

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

About This Plan: This 3-day meal plan (~2,000 kcal/day) is designed for busy adults to beat the bloat. It focuses on lean proteins, low-FODMAP veggies, and high-fiber foods to support digestion, while avoiding common bloating triggers (like garlic, beans, carbonated drinks, and sugar alcohols) ¹ ². Each day includes regular meals, hydrating anti-bloat drinks, and optional supplements (with the affiliate tag `fitnature8888-20`) for extra support. The tone is supportive and easy to follow, with a touch of clinical insight. Enjoy structured daily layouts with checkboxes to track your meals, hydration, and supplements, plus a shopping list and gut health tips at the end.

Day 1 (Approx. 2000 kcal)

- [] **Breakfast: Overnight Oats with Berries & Chia** – Rolled oats soaked in almond milk, topped with blueberries and 1 tbsp chia seeds (≈350 kcal; 50 g carbs, 15 g protein, 10 g fat). *Oats are rich in soluble fiber that forms a gel in the gut to keep bowels regular* ³, *preventing the constipation that often causes bloating. Berries add antioxidants and extra fiber to further aid digestion and support healthy gut bacteria* ³. (Optional supplement: take a probiotic with breakfast – `fitnature8888-20` – to introduce beneficial bacteria that can reduce bloating ⁴.)
- [] **Morning Snack: Banana & Almond Butter** – 1 small banana with 1 tbsp almond butter (≈180 kcal). *Bananas are rich in potassium, which helps flush excess sodium to relieve water retention* ⁵ ⁶. *In one study, eating a banana daily reduced bloating by lowering gas-producing bacteria in the gut* ⁷. *Almond butter adds healthy fats and a little protein/fiber for satiety.*
- [] **Lunch: Grilled Chicken & Avocado Salad** – Grilled chicken breast (4 oz) over mixed greens (2 cups) with cucumber, cherry tomatoes, ¼ avocado, and ½ cup cooked quinoa. Dress with olive oil & lemon juice vinaigrette (≈500 kcal; 40 g carbs, 35 g protein, 22 g fat). *Lean protein like chicken is easy to digest and helps prevent blood sugar spikes that can contribute to bloating* ⁸. *The greens and quinoa provide fiber for a healthy gut, and avocado offers monounsaturated fat that aids nutrient absorption and overall digestive health* ⁹. (Optional: take a digestive enzyme before this meal – `fitnature8888-20` – especially if you feel bloated after high-fiber foods. Enzyme supplements (e.g. alpha-galactosidase for legumes) help break down hard-to-digest carbs, reducing gas ¹⁰.)
- [] **Afternoon Snack: Carrots & Hummus** – 10 baby carrots with 2 tbsp hummus (≈100 kcal). *These crunchy veggies are high in water and potassium, helping hydrate you and flush out excess sodium* ¹¹. *Carrots and chickpeas (in hummus) also provide fiber to keep your digestion moving, but in gentle amounts. (If raw veggies tend to bother you, blanch or steam them slightly to make them easier to digest.)*
- [] **Dinner: Salmon, Sweet Potato & Asparagus** – Baked salmon filet (5 oz) with a small sweet potato (≈150 g) and 1 cup roasted asparagus spears (≈550 kcal; 45 g carbs, 40 g protein, 20 g fat). *Salmon's*

high-quality protein and omega-3 fats are gentle on the GI system and even have anti-inflammatory properties ⁵ . Fiber-rich asparagus and sweet potato further support digestion; asparagus contains natural digestive enzymes to help break down food, while the sweet potato's potassium helps regulate fluid balance to counter bloat ⁵ . (Optional: take a peppermint oil capsule after dinner – fitnature8888-20 – to relax GI muscles and relieve any gas or spasms ¹² ¹³ .)

- [] **Hydration: Cucumber-Mint Water** – Start your morning with a large glass of water infused overnight with ½ a sliced cucumber and a few fresh mint leaves. *This refreshing drink boosts hydration and acts as a natural diuretic – cucumber is ~95% water and helps flush out excess salt, reducing water retention ¹⁴ . Mint contains menthol, which relaxes the muscles of your GI tract to ease gas and cramping ¹⁵ .* Sip throughout the day to stay bloating-free.
- [] **Daily Supplements: Probiotic (morning) and Digestive Enzyme (with largest meal)** – both tagged fitnature8888-20 . *A broad-spectrum probiotic daily can bolster your gut's healthy bacteria (helping ease IBS-related bloat) ⁴ , while a digestive enzyme taken with a heavy or high-fiber meal can aid nutrient breakdown and prevent gas build-up (for example, lactase for dairy or alpha-galactosidase for beans) ¹⁰ .*

Day 2 (Approx. 2000 kcal)

- [] **Breakfast: Greek Yogurt Parfait** – 1 cup Greek yogurt (lactose-free or low-fat), layered with pineapple chunks and blueberries, topped with 2 tbsp walnuts and a drizzle of honey (≈300 kcal; 35 g carbs, 20 g protein, 10 g fat). *Greek yogurt provides probiotics (live “good” bacteria) that support a balanced gut microbiome and improve digestion ¹⁶ . Fiber-rich nuts further promote regularity ¹⁶ , and honey offers natural sweetness without the fermentable sugars that refined sweeteners have (which can cause gas) ¹⁷ . Pineapple contains bromelain, a digestive enzyme that may help reduce bloating by aiding protein digestion ¹⁸ .*
- [] **Morning Snack: Kiwi Duo** – 2 kiwifruits, peeled and sliced (≈80 kcal). *Juicy kiwis are celebrated for their digestive benefits – they're high in fiber and actinidin (an enzyme) which together improve bowel regularity and relieve constipation-bloating in studies ¹⁹ . Regular kiwi consumption has been associated with significantly less bloating and abdominal discomfort ¹⁹ .*
- [] **Lunch: Veggie & Hummus Wrap** – Whole-grain tortilla spread with 3 tbsp hummus, filled with spinach, sliced cucumber, bell peppers, and a sprinkle of crumbled feta (optional). Serve with a squeeze of lemon and cracked pepper (≈400 kcal; 50 g carbs, 12 g protein, 15 g fat). *This fiber-packed wrap feeds your gut with plant-based goodness – whole grains and assorted veggies provide prebiotic fibers that nourish healthy gut bacteria ²⁰ and promote regular digestion. The mix of raw vegetables (cucumber, peppers, spinach) delivers water and potassium to combat bloating, while hummus adds a bit of protein and soluble fiber for a happy gut. (Tip: If legumes tend to make you gassy, consider taking a digestive enzyme like Beano with this meal to break down bean sugars – fitnature8888-20 ¹⁰ .)*
- [] **Afternoon Snack: Boiled Eggs & Cucumber** – 2 hard-boiled eggs with a side of cucumber slices, sprinkled with salt and pepper (≈150 kcal; 2 g carbs, 12 g protein, 10 g fat). *Eggs are an easily digestible protein source that won't ferment in your gut, thus they're unlikely to cause bloating ²¹ . Pairing*

them with hydrating cucumber (mostly water) helps keep you full and flushes out excess sodium ²². This simple snack stabilizes blood sugar and tides you over without filling you up with bloat-producing carbs.

- [] **Dinner: Hearty Lentil & Veggie Soup** – A warming soup of green or brown lentils simmered with diced carrots, spinach, tomato (no onion/garlic), herbs, and a pinch of turmeric and cumin (1 large bowl; ≈400 kcal; 60 g carbs, 22 g protein, 8 g fat). *Lentils provide plant protein and lots of soluble fiber, which normalizes bowel movements and prevents the constipation that can leave you bloated ²³. They're also very low in fat and gentle on the stomach compared to heavier proteins ²³. We've kept this soup low-sodium to avoid water retention bloating – using spices like turmeric (a natural anti-inflammatory that helps reduce IBS bloat ²⁴) and ginger instead of excess salt. Enjoy with a squeeze of lemon on top for flavor. (After dinner, consider a peppermint oil capsule – fitnature8888-20 – or a cup of peppermint tea to help prevent gas from the fiber-rich lentils. Peppermint has been shown to alleviate bloating and abdominal discomfort, especially in IBS sufferers ²⁵.)*
 - [] **Hydration: Ginger-Lemon Tea** – After lunch, brew a cup of fresh ginger tea with a squeeze of lemon. *Ginger is a time-tested remedy for digestive woes: it stimulates GI motility, helping your stomach empty faster so food doesn't sit and cause that heavy, bloated feeling ¹⁸. It also relaxes and soothes the digestive tract muscles, relieving gas and cramping ²⁶. A bit of lemon adds vitamin C and a refreshing flavor. (Enjoy another cup in the evening if you like, in place of any carbonated drinks which we're skipping to stay bloat-free ².)*
 - [] **Daily Supplements:** *Probiotic (if you didn't have yogurt today) and Peppermint Oil (post-dinner) – both fitnature8888-20. Probiotic: If you haven't taken one yet, an evening dose can still help maintain a gut flora balance (studies show certain probiotics reduce abdominal bloating and gas) ⁴. Peppermint Oil: Taking an enteric-coated peppermint oil capsule after your fiber-rich dinner can relax your intestinal muscles and ease the passage of gas ¹² ²⁵, reducing feelings of pressure.*
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Day 3 (Approx. 2000 kcal)

- [] **Breakfast: Spinach & Avocado Scramble on Toast** – 2 eggs scrambled with a handful of spinach and diced tomatoes, served on 1 slice of whole-grain toast with ¼ avocado (≈400 kcal; 30 g carbs, 20 g protein, 23 g fat). *Eggs are a high-protein, low-carb breakfast that's gentle on digestion and helps steady your blood sugar, preventing bloat-inducing sugar spikes ²¹ ²⁷. We add avocado for creamy, gut-friendly fats – it's rich in monounsaturated fat and naturally low in FODMAPs, so it won't ferment and cause gas ²⁷. Whole-grain toast contributes extra fiber to keep you regular.*
- [] **Morning Snack: Papaya with Pumpkin Seeds** – 1 cup ripe papaya cubes with a squeeze of lime, topped with 1 tbsp raw pumpkin seeds (≈150 kcal). *Tropical papaya is a bloat-busting superstar: it contains papain, a natural enzyme that supports digestion and has been shown to improve bloating and constipation in people with IBS when taken regularly ²⁸. Pumpkin seeds add magnesium and healthy fats, and a bit of fiber – plus a satisfying crunch.*
- [] **Lunch: Chicken & Veggie Wrap** – 1 whole-grain tortilla filled with sliced grilled chicken (3–4 oz, you can use leftovers from Day 1), crisp lettuce or spinach, tomato, and cucumber, with 2 tbsp light vinaigrette or hummus spread (≈450 kcal; 45 g carbs, 30 g protein, 15 g fat). *This easy wrap delivers*

lean protein and plenty of hydrating veggies to keep your digestion on track. The chicken is a lean, easily digestible protein to prevent bloating ⁸, and the mixed vegetables add fiber for regularity. Choosing a whole-grain wrap gives extra nutrients and fiber compared to a white tortilla ²⁹. (If using fresh store-bought deli meat, opt for low-sodium turkey/chicken slices without additives to avoid excess salt and preservatives that can cause water retention ³⁰.)

- [] **Afternoon Snack: Orange & Walnuts** – 1 medium orange and ¼ cup walnuts (≈180 kcal). Juicy oranges are high in water and vitamin C, supporting hydration and collagen (for gut lining health). The potassium in oranges also helps maintain fluid balance, countering bloating from high salt. Walnuts provide plant-based omega-3 fats and fiber, which support digestion. Just keep nuts to a moderate handful – while they're healthy, too large a portion of high-fat nuts can sometimes contribute to bloating ³¹.
- [] **Dinner: Shrimp Stir-Fry with Quinoa & Broccoli** – Shrimp (6–8 large) quickly stir-fried with broccoli florets and bell pepper in a bit of ginger-soy sauce, served over ¾ cup cooked quinoa (≈500 kcal; 55 g carbs, 35 g protein, 15 g fat). Shrimp is a lean, low-fat protein that is surprisingly gentle on the digestive system ³² – you get the protein you need without excess fats that can slow digestion. Quinoa is a high-fiber whole grain and a complete protein, great for gut health and satiety ³³. We include fiber-rich broccoli in this dish for its nutrients and digestive enzymes, but steam or sauté it well: cooking breaks down the tough plant fibers and makes cruciferous veggies like broccoli easier to digest ³⁴. (If you have a sensitive stomach or IBS, you can swap broccoli with green beans or zucchini to be safe.) Use low-sodium soy sauce or tamari for the sauce to keep salt in check ³⁵.
- [] **Hydration: Peppermint Tea (Evening)** – Wind down tonight with a warm cup of peppermint herbal tea. Peppermint has clinically proven benefits for bloating relief: its active menthol relaxes intestinal muscles and relieves spasms, helping gas move along and easing pain ¹² ¹³. In fact, peppermint oil is an evidence-based treatment for IBS symptoms, significantly reducing bloating and abdominal discomfort in trials ²⁵. A caffeine-free peppermint tea before bed can soothe your GI tract and also help you relax.
- [] **Daily Supplements: Probiotic (morning) and Digestive Enzyme (with dinner)** – fitnature8888-20. Probiotic: Continue your daily probiotic for ongoing bloating relief and gut support (probiotics have improved bloating and overall IBS symptoms in multiple studies) ³⁶ ⁴. Digestive Enzyme: If you're including broccoli or other gas-prone veggies at dinner, an enzyme supplement taken right before eating can help break down fiber and prevent gas build-up ³⁷. (For example, an alpha-galactosidase enzyme can reduce gas from cruciferous veggies and beans.)

Combined Shopping List (3-Day Plan)

Produce:

- Cucumber (1) – for infused water and salads
- Fresh mint leaves – for infused water (anti-bloat herb) ¹⁵
- Lemon (2) – for salad dressing and ginger tea
- Blueberries (fresh or frozen, 1 cup) – for oats topping (antioxidants & fiber) ³
- Banana (2) – snacks and oatmeal topping (potassium for debloating) ⁵
- Avocados (2) – for salad and toast (healthy low-FODMAP fats) ³⁸ ²⁷
- Cherry tomatoes (1 pint) – for salad, omelette (vitamins, low-calorie)

- Mixed salad greens or spinach (1 bag) – high-fiber base for salads/wraps ⁹
- Sweet potatoes (2 small) – fiber and potassium-rich carb ⁵
- Asparagus (8–10 spears) – digestive enzyme content, *or substitute 8 oz green beans* ⁵
- Carrots (1 bag baby carrots) – snacks and soup (hydrating, low sodium flush) ²²
- Garlic-infused olive oil (optional) – use this instead of raw garlic to flavor dishes without FODMAPs
- Kiwi (2) – snack (enzymes and fiber for digestion) ¹⁹
- Pineapple chunks (1 cup or ~½ pineapple) – for yogurt parfait (bromelain enzyme) ¹⁸
- Blueberries (included above) or other berries – for parfait and snacks
- Spinach (included above, or extra 2 cups) – for wrap and scramble (fiber, magnesium)
- Bell pepper (1) – for wrap and stir-fry (vitamin C, low calorie)
- Papaya (1 small) – ~2 cups worth for snack (papain enzyme) ²⁸
- Limes (1) – for papaya (flavor, vitamin C)
- Whole-grain tortilla wraps (2 large) – for veggie wrap and chicken wrap
- Orange (1) – snack (vitamin C, potassium)
- Fresh ginger root – ~3 inch piece for ginger tea and stir-fry (promotes motility) ¹⁸
- Garlic (omit to avoid bloating, use infused oil above for flavor)

Pantry (Dry Goods & Spices):

- Old-fashioned rolled oats (uncooked, 1½ cups) – resistant starch fiber for overnight oats ³
- Chia seeds (4 tbsp) – for oats and pudding (soluble fiber, omega-3s) ³
- Almond milk, unsweetened (1 quart) – for soaking oats and chia (dairy alternative)
- Almond butter or peanut butter (natural, no added sugar) – for snacks (healthy fats)
- Extra-virgin olive oil – for salad dressing and cooking (use sparingly; choose olive or avocado oil for anti-inflammatory fats)
- Balsamic or apple cider vinegar (for homemade vinaigrette)
- Hummus (store-bought or homemade, ~½ cup) – chickpea spread for wrap and snack (moderate portion to limit FODMAPs)
- Quinoa (dry, 1 cup) – for two meals (complete protein grain) ³⁹
- Low-sodium soy sauce or tamari – for stir-fry seasoning (reduces sodium bloating) ³⁵
- Black pepper, sea salt – for light seasoning (use salt sparingly to minimize water retention ⁴⁰)
- Turmeric, cumin (spices) – for lentil soup (anti-bloat spices: turmeric reduces IBS bloating ²⁴)
- Low-sodium broth (vegetable or chicken, 1 qt) – for soup base (to control salt content)
- Whole-grain bread (2 slices) – for toast (or gluten-free bread if sensitive to wheat)
- Whole-grain tortillas (see Produce)
- **Peppermint herbal tea** (caffeine-free) – for Day 3 (soothes gas) ¹²
- **Ginger tea** (or fresh ginger, listed) – for Day 2
- Honey (1–2 tbsp) – natural sweetener for yogurt (low FODMAP in small amounts)
- Walnuts (¼ cup) – for parfait and snacks (omega-3, fiber; use in moderation) ³¹
- Pumpkin seeds (2 tbsp) – for papaya snack (magnesium, zinc)
- Almonds (10–15) – for snacks/trail mix (moderation to avoid fat excess) ³¹

Proteins & Refrigerated:

- **Probiotic yogurt** (Greek, plain, 24 oz) – for parfait and smoothie (high-protein, contains probiotics) ¹⁶
- Boneless skinless chicken breasts (2) – grill for salad and wrap (lean protein) ⁸
- Salmon fillets (2, ~5 oz each) – for dinner Day 1 (omega-3, anti-inflammatory) ⁵
- Raw shrimp (8–10 large) – for stir-fry (lean protein, easy on stomach) ³²
- Extra-firm tofu (8 oz) – (*in 3-day plan this is optional; not used*)

- Eggs (6) – for breakfasts and snacks (high-quality protein) ²¹
- Cooked lentils (or dry lentils 1 cup to cook) – for soup (fiber-rich protein) ²³
- Feta cheese (optional, 2 oz) – for wrap and salad (a lower-lactose cheese for flavor)
- **Digestive enzyme supplement** – e.g. broad-spectrum or alpha-galactosidase (Beano) for beans/veggies (fitnature8888-20) ¹⁰
- **Probiotic supplement** (daily) – if not getting through yogurt (fitnature8888-20) ⁴
- **Peppermint oil capsules** – for post-meal bloat relief (fitnature8888-20) ²⁵

Supplements (Affiliate Tag fitnature8888-20):

- **Probiotic** – Daily capsule to support gut flora balance (choose a high-quality multi-strain formula).
- **Digestive Enzymes** – Chewable or capsules (e.g. lactase for dairy, alpha-galactosidase for legumes) to take before meals that typically give you trouble.
- **Peppermint Oil Capsules** – Enteric-coated pills to take as needed for bloating (especially in the evening or with gassy meals).

(All supplements are optional but can enhance the plan's effectiveness. Always follow dosage instructions and consult a healthcare provider if you have any medical conditions.)

Why These Foods? Each item in this plan was chosen for a bloat-free purpose. You'll notice an emphasis on **high-fiber foods** (like oats, quinoa, veggies) to keep your bowels moving – but introduced in reasonable portions to avoid overwhelming your gut. We include natural digestive aids such as **ginger, peppermint, pineapple, papaya, and yogurt** for their enzyme and probiotic content, which help break down food and ease digestion ¹⁸ ¹⁶. Hydration is a priority: by drinking water infused with cucumber, mint, or lemon and sipping herbal teas, you'll help flush excess sodium and calm your GI tract ¹⁴ ¹². Lean proteins (chicken, fish, shrimp, eggs) are featured instead of fatty or fried meats, since they're gentler on the stomach and less likely to cause bloating ⁸ ⁵. We also incorporate *low-FODMAP* produce choices – for example, you'll see spinach and zucchini instead of cabbage or onion, and we use garlic-infused oil instead of actual garlic. This way, we avoid fermentable carbs that can trigger gas in sensitive individuals ⁴¹ ¹. By steering clear of known bloating culprits (like **beans, cauliflower, artificial sweeteners, and carbonated sodas**), this meal plan sets you up for digestive comfort.

Bloating Triggers to Avoid: Throughout these 3 days, try to **skip high-FODMAP foods** such as garlic, onions, wheat, most beans, and certain fruits (apples, pears, mango) which ferment in the gut and produce gas ⁴¹ ¹. We've minimized **dairy** (using lactose-free yogurt and hard cheese in small amounts) since many adults have lactose intolerance leading to bloating ⁴². **Carbonated drinks** are off the menu – the bubbles introduce excess gas into your stomach, so stick to flat water or herbal tea ². And be cautious with **sugar-free "diet" products** containing sugar alcohols (like sorbitol, xylitol); these sweeteners aren't fully absorbed and can cause significant bloating and gas ⁴³. Lastly, watch your **sodium** intake by avoiding highly processed, salty foods; too much sodium makes you retain water and feel puffy ⁴⁰. This plan's recipes are naturally low in salt and rich in potassium to help balance fluids. By following these guidelines – and eating slowly to avoid swallowing air – you'll set yourself up for a comfortable, bloating-free experience.

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

About This Plan: Ready for a full week of debloating meals? This 7-day plan (~2,000 kcal/day) expands on the same principles as the 3-day plan, giving you even more variety. You'll enjoy delicious breakfasts, lunches, dinners, and snacks that are easy to prep, gut-friendly, and balanced in macros (with protein, complex carbs, and healthy fats each day). Each day also features an **anti-bloating drink** (like infused water or herbal tea) to keep your digestion soothed and hydration up. We've built in leftovers and simple recipes to suit a busy schedule – for instance, cooking a bit extra at dinner to have a quick next-day lunch. Like the 3-day plan, this week avoids notorious bloat triggers (high-FODMAP ingredients, carbonated drinks, sugar alcohols, etc.) and incorporates science-backed strategies for a flatter tummy. Follow the plan in order, or mix and match meals as needed. By week's end, you should feel lighter, with improved digestion and reduced bloating. Let's get started!

Day 1 (~2000 kcal)

- [] **Breakfast: Berry Overnight Oats** – Combine ½ cup rolled oats, 1 tbsp chia seeds, and 1 cup unsweetened almond milk; soak overnight. In the morning, top with ½ cup mixed berries and a few chopped almonds (≈350 kcal; 55 g carbs, 12 g protein, 12 g fat). *A make-ahead, high-fiber breakfast to kickstart your gut. The soluble fiber in oats soaks up water and forms a gel that keeps your digestion regular ³. Chia seeds add omega-3s and more fiber, and berries contribute antioxidants and prebiotic fiber ³. This combo helps prevent constipation – a common cause of bloating – right from the start of your day. (Consider taking your daily probiotic supplement with breakfast – [fitnature8888-20](#) – to populate your gut with good bacteria each morning.)*
- [] **Morning Snack: Banana with Almond Butter** – 1 small banana spread with 1 tbsp almond butter (≈180 kcal). *This snack fights bloat in two ways: the banana's potassium helps eliminate excess salt and water to reduce puffiness ⁵, and its soluble fiber feeds beneficial gut microbes. The almond butter provides a bit of protein and healthy fat to satisfy you. (Tip: If you're one of the few people who get gassy from bananas, swap in an orange or a handful of grapes – both are hydrating fruits that help with bloating ²².)*
- [] **Lunch: Grilled Chicken & Quinoa Salad** – Grilled or baked chicken breast (4 oz) sliced over 2 cups of romaine or mixed greens, ½ cup cooked quinoa, cherry tomatoes, cucumber, and ¼ avocado. Drizzle with 2 tbsp olive oil-lemon dressing (≈500 kcal; 40 g carbs, 34 g protein, 28 g fat). *This salad is loaded with lean protein and fiber – a perfect debloating duo. Chicken is easy on the gut and doesn't ferment (no gas) ⁸, while quinoa and veggies provide fiber to keep food moving smoothly. Avocado's healthy monounsaturated fats enhance nutrient absorption and are low-FODMAP, so they won't cause the belly to bloat ³⁸. Plus, the potassium in avocado helps maintain proper fluid balance, combating any salt-induced bloating.*
- [] **Afternoon Snack: Baby Carrots & Hummus** – ~10 baby carrots with 3 tbsp hummus (≈120 kcal). *High in water and fiber, carrots help “flush” the system and prevent water retention ²². They're also crunchy and satisfying. Hummus (made from chickpeas) gives a small dose of protein and soluble fiber. We keep the portion of hummus moderate because legumes can cause gas in large amounts – but a couple*

spoonfuls provides prebiotics and should be gentle on your tummy. If you know you're sensitive to legumes, you can substitute peanut butter or a lactose-free yogurt dip.

- [] **Dinner: Salmon with Roasted Asparagus & Sweet Potato** – Salmon fillet (5 oz) baked with lemon and herbs, served with 1 cup roasted asparagus and 1 small sweet potato (≈550 kcal; 45 g carbs, 40 g protein, 20 g fat). *This dinner is a tried-and-true bloat buster. Salmon's lean protein and omega-3 fats reduce inflammation and are easy to digest* ⁵. *Asparagus is famous for its diuretic and digestive properties – it's packed with fiber and even contains enzymes that help break down food* ⁵. *Sweet potato adds low-glycemic carbs plus potassium, an electrolyte that helps regulate your body's fluid balance to fight bloating* ⁵. (Optional: Take a digestive enzyme before this meal – [fitnature8888-20](#) – if you often experience bloating from fibrous veggies. It can assist in breaking down plant fibers and starches, preventing gas.)
- [] **Hydration: Lemon-Ginger Morning Water** – Upon waking, drink a mug of warm water with the juice of ½ lemon and a few slices of fresh ginger. *This simple morning ritual can dramatically set the tone for a bloat-free day* ⁴⁴. *Lemon ginger water hydrates you after the night's fast and stimulates digestion gently. Ginger helps activate digestive enzymes and speeds up gastric emptying* ¹⁸, while lemon provides vitamin C and a mild diuretic effect to reduce swelling. Many people find this combo also helps relieve any overnight belly sluggishness.
- [] **Daily Supplements:** Probiotic (morning), Digestive Enzyme (with dinner) – both tagged [fitnature8888-20](#). You can take your probiotic supplement with your lemon-ginger water or breakfast to keep building a resilient gut microbiome each day ⁴. In the evening, if needed, use a digestive enzyme capsule before your salmon and veggie meal – it will help your body break down the protein and fiber more efficiently, heading off gas and that overly full feeling ⁴⁵.

Day 2 (~2000 kcal)

- [] **Breakfast: Tropical Yogurt Bowl** – 1 cup Greek yogurt (plain, lactose-free if needed) topped with ¼ cup pineapple chunks, ¼ cup diced mango (or more pineapple), 2 tbsp granola (low sugar), and 1 tbsp flax or chia seeds (≈320 kcal; 40 g carbs, 20 g protein, 10 g fat). *This protein-rich bowl is teeming with gut benefits. Greek yogurt supplies probiotics for better digestion* ¹⁶, and the flax/chia seeds add bloat-relieving soluble fiber and omega-3s. Pineapple (and papaya, if you swap mango) contains bromelain, a digestive enzyme that can reduce bloating by helping digest proteins ¹⁸. We chose a low-sugar, no chicory granola to avoid gas – it adds a satisfying crunch and extra fiber.
- [] **Morning Snack: Kiwi & Almonds** – 2 kiwi fruits (gold or green) and 8–10 almonds (≈150 kcal). *Tangy-sweet kiwis are proven digestive aides: eating two kiwis per day has been shown to significantly improve bowel regularity and reduce bloating in people with constipation* ⁴⁶ ¹⁹. *They're loaded with actinidin (an enzyme) and soluble fiber. A small handful of almonds contributes healthy fat and fiber – but keep the portion moderate, as too many nuts at once can slow stomach emptying and cause discomfort* ³¹.
- [] **Lunch: Mediterranean Veggie Wrap** – Whole-grain wrap spread with 2 tbsp hummus, filled with sliced cucumber, bell pepper, tomato, shredded lettuce, and 2 tbsp crumbled feta cheese; side of

½ cup chopped cantaloupe (≈450 kcal; 50 g carbs, 12 g protein, 20 g fat). *This refreshing wrap is light on the stomach yet satisfying. The assortment of raw veggies offers fiber and water to prevent bloating (plus the crunch is so satisfying). Cucumber and melon are especially high in water and act as natural diuretics to combat water retention ²². Feta cheese (a small amount) provides flavor with minimal lactose, so it's usually well tolerated. Overall, this lunch avoids common triggers (no garlic, no creamy dressings, no beans in large quantity) and favors low-FODMAP produce, making it friendly for sensitive tummies.*

- [] **Afternoon Snack: Peppermint Tea & Rice Cakes** – A cup of peppermint tea and 2 small brown rice cakes topped with 1 tbsp peanut butter (≈200 kcal). *Peppermint tea is a go-to for bloating relief – it relaxes the gut muscles and can reduce bloating and pain within minutes ¹² ¹³. Sip a warm cup in the afternoon to relieve any belly tension. Enjoy it with a light snack of rice cakes (easy to digest) and a thin spread of peanut butter for a little protein. (Peppermint also helps curb appetite and sweet cravings, which is a nice bonus.)*
- [] **Dinner: Gentle Lentil Soup** – A bowl of homemade lentil soup (made with green lentils, carrot, zucchini, and spices) and a side **mixed greens salad** with olive oil & vinegar (≈500 kcal total). *We revisit lentils tonight for their fiber and plant protein, but prepare them in a belly-friendly way: using soaked or canned lentils (well-rinsed) can reduce their FODMAP content significantly ⁴¹ ⁴⁷. The soup's warm broth and spices (bay leaf, turmeric, a little cumin) help with digestion, and we skip onions/garlic to avoid excess fermentables. Lentils promote regular bowel movements, which helps combat bloating from constipation ²³. A simple side salad adds crunch, hydration, and extra fiber without many calories or sodium. (After dinner, you might consider a peppermint oil capsule – [fitnature8888-20](#) – if legumes usually make you gassy. Peppermint oil has been shown to relieve gas and bloating in clinical trials ²⁵. Alternatively, brew a fennel tea as described on Day 5.)*
- [] **Hydration: Cucumber-Mint “Spa” Water** – Fill a pitcher in the morning with 1 sliced cucumber, a handful of fresh mint leaves, and 1–2 quarts of water. Let it infuse and drink throughout the day (aim for at least 8 cups). *Staying well hydrated is key to preventing bloating, and this infused water makes it enjoyable. Cucumber acts as a mild diuretic to flush out excess water and sodium ¹⁴, while mint soothes your GI tract and can relieve any lingering tummy discomfort ¹⁵. Keeping a pitcher at your desk or in the fridge encourages you to sip all day – helping digestion and reducing any tendency for water retention.*
- [] **Daily Supplements: Probiotic (morning) and Peppermint Oil (evening)** – [fitnature8888-20](#). *By now, taking your probiotic each morning is hopefully a habit – it's setting up your gut flora for less gas production and smoother digestion over time ⁴. In the evening, if you feel at all bloated (perhaps from the fiber-rich lentils), an enteric-coated peppermint oil capsule can work wonders. Peppermint oil significantly decreases feelings of bloating and relaxes the gut, particularly helpful for IBS-type bloat ²⁵.*

Day 3 (~2000 kcal)

- [] **Breakfast: Veggie Egg Scramble with Avocado Toast** – 2 eggs scrambled with diced tomato and spinach, topped with a sprinkle of feta (optional), served with a slice of whole-grain toast spread with ¼ avocado (≈400 kcal; 30 g carbs, 20 g protein, 23 g fat). *A protein-rich, fiber-inclusive breakfast to start the day flat. Eggs provide high-quality protein to keep you full and stabilize blood sugar (preventing*

mid-morning bloat from insulin spikes) ²⁷ . The spinach and tomato add fiber and potassium to ease bloating, and the whole-grain toast contributes additional fiber. Avocado on top gives creaminess and bloat-fighting healthy fats – it's low in FODMAPs and known to be gut-friendly in moderate portions ²⁷ .

- [] **Morning Snack: Papaya Lime Cup** – 1 cup ripe papaya chunks with a squeeze of fresh lime juice (≈60 kcal). Papaya is included again because of its remarkable digestive enzyme, papain. A small serving in the morning can help your body break down your breakfast more effectively and reduce any chance of bloating later in the day ²⁸ . It's also rich in water and potassium. A dash of lime adds vitamin C and flavor.
- [] **Lunch: Turkey & Avocado Lettuce Wraps** – 3–4 oz sliced turkey breast (cooked, unseasoned) wrapped in large lettuce leaves with slices of avocado, tomato, and mustard. Serve with a side of 1 cup baby spinach drizzled with lemon and olive oil (≈450 kcal; 20 g carbs, 35 g protein, 25 g fat). By using crisp lettuce as your “wrap,” we eliminate the refined flours and potential bloating from bread, while adding hydration and fiber. Lean turkey (you can use leftover grilled turkey or a low-sodium natural deli turkey) is an easy-to-digest protein ²⁹ . Avocado in the wrap gives a satisfying texture and nutrients without causing bloat. This meal is very low in carbs but high in nutrients – which means minimal fermentation in your gut and thus minimal gas. (If you prefer, you can swap the lettuce wraps for a whole-grain tortilla; just be mindful that some people find large servings of wheat can trigger bloating ⁴¹ . Listen to your body.)
- [] **Afternoon Snack: Green Smoothie** – Blend 1 small ripe banana, a handful of spinach, ½ cup almond milk, ¼ cup Greek yogurt, and a few ice cubes until smooth (≈150 kcal). This mini smoothie is gut-friendly and refreshing. It sneaks in extra greens (spinach) which are high in magnesium and fiber to keep your digestive tract calm and regular. The banana adds sweetness, potassium, and soluble fiber – all helpful for reducing bloating ⁴⁸ ⁶ . We include a little Greek yogurt for probiotics and protein, but keep the portion small to avoid too much lactose. Sip slowly and enjoy!
- [] **Dinner: Tofu Stir-Fry with Bok Choy** – Extra-firm tofu (4 oz) cubed and stir-fried with chopped bok choy, bell peppers, and carrots in a ginger-soy sauce; served over ¾ cup brown rice (≈520 kcal; 60 g carbs, 24 g protein, 18 g fat). A plant-powered dinner that's gentle on digestion. Tofu is a lean vegan protein that's generally easy to digest (fermented soy like tempeh is even easier, but tofu is usually well-tolerated if you choose firm or extra-firm and drain it). Bok choy, a leafy green, is low in FODMAPs and high in water and nutrients, making it a bloat-safe alternative to other cabbages. We cook all the veggies until tender, because cooking breaks down fibers and makes vegetables easier on your gut ³⁴ . Using ginger and a small amount of low-sodium soy sauce for flavor keeps things digestion-friendly – ginger actively helps with motility and reduces inflammation, while limiting soy sauce prevents excessive salt intake that could cause water retention ³⁵ .
- [] **Hydration: Peppermint & Ginger Iced Tea** – Brew a strong peppermint tea with a few slices of fresh ginger. Chill and pour over ice, sipping in the afternoon or with dinner (make ~1 quart). This dual-herb iced tea targets bloating from multiple angles. Peppermint relaxes your GI tract to alleviate gas and cramping ¹² , and ginger stimulates digestion and eases any nausea or fullness ¹⁸ . Together, they also impart a refreshing flavor with no sugar or carbonation. Keep a pitcher ready and drink liberally – staying hydrated with these herbs will help prevent any end-of-day bloating.

- [] **Daily Supplements:** *Probiotic (morning) and Digestive Enzyme (with dinner) – fitnature8888-20*. *Probiotic: Continue your daily probiotic to foster a gas-minimizing gut environment ⁴. Digestive Enzyme: If you're not used to a lot of fibrous vegetables or soy, consider a digestive enzyme before your tofu stir-fry. For example, bromelain or papain supplements (derived from pineapple/papaya) can aid in breaking down protein and fibers, potentially reducing post-meal bloating (some people even take enzyme blends for high-fiber vegan meals) ¹⁸.*
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Day 4 (~2000 kcal)

- [] **Breakfast: Spinach-Banana Smoothie Bowl** – Blend 1 cup spinach, 1 frozen banana, ½ cup almond milk, and ¼ cup Greek yogurt until thick; pour into a bowl and top with 2 tbsp oats, a few blueberries, and 1 tbsp pumpkin seeds (≈330 kcal; 45 g carbs, 15 g protein, 10 g fat). *This creamy smoothie bowl is easy on the stomach yet packed with nutrients. Blending fruits/veggies makes them easier to digest by mechanically breaking down fiber. You'll still get all the fiber benefits (spinach + oats + fruit) but in a gentler form ⁴⁸. Spinach contributes bloat-relieving magnesium and fiber, banana gives potassium and a natural sweetness, and yogurt adds probiotics for gut health ¹⁶. A small sprinkle of pumpkin seeds and oats on top provides crunch and extra prebiotic fiber.*
- [] **Morning Snack: Carrots & Hummus** – 1 cup baby carrots with 3 tbsp hummus (≈130 kcal). *A repeat favorite – crunchy carrots hydrate you and feed your gut with insoluble fiber, acting like a gentle broom for your intestines ²². The hummus portion is moderate to keep the fiber load reasonable and avoid excessive FODMAPs. This snack will keep you satisfied until lunch without causing bloating.*
- [] **Lunch: Leftover Lentil Soup** – Reheat a serving of the lentil & veggie soup from Day 2 (1 generous bowl) and enjoy with a few rice crackers on the side (≈400 kcal). *Using leftovers is a time-saver and, in this case, can actually boost gut health – as cooked then cooled starches (in lentils) form resistant starch, which feeds beneficial colon bacteria. The soup itself is fiber-rich and protein-rich, combating bloat by keeping your bowels regular ²³. We're serving it with light rice crackers (gluten-free and easy to digest) instead of bread to keep things extra bloat-proof.*
- [] **Afternoon Snack: Grapes & Almonds** – 1 cup red or green grapes and 10 almonds (≈150 kcal). *Grapes are a low-FODMAP fruit option that offer fluid and a touch of natural sugar for energy. Their skins have polyphenols that may benefit gut health. Almonds (in a controlled handful) provide fiber and healthy fat – just about 10 almonds is enough for satiety without risking too much fat at once ³¹. This simple snack shouldn't cause any belly upset.*
- [] **Dinner: Turkey-Stuffed Bell Peppers** – 2 bell pepper halves stuffed with a mix of lean ground turkey (3 oz), ½ cup cooked brown rice, diced tomatoes, and Italian herbs, topped with a sprinkle of parmesan (baked until tender). Serve with a side of steamed green beans (≈550 kcal; 50 g carbs, thirty 30 g protein, 18 g fat). *Stuffed peppers are comforting yet light. By using extra-lean ground turkey and draining any excess fat, we keep this high-protein meal easy to digest (higher-fat meats can delay stomach emptying and contribute to bloating). Bell peppers themselves are fairly low in fiber and mostly water, especially once baked soft – they serve as a nutritious, low-calorie vessel. We flavor the filling with herbs instead of garlic/onions to avoid FODMAPs. A small amount of parmesan gives savory flavor but minimal lactose. On the side, green beans provide fiber and vitamins while being gentle on the gut (they're*

a low-FODMAP veggie as well). This balanced meal should leave you satisfied but not stuffed. (Make 2 servings of the stuffed peppers – you'll use leftovers for tomorrow's lunch!)

- [] **Hydration: Calming Chamomile Tea** – Tonight, unwind with a cup of chamomile tea before bed. Chamomile has been used for centuries to soothe the digestive tract and calm the nerves. It contains compounds that may help relieve gastrointestinal spasms and dispel gas ⁴⁹. Some research even suggests chamomile can inhibit the growth of bacteria that cause stomach ulcers and contribute to bloating ⁴⁹. Beyond the direct digestive effects, taking this time to relax and destress in the evening is important – stress can itself trigger bloating via the gut-brain axis. So think of this tea as both a digestive aid and a ritual to wind down, reducing stress-related bloat.
 - [] **Daily Supplements: Probiotic (morning)** – `fitnature8888-20`. You're likely getting plenty of natural probiotics from yogurt and fermented foods in the plan, but if you have a go-to probiotic supplement, keep up your daily routine ⁴. (If you find by Day 4 that you're experiencing any new bloating, try pausing the probiotic for a day or two; occasionally a new probiotic can cause transient gas as your gut flora adjust.) No specific enzyme or other supplement is needed today if you feel fine – but always listen to your body. If high-fiber foods like brown rice or beans are making you uneasy, an enzyme before meals or a peppermint capsule after can be used as needed.
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Day 5 (~2000 kcal)

- [] **Breakfast: Berry Chia Pudding** – Soak 3 tbsp chia seeds in 1 cup almond milk overnight. In the morning, stir in 1 tsp honey and top with ½ cup strawberries and 2 tbsp Greek yogurt (≈350 kcal; 40 g carbs, 12 g protein, 15 g fat). Chia pudding is an excellent gut-friendly breakfast: the chia seeds swell into a gel that helps move stool smoothly through your intestines, preventing sluggishness and bloating ³. They're also packed with omega-3 fatty acids which may reduce gut inflammation. The fresh berries add fiber and antioxidants, and a dollop of Greek yogurt provides probiotic cultures for better digestion ¹⁶. This breakfast is dairy-free aside from the small yogurt topping, so it's very low lactose.
- [] **Morning Snack: Strawberries & Yogurt Dip** – 1 cup whole strawberries with ¼ cup Greek yogurt for dipping (≈100 kcal). Sometimes simple is best: strawberries are high in water (about 90%) and fiber, which means they fill you up and hydrate you without causing bloating. Their natural sugars are balanced by fibrous skin and seeds, so they typically don't ferment excessively in the gut. Dipping in a bit of Greek yogurt adds probiotics and protein, making this a fun, light snack that supports gut health ¹⁶.
- [] **Lunch: Leftover Stuffed Pepper** – Enjoy the remaining turkey-stuffed bell pepper from Day 4 (reheat until hot) alongside a handful of baby spinach or mixed greens (≈400 kcal). Leftovers to the rescue! This meal is just as bloat-safe on day 2. The lean turkey and rice filling provides sustained energy without heaviness, and the tender bell pepper is easy to digest. Having a simple side of greens with vinegar (or even the chamomile fennel tea mentioned below) can further aid digestion. This lunch is low in sodium and free of common irritants, so it should sit very comfortably.
- [] **Afternoon Snack: Celery & Peanut Butter** – 2–3 celery sticks with 1 tbsp natural peanut butter (≈100 kcal). Crunchy celery is loaded with water (95%) and electrolytes, acting as a natural diuretic to reduce water bloat ²². It also contains a bit of soluble fiber that can help regulate digestion. Topping with

a thin layer of peanut butter gives this snack some protein and healthy fat to keep you satisfied. (If raw celery tends to make you gassy due to its fibrous strings, you can swap in cucumber slices for a similar hydrating crunch.)

- [] **Dinner: Baked Cod, Brussels Sprouts & Sweet Potato** – Cod fillet (5 oz) baked with lemon and herbs, served with 1 cup roasted Brussels sprouts and 1 small sweet potato (roasted “fries” style with olive oil) (≈550 kcal; 50 g carbs, 40 g protein, 18 g fat). *This dinner is a nutrient powerhouse and generally tummy-friendly, with one caveat: Brussels sprouts. Brussels are high in fiber and contain raffinose, which can cause gas in some people. On the plus side, they also have enzymes and compounds that aid digestion for many ³⁷. If you have IBS or know cruciferous veggies don't agree with you, feel free to swap the Brussels sprouts with green beans or zucchini – both are low-FODMAP alternatives that will be gentler ⁵⁰. Cod itself is an extremely lean protein (like salmon without the fat) that provides nutrition without overtaxing your digestive system ³⁷. Sweet potatoes are rich in fiber and potassium; they help maintain healthy digestion and fluid balance, and when roasted with minimal salt they shouldn't cause bloating ³⁷. This meal, with the appropriate veggie choice for your body, can actively fight bloating: fiber for regularity, low sodium to prevent water retention, and lean protein to avoid slow, heavy digestion. (Tip: Take an enzyme supplement such as Beano with the first bite of Brussels sprouts – fitnature8888-20 – if you're including them and worried about gas. Enzymes like alpha-galactosidase can break down the complex carbs in cruciferous veggies, reducing flatulence ¹⁰.)*
- [] **Hydration: Fennel Digestive Tea** – After dinner, brew a cup of fennel seed tea (crush 1–2 tsp of fennel seeds and steep in hot water for 5–10 minutes). *Fennel is a well-known carminative – it means it helps expel gas and soothe the digestive tract. Studies have shown fennel can relax intestinal muscles and ease bloating, working similarly to simethicone (an anti-gas medication) ⁵¹ ⁵². By sipping fennel tea in the evening, you'll help prevent any gassiness from the day's meals (especially useful if you had Brussels sprouts!). The tea also has a mild licorice-like flavor that many find calming and pleasant after dinner.*
- [] **Daily Supplements: Probiotic (morning) and Digestive Enzyme (with dinner)** – fitnature8888-20. *Probiotic: At this point in the plan, your daily probiotic and fermented foods are hopefully making a difference – less bloating, more regularity ⁴. Keep it up every day for continued benefits. Digestive Enzyme: As mentioned, a targeted enzyme with dinner can be very helpful today given the higher fiber content. Also, if you feel any indigestion or heaviness after dinner, you could follow up with a peppermint oil capsule or a second cup of fennel tea to soothe your stomach before bed.*

Day 6 (~2000 kcal)

- [] **Breakfast: Avocado & Smoked Salmon Toast** – 1 slice whole-grain or sourdough bread toasted, topped with ¼ mashed avocado, 2 oz smoked salmon, and a squeeze of lemon (≈300 kcal; 20 g carbs, 15 g protein, 15 g fat). *This savory breakfast is quick and gut-friendly. Smoked salmon provides lean protein and omega-3s, but choose a lower-sodium brand if possible because too much salt can cause water retention ⁵³. (If your smoked salmon is very salty, rinse it under water and pat dry to remove excess sodium.) The avocado adds fiber and healthy fat without bloating, and lemon juice brightens the flavor while offering a bit of vitamin C. Whole-grain or fermented sourdough bread gives you complex carbs and fiber; sourdough in particular may be easier on the gut due to its fermentation process breaking down some carbs. This balanced toast should digest well and fuel you for the morning.*

- [] **Morning Snack: Steamed Edamame** – ½ cup edamame (green soybeans) lightly salted (≈100 kcal; 8 g carbs, 8 g protein, 4 g fat). *Edamame are a great high-protein, high-fiber snack that typically doesn't cause bloating in modest portions. They contain some FODMAPs (galacto-oligosaccharides), but ½ cup is generally tolerated by most. Plus, steaming them makes the beans softer and possibly easier to digest. The plant protein and fiber will keep you satisfied. If you know legumes are a no-go for you, swap this with 10 peanuts or a small handful of pumpkin seeds for a similar protein boost.*

- [] **Lunch: Tuna Salad Lettuce Wraps** – 1 can (5 oz) of tuna (in water, drained) mixed with 2 tbsp Greek yogurt (or light mayo), diced celery, and a squeeze of lemon, wrapped in large lettuce leaves (or served over a bed of lettuce). Add a few grape tomatoes on the side (≈350 kcal; 5 g carbs, 35 g protein, 20 g fat). *Tuna is a lean protein and very easy to digest, making it a bloat-safe choice for lunch ⁵⁴. We mix it with Greek yogurt and celery to create a light tuna salad that's much lower in fat than the mayo-heavy version – this keeps the meal from being too rich (high-fat meals can trigger bloating). Crunchy celery adds fiber and water, and using lettuce as your wrap keeps the meal low-carb and low-FODMAP. (If you prefer a traditional wrap, use a whole-wheat or gluten-free tortilla, but the lettuce saves you from any wheat-related bloating.) This meal is high in protein, which helps regulate your blood sugar and stave off mid-afternoon cravings without causing bloating.*

- [] **Afternoon Snack: Trail Mix (DIY)** – 2 tbsp almonds + 2 tbsp walnut halves + 1 tbsp unsweetened dried cranberries (≈180 kcal). *This homemade trail mix provides fiber, healthy fats, and a touch of natural sweetness while avoiding the artificial ingredients and excess sugar of store mixes. Nuts and seeds support digestion when eaten in moderation ³¹. We've portioned about ¼ cup total to keep the fat content reasonable – this way you get the benefit of the nuts' fiber and omega-3s without overwhelming your digestive system. The small amount of dried cranberries adds flavor and a few extra antioxidants (and they're easier on the gut than prunes or raisins which can cause gas if eaten in quantity). Chew slowly and thoroughly to ease digestion.*

- [] **Dinner: Vegetarian Tofu Stir-Fry** – Extra-firm tofu (6 oz) stir-fried with baby bok choy, carrots, and bell peppers in garlic-infused olive oil, ginger, and a splash of low-sodium soy sauce; served over 1 cup cooked brown rice (≈600 kcal; 65 g carbs, 28 g protein, 22 g fat). *We revisit a stir-fry, this time a larger portion to satisfy a dinner appetite. The tofu provides plant-based protein and, since it's pan-seared in healthy oil, it makes for a filling meatless entree without causing bloating (tofu doesn't have fiber, and the fermentation in processing reduces gas-forming compounds). Baby bok choy is a gentle leafy green with lots of water content, carrots are generally easy to digest when cooked, and bell peppers add flavor and vitamins. We cook everything in garlic-infused oil to get that garlic taste without actual garlic (which is very high-FODMAP) – this trick gives flavor while sparing you the bloating that garlic and onions can cause ⁴¹. Using ginger in the sauce helps with digestion and adds zest. Brown rice gives the meal substance and extra fiber; if you prefer, you can use white rice for even easier digestibility (white rice is low in fiber and typically very well tolerated, though it has fewer nutrients). Either way, this meal should digest well, especially with the veggies thoroughly cooked. (Cook 2 portions of this stir-fry – you'll have leftovers for lunch on Day 7!)*

- [] **Hydration: "Detox" Infused Water** – In the morning, prepare a big bottle or pitcher with slices of cucumber, lemon, fresh ginger coins, and a handful of mint leaves in water. Chill and drink throughout Day 6 (aim for 8–10 cups). *This combo – sometimes called "flat tummy water" – brings together several debloating ingredients: cucumber for hydration and diuresis ¹⁴, lemon for a mild digestive aid and flavor, ginger to stimulate digestion and reduce gas ¹⁸, and mint to soothe your GI tract*

¹⁵ . Sipping this vitamin- and antioxidant-infused water all day keeps you hydrated (which prevents your body from holding onto water weight) and continuously delivers those bloat-beating herbs to your system. It's a flavorful upgrade from plain water that will help keep your belly flat and happy.

- [] **Daily Supplements:** Probiotic (morning) and any needed aids (evening) – fitnature8888-20 . Probiotic: By now you might be noticing improvements in digestion – keep taking your probiotic supplement to maintain those gains ⁴ . Optional Evening Aids: If you feel a bit too full after the larger dinner tonight, you have a few options in your toolkit: (1) Take a digestive enzyme before meals like this stir-fry that have a variety of veggies and fiber – it can preempt any bloating by breaking down complex carbs ⁴⁵ . (2) Have a cup of peppermint or chamomile tea after dinner to relax your digestive tract and help gases pass ¹² ⁴⁹ . (3) Take a peppermint oil capsule before bed to ensure you wake up bloat-free (fitnature8888-20). Use what you need; the goal is to head into Day 7 feeling your best!

Day 7 (~2000 kcal)

- [] **Breakfast: Banana Oatmeal with Peanut Butter** – ½ cup rolled oats cooked in 1 cup almond milk; stir in ½ sliced banana and 1 tbsp natural peanut butter, and sprinkle with cinnamon (≈380 kcal; 55 g carbs, 12 g protein, 12 g fat). We finish the week with a comforting, high-fiber breakfast. Oatmeal is a “fiber powerhouse” that keeps your gut regular and feeds beneficial bacteria ⁵⁵ . By including banana, we add sweetness plus more soluble fiber and potassium to banish bloating ⁴⁸ . Peanut butter contributes healthy fat and a bit of protein to slow digestion just enough to keep you full (and it makes the oats creamy and satisfying). Cinnamon is an optional topper that can help stabilize blood sugar – stable blood sugar means less likelihood of stress hormones and bloating. This bowl is easy on the stomach and sets a positive tone for your digestive system.
- [] **Morning Snack: Cantaloupe Slices** – 1 cup cantaloupe or honeydew melon slices (≈50 kcal). Melon is an excellent low-FODMAP fruit choice for bloating: it's incredibly high in water and potassium, which help flush out excess fluid (ever notice how melon can make you pee?). At the same time, it's low in fructose compared to many fruits, so it doesn't typically cause gas. A cup of melon is light and refreshing – perfect if you're still satisfied from the oatmeal but want a hydrating pick-me-up. (Plus, melons have anti-inflammatory properties and lots of beta-carotene to nourish your body.)
- [] **Lunch: Leftover Tofu Stir-Fry** – Enjoy the second portion of the tofu, veggie & brown rice stir-fry from Day 6 (reheated) (≈500 kcal). Waste not, want not – and your gut won't mind at all. This leftover stir-fry continues to provide lean protein, fiber, and nutrients, with the bonus of being an already “broken-in” meal for your digestive system. Often, leftovers can be even easier on the stomach because some complex carbs (like those in rice) convert to resistant starch after cooling, which can feed good gut bacteria without causing as much immediate gas. Simply reheat until hot and enjoy a quick, bloat-free lunch.
- [] **Afternoon Snack: Chamomile Mint Iced Tea** – Brew a strong chamomile tea with a few fresh mint leaves, chill it, and drink over ice; have a small handful of blueberries on the side (≈40 kcal). For your final afternoon, we focus on a relaxing, gut-calming beverage instead of a heavy snack. Chamomile will continue to soothe your digestive tract and reduce any inflammation or minor discomfort ⁴⁹ , and mint provides a gentle bloat relief and fresh flavor ¹² . A few blueberries add a touch of natural sweetness

and fiber. By skipping a heavier snack, you'll come into dinner with a comfortable appetite and no bloating.

- [] **Dinner: Grilled Chicken, Quinoa & Green Beans** – Grilled chicken breast (5 oz) with ½ cup cooked quinoa and 1 cup steamed green beans, drizzled with 1 tbsp garlic-infused olive oil and lemon juice (≈520 kcal; 40 g carbs, 45 g protein, 15 g fat). *We end the week on a simple, classic note. This meal is very easy on the digestive system: lean grilled chicken provides bloat-free protein (no fermentable carbs at all) ⁸, quinoa offers fiber and magnesium (while being gluten-free and low-FODMAP) ³³, and green beans are one of the gentlest high-fiber vegetables (much lower in gas-producing carbs than beans or broccoli). Steaming the green beans until just tender retains their water content and nutrients, contributing to hydration ³⁴. We use garlic-infused oil and lemon as a light dressing to give flavor without triggering bloating – you get the taste of garlic without the actual FODMAPs, and lemon adds zing plus digestive support. This balanced plate will fill you up and should leave your stomach calm and content.*
- [] **Hydration: Golden Chamomile Latte (Bedtime)** – Heat 1 cup lactose-free milk (or almond milk) and steep a chamomile tea bag in it; stir in ¼ tsp turmeric and a dash of honey. Enjoy this warm “golden milk” an hour before bed. *This gentle nightcap combines the belly-soothing effects of chamomile with the anti-inflammatory power of turmeric ²⁴. Turmeric's active compound, curcumin, has been shown to decrease bloating in people with digestive issues ⁵⁶, and taking it in a warm milk (with a bit of fat from the milk and honey) may help absorption. Using lactose-free or almond milk prevents any lactose-related bloating. Sip this slowly and let it relax you – it's a comforting way to end the day and the week, promoting good digestion overnight.*
- [] **Daily Supplements: Probiotic (morning), Reflect & Plan (evening)** – [fitnature8888-20](#). *Probiotic: Take your final daily probiotic of the week and note how 7 days of consistent use has affected your bloating (many people see noticeable reductions in abdominal bloating and improved regularity after a week or two of probiotics ³⁶ ⁴). Evening: Instead of introducing new supplements on the last day, use tonight to reflect on which strategies helped you the most. Perhaps you found peppermint oil capsules to be a game-changer for post-meal comfort, or maybe ginger tea in the afternoons made a big difference – those are the routines to continue. If there are certain supplements from this week (probiotic, enzymes, peppermint oil) that stood out, plan to keep using them as needed in your ongoing routine (with [fitnature8888-20](#) links for convenience). Your ultimate goal is to maintain these healthy, bloat-free habits even beyond this week!*

Combined Shopping List (7-Day Plan)

Produce: (Buy fresh produce as needed 1–2 times during the week for maximum freshness, especially greens and herbs.)

- **Fruits:** Bananas (3–4, ripe) ⁴⁸; Blueberries (1–2 cups, fresh or frozen) ³; Strawberries (1 lb) ⁵⁷; Raspberries (optional, for variety); Oranges (2) and/or Clementines (2); Kiwi (4) ⁴⁶ ¹⁹; Pineapple (1 whole or 2 cups pre-cut) ¹⁸; Papaya (1 medium) ²⁸; Mango (1 small, or substitute more pineapple); Grapes (2 cups) – choose seedless; Cantaloupe or Honeydew melon (1/2 melon); Lemon (4–5) ¹⁴; Limes (2); *Optional:* Dried cranberries (unsweetened, 1 small pack) for trail mix

- **Vegetables & Herbs:** Avocados (3–4) ³⁸; Cucumbers (2) ¹⁴; Cherry or Grape Tomatoes (1 pint) ⁸; Bell Peppers (4 – e.g., 2 red, 2 green) ⁵⁸; Carrots (1 bag baby carrots + 3 whole carrots) ²²; Celery (1 bunch)

⁴³ ; Spinach (1 large bag fresh leaves) ⁴⁸ ; Romaine or Mixed Lettuce (1–2 heads or bags) ⁹ ; Baby Bok Choy (4 heads) – or sub additional spinach; Green Beans (12 oz) ⁵⁹ ; Zucchini (2) – optional swap for broccoli/Brussels if needed; **Broccoli** (1 small head) – for Day 3 (can sub green beans); **Brussels Sprouts** (12 oz) – for Day 5 (can sub green beans) ⁵⁰ ; Sweet Potatoes (3 medium) ⁵ ; White or Baby Potatoes (optional 2–3, if making any substitutions or extras); **Fennel seeds** (buy in spice aisle) – for fennel tea ⁵² ; Fresh Ginger root (1 large piece) ¹⁸ ; Fresh Mint leaves (1 bunch) ¹⁵ ; Fresh Parsley or Cilantro (optional, for flavor/garnish); Fresh Basil (optional, if desired for flavor); **Herbal Teas**: Peppermint tea bags ¹² ; Chamomile tea bags ⁴⁹

- **Aromatics & Others**: Garlic-Infused Olive Oil (or make your own by steeping garlic cloves in olive oil – we avoid actual garlic to prevent bloating) ⁴¹ ; Green Onions/Scallions (1 bunch, green parts only if using – optional for flavor, low-FODMAP); Lemon Juice (fresh from lemons above) and Apple Cider Vinegar (for dressings); Ginger (listed above) and Turmeric powder (for golden milk) ⁵⁶

Pantry & Dry Goods:

- **Grains & Starches**: Old-Fashioned Rolled Oats (quick oats are fine too; need ~2 cups total) ³ ; Quinoa (1 lb / ~2 cups dry) ³³ ; Brown Rice (1 lb or ~2 cups dry) ³⁵ ; Whole-Grain Bread (1 loaf, or gluten-free bread) ⁵³ ; Whole-Grain or High-Fiber Wraps/Tortillas (4) ⁶⁰ ; Sourdough Bread (optional, can use in place of whole-grain toast); Brown Rice Cakes (pack of plain, unsalted)

- **Legumes & Nuts**: Green or Brown Lentils (dry 1 lb, or 2 cans cooked) ²³ ; Canned Chickpeas (1 can for hummus, or purchase hummus ready-made) ³¹ ; Natural Peanut Butter (unsweetened) ⁶¹ ; Almond Butter (optional alternative); Hummus (8 oz) – check for no garlic added if sensitive; Edamame (frozen, shelled, 1 bag) ⁵⁸ ; **Almonds** (raw, unsalted, ~1 cup) ³¹ ; **Walnuts** (raw, ~1 cup) ³¹ ; **Pumpkin Seeds** (raw, ~½ cup) ³¹ ; Flaxseeds or Chia Seeds (6–8 tbsp total) ³

- **Dairy & Alternatives**: Greek Yogurt (32 oz plain, lactose-free if needed) ¹⁶ ; Lactose-Free milk or Almond Milk (1 /2 gallon for chia pudding, lattes) ¹⁶ ; Aged Parmesan or Feta Cheese (4 oz, optional for flavor) – low lactose choices; Eggs (1 dozen) ²¹

- **Protein Foods**: Boneless Skinless Chicken Breasts (3 large, ~2 lb total) ⁸ ; Ground Turkey (extra lean, ~1 lb) ²⁹ ; Sliced Turkey (deli-style, nitrite-free, low sodium, ~½ lb) – or use leftover cooked turkey/chicken; Salmon Fillets (2, ~5 oz each) ⁵ ; Cod Fillets (2, ~5 oz each) ³⁷ ; Smoked Salmon (4 oz package, look for lower sodium) ⁵³ ; Fresh Shrimp (8 oz, ~16 large shrimp) ³² ; Extra-Firm Tofu (1 lb) ³⁴ ; Canned Tuna (2 cans, ~5 oz each, in water) ⁵⁴

- **Oils, Condiments & Spices**: Extra-Virgin Olive Oil (or Avocado Oil) – use for cooking and dressings; Garlic-Infused Olive Oil (for cooking flavor without FODMAPs) ⁴¹ ; Sesame Oil (optional, a few drops for stir-fry flavor); Vinegar (Balsamic or Apple Cider) and/or Mustard (Dijon) for dressings; Low-Sodium Soy Sauce or Tamari (3–4 tbsp for the week) ³⁵ ; Honey (small jar for sweetening yogurt, chia, tea) ¹⁷ ; Turmeric Powder ⁵⁶ ; Ground Ginger (optional, since using fresh); Cinnamon (for oatmeal); Cumin, Bay Leaf, Oregano, Black Pepper, Salt (use salt sparingly – the plan recipes already minimize added salt) ⁴⁰ ; Dried Italian Herb blend (for stuffed peppers); Baking Soda (a pinch can be added when cooking cabbage/Brussels sprouts to reduce sulfur smell – optional tip); **Peppermint Tea** (20 bags) ¹² ; **Chamomile Tea** (14 bags) ⁴⁹ ; **Ginger Tea** (or fresh ginger, already listed) ¹⁸ ; **Fennel Seeds** (for tea, already listed in produce/herbs) ⁵¹

- **Optional Snacks/Extras**: Low-FODMAP Granola (for yogurt topping – check it's free of chicory root and excess sugar alcohols); Dried Cranberries (for trail mix, unsweetened if possible); Brown Rice Crackers (1 package, for soup side); Air-Popped Popcorn Kernels (if you want to swap in a popcorn snack on any day – 2 tbsp kernels makes ~4 cups popcorn, a great low-cal bloat-free snack seasoned with a little salt or nutritional yeast)

Supplements (Affiliate tag [fitnature8888-20](#) for all):

- **Daily Probiotic** – A high-quality probiotic supplement with strains like *Bifidobacterium* and *Lactobacillus*. Take each morning to help reduce bloating and improve gut flora balance ⁴.
- **Digestive Enzyme Complex** – Especially one containing lactase, protease, lipase, and alpha-galactosidase. Use before larger meals or those with potential triggers (dairy, beans, cruciferous veggies) to help break down food and prevent gas ¹⁰.
- **Peppermint Oil Capsules** – Enteric-coated peppermint oil (0.2 mL per capsule) to take 1–2 times daily as needed (common timing is before or after meals) for bloating and cramps ²⁵.
- **Turmeric Curcumin Supplement** (optional) – If you experience a lot of bloating from IBS, a curcumin supplement could be considered, as research shows turmeric can decrease bloating in IBS patients ⁵⁶. Always take with food.
- **Magnesium** (optional) – A magnesium citrate supplement at night can help if you're prone to constipation (promoting regular bowel movements can relieve bloating) ⁴⁷.

(Always consult with a healthcare provider before starting new supplements. The above suggestions have evidence for bloating relief, but individual results vary. Use the affiliate tag [fitnature8888-20](#) to find our recommended brands.)

Gut Health & Bloating Tips: After 7 days on this plan, you've likely learned which habits make your body feel best. Here are some science-based reminders and tips to carry forward:

- **Avoid High-FODMAP Overload:** We kept FODMAPs (fermentable carbs) low in this plan because they are common bloat culprits ¹ ⁴¹. If you reintroduce foods like garlic, onions, wheat, beans, apples, etc., do so gradually and one at a time. Many people can tolerate moderate portions, but large quantities or many sources in one day can overwhelm your gut and cause gas. A low-FODMAP diet is clinically proven to relieve IBS bloating ⁶² ⁴⁷, so use that knowledge to identify your personal trigger foods.
- **Watch Out for Sugar Alcohols & Artificial Sweeteners:** “Sugar-free” candies, gums, and protein bars often contain sorbitol, xylitol, maltitol, or other sugar alcohols that *routinely* cause bloating and diarrhea in even healthy individuals ⁴³. These sweeteners ferment in the large intestine and create gas. Likewise, some zero-calorie sweeteners (like sucralose) may disrupt gut bacteria. It's best to satisfy your sweet tooth with natural options (ripe fruit, a little honey or maple syrup) and avoid overdoing diet sodas or sugar-free snacks if you're prone to bloating.
- **Limit Carbonated Drinks:** The bubbles in soda, sparkling water, beer, and champagne are literally gas. When you drink them, that gas can get trapped in your stomach and intestines, causing uncomfortable bloating and belching ². If you love bubbly drinks, try to limit them and sip slowly (drinking through a straw or guzzling can make you swallow even more air). Infused flat water, herbal iced teas, or diluted fruit juices are gentler alternatives when you want something more exciting than plain water.
- **Ease Up on Excess Fiber (at first):** Fiber is fantastic for digestion – it keeps you regular and feeds good bacteria. But *too much too quickly* can backfire ⁶³. If your pre-plan diet was low in fiber, you might have experienced a bit of gas initially as your body adjusted to the high-fiber meals. That should improve as your gut flora adapt. A general rule is to increase fiber gradually and ensure you drink plenty of water so the fiber can do its job without causing blockages or fermentation. Over the

long term, a fiber-rich diet is one of the best defenses against bloating, but patience and consistency are key.

- **Reduce Sodium, Increase Potassium:** We've hammered this point because it's often overlooked – high sodium intake makes you hold onto water, which can make you feel puffy and bloated ⁴⁰. Processed and packaged foods (fast food, chips, frozen meals, deli meats) are major sources of sodium. By cooking at home and seasoning with herbs and spices instead of lots of salt, you've likely seen a reduction in water retention. At the same time, eating potassium-rich foods (leafy greens, bananas, citrus, melons, avocados, potatoes) helps your body flush out sodium and balance fluids ⁵. Keep that up! It's great for bloating and for your heart health.
- **Mindful Eating Habits:** How you eat is as important as *what* you eat when it comes to bloating. Chew your food thoroughly and try not to rush through meals. Eating too quickly or while anxious can lead to swallowing excess air, which contributes to bloating ⁶⁴. Also, being relaxed while eating stimulates proper digestion (via the parasympathetic "rest and digest" response). Take a few deep breaths before meals, put away distractions, and focus on enjoying your food – this can genuinely improve your digestion and reduce bloating after meals.
- **Keep Moving:** Light to moderate exercise can help keep gas moving through your system and prevent constipation. Even a 10-minute walk after meals can significantly aid digestion and reduce bloating. Gentle core exercises, yoga twists, or a bit of stretching can also help release trapped gas. Physical activity increases gut motility (the rate at which food moves through you), which can prevent that heavy, bloated feeling after eating.
- **Stay Consistent:** Your body loves routine. Try to eat meals at regular times, stay hydrated consistently, and get adequate sleep. Poor sleep and high stress can alter your gut-brain axis and lead to bloating or IBS flare-ups in susceptible individuals. Incorporating stress-reduction (like that chamomile tea ritual, or breathing exercises) can make a noticeable difference in digestive comfort ⁴⁹ ⁶⁵.

By following this 7-day bloating-free meal plan, you've nourished your body with wholesome foods and supported your digestive system with smart habits. Many of the recipes and tips here can be mixed and matched or continued beyond this week. Remember that **everybody's triggers are different** – use this week as a baseline to discover what foods and strategies work best for *you*. With the right diet and a bit of help from targeted supplements ([fitnature8888-20](#) for our recommended picks), you have the tools to keep bloating at bay and maintain a happy, healthy gut moving forward. Here's to feeling light and energized!

¹ ² ⁴¹ ⁴² ⁴³ ⁴⁷ ⁶¹ ⁶² ⁶³ The Most Common Foods That Cause Bloating and Gas, According to Dietitians

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