** Use coconut or almond yogurt.
- **Morning Snack:** Kiwi Duo Two kiwis, rich in actinidin enzyme and fiber.
- **Lunch:** Veggie & Hummus Wrap A whole grain tortilla with hummus, spinach, cucumber, bell peppers, and feta. **Vegetarian option:** Same.
- **Afternoon Snack:** Boiled Eggs & Cucumber Two hard-boiled eggs with cucumber slices. **Vegetarian option:** Swap eggs for roasted chickpeas.

- **Dinner:** Hearty Lentil & Veggie Soup Lentils simmered with carrots, spinach, tomato, turmeric, and cumin. **Vegan/Vegetarian option:** Same.

- **Hydration:** Ginger-Lemon Tea Fresh ginger tea with lemon.

- **Daily Supplements:**

- Probiotic (if no yogurt)
- Peppermint oil (post dinner)

Day 3

- **Breakfast:** Spinach & Avocado Scramble on Toast Eggs scrambled with spinach and tomatoes on whole grain toast with avocado. **Vegetarian option:** Replace eggs with scrambled tofu.

- **Morning Snack:** Papaya with Pumpkin Seeds Papaya cubes with lime juice and pumpkin seeds.

- **Lunch:** Chicken & Veggie Wrap Whole grain tortilla with grilled chicken, lettuce, tomato, cucumber. **Vegetarian option:** Use tofu or tempeh.

- **Afternoon Snack:** Orange & Walnuts An orange with walnuts.

- **Dinner:** Shrimp Stir-Fry with Quinoa & Broccoli Stir-fried shrimp with broccoli and bell pepper over quinoa. **Vegetarian option:** Use tempeh or tofu instead of shrimp.

- **Hydration:** Peppermint Tea Warm peppermint tea to relax GI muscles.

- **Daily Supplements:**

- Probiotic (morning)
- Digestive enzyme (with dinner)

Combined Shopping List (3-Day Plan)

Produce: - Cucumbers, mint, lemons, blueberries, bananas, avocados, cherry tomatoes, salad greens/spinach, sweet potatoes, asparagus, carrots, garlic-infused olive oil, kiwis, pineapple, spinach, bell pepper, papaya, limes, whole grain tortillas, oranges, ginger root.

Pantry: - Rolled oats, chia seeds, almond milk, almond butter, olive oil, vinegar, hummus, quinoa, soy sauce, spices (turmeric, cumin), broth, whole grain bread, tortillas, tea (peppermint, ginger).

Proteins: - Chicken breasts, salmon, shrimp, Greek yogurt, lentils, eggs, tofu, walnuts, pumpkin seeds.

Supplements: - Probiotic, digestive enzymes, peppermint oil capsules (tag fitnature8888-20).

7-Day Bloating-Free Meal Plan (Omnivore & Vegetarian-Friendly)

Day 1

- **Breakfast:** Berry Overnight Oats – Oats, chia, almond milk, berries, almonds.
- **Morning Snack:** Banana with Almond Butter.
- **Lunch:** Grilled Chicken & Quinoa Salad with greens, quinoa, tomatoes, cucumber, avocado.
Vegetarian option: Use chickpeas or tofu.
- **Afternoon Snack:** Baby Carrots & Hummus.
- **Dinner:** Salmon with Roasted Asparagus & Sweet Potato. Vegetarian option: Baked tofu or tempeh.
- **Hydration:** Lemon-Ginger Morning Water.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

Day 2

- **Breakfast:** Tropical Yogurt Bowl – Greek yogurt with pineapple, mango or papaya, granola, flax or chia. Vegan option: Use plant-based yogurt.
- **Morning Snack:** Kiwi & Almonds.
- **Lunch:** Mediterranean Veggie Wrap – Whole grain wrap with hummus, cucumber, bell pepper, tomato, shredded lettuce, feta.
- **Afternoon Snack:** Peppermint Tea & Rice Cakes with peanut butter.
- **Dinner:** Gentle Lentil Soup with carrot and zucchini.
- **Hydration:** Cucumber-Mint Spa Water.
- **Supplements:** Probiotic (morning), Peppermint Oil (evening).

Day 3

- **Breakfast:** Veggie Egg Scramble with Avocado Toast. Vegetarian option: Use tofu scramble.
- **Morning Snack:** Papaya Lime Cup.
- **Lunch:** Turkey & Avocado Lettuce Wraps. Vegetarian option: Use chickpea salad or tofu.
- **Afternoon Snack:** Green Smoothie – Banana, spinach, almond milk, yogurt.
- **Dinner:** Tofu Stir-Fry with Bok Choy, bell peppers, carrots, served over brown rice.
- **Hydration:** Peppermint & Ginger Iced Tea.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

Day 4

- **Breakfast:** Spinach-Banana Smoothie Bowl – Spinach, banana, almond milk, Greek yogurt, topped with oats, blueberries, pumpkin seeds.
- **Morning Snack:** Carrots & Hummus.
- **Lunch:** Leftover Lentil Soup with rice crackers.
- **Afternoon Snack:** Grapes & Almonds.
- **Dinner:** Turkey-Stuffed Bell Peppers with lean ground turkey, rice, tomatoes, spices, served with steamed green beans. Vegetarian option: Stuff peppers with quinoa, black beans, and corn.
- **Hydration:** Calming Chamomile Tea.
- **Supplements:** Probiotic (morning).

Day 5

- **Breakfast:** Berry Chia Pudding – Chia seeds soaked in almond milk topped with strawberries and Greek yogurt.
- **Morning Snack:** Strawberries & Yogurt Dip.
- **Lunch:** Leftover Stuffed Pepper with greens.
- **Afternoon Snack:** Celery & Peanut Butter.
- **Dinner:** Baked Cod, Brussels Sprouts & Sweet Potato. Vegetarian option: Baked tofu or tempeh with Brussels and sweet potato.
- **Hydration:** Fennel Digestive Tea.
- **Supplements:** Probiotic (morning), Digestive Enzyme (with dinner).

Day 6

- **Breakfast:** Avocado & Smoked Salmon Toast. Vegetarian option: Avocado & tomato toast.
- **Morning Snack:** Steamed Edamame or nuts/seeds.
- **Lunch:** Tuna Salad Lettuce Wraps. Vegetarian option: Chickpea salad lettuce wraps.
- **Afternoon Snack:** DIY Trail Mix – Almonds, walnuts, dried cranberries.
- **Dinner:** Vegetarian Tofu Stir-Fry with baby bok choy, carrots, bell peppers, garlic-infused oil, ginger, soy sauce; served over brown rice. Omnivore option: Add chicken or shrimp.
- **Hydration:** Detox Infused Water – Water with cucumber, lemon, ginger, mint.
- **Supplements:** Probiotic (morning), optional digestive aid or peppermint oil.

Day 7

- **Breakfast:** Banana Oatmeal with Peanut Butter.
- **Morning Snack:** Cantaloupe Slices.
- **Lunch:** Leftover Tofu Stir-Fry.
- **Afternoon Snack:** Chamomile Mint Iced Tea with blueberries.
- **Dinner:** Grilled Chicken, Quinoa & Green Beans with garlic-infused oil and lemon. Vegetarian option: Grilled tofu.
- **Hydration:** Golden Chamomile Latte – Warm lactose-free milk or almond milk with chamomile, turmeric, honey.
- **Supplements:** Probiotic (morning), reflection & plan (evening).

Combined Shopping List (7-Day Plan)

Produce: Bananas, berries, pineapples, mango or papaya, kiwis, grapes, melons, lemons, limes, avocados, cucumbers, tomatoes, peppers, carrots, celery, spinach, lettuce, greens, bok choy, bell peppers, sweet potatoes, asparagus, broccoli or green beans, Brussels sprouts, zucchini, herbs, ginger, mint.

Pantry: Oats, chia seeds, quinoa, brown rice, nuts (almonds, walnuts), seeds (chia, flax, pumpkin), hummus, granola, peanut butter, almond butter, rice cakes, ingredients for trail mix, low-sodium broth, soy sauce or tamari, apple cider vinegar, spices (turmeric, cumin, ginger, cinnamon, Italian herbs), wraps and bread, herbal teas (peppermint, chamomile, ginger, fennel), honey.

Proteins & Refrigerated: Lean chicken breasts, ground turkey, salmon, cod, shrimp, tofu, Greek yogurt, smoked salmon, tuna (canned), eggs, feta or parmesan cheese, probiotic yogurt, hummus. Vegetarian proteins include tofu, tempeh, chickpeas, lentils, edamame.

Supplements: Daily probiotic, digestive enzyme complex, peppermint oil capsules, turmeric or curcumin, magnesium (optional).

Gut Health & Bloating Tips

- Avoid high-FODMAP foods like garlic, onions, wheat, beans, and certain fruits during the plan.
 - Limit carbonated drinks and sugar-free products with sugar alcohols to reduce gas.
 - Increase fiber gradually and stay hydrated to prevent constipation.
 - Reduce sodium and increase potassium-rich foods to balance fluids.
 - Eat slowly and mindfully to avoid swallowing air.
 - Incorporate light exercise and deep breathing to support digestion.
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