

## 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) <sup>1</sup> <sup>2</sup>. 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* <sup>3</sup>, *preventing the constipation that often causes bloating. Berries add antioxidants and extra fiber to further aid digestion and support healthy gut bacteria* <sup>3</sup>. (Optional supplement: take a probiotic with breakfast – `fitnature8888-20` – to introduce beneficial bacteria that can reduce bloating <sup>4</sup>.)
- [ ] **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* <sup>5</sup> <sup>6</sup>. *In one study, eating a banana daily reduced bloating by lowering gas-producing bacteria in the gut* <sup>7</sup>. *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* <sup>8</sup>. *The greens and quinoa provide fiber for a healthy gut, and avocado offers monounsaturated fat that aids nutrient absorption and overall digestive health* <sup>9</sup>. (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 <sup>10</sup>.)
- [ ] **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* <sup>11</sup>. *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 <sup>5</sup> . 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 <sup>5</sup> . (Optional: take a peppermint oil capsule after dinner – fitnature8888-20 – to relax GI muscles and relieve any gas or spasms <sup>12</sup> <sup>13</sup> .)

- [ ] **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 <sup>14</sup> . Mint contains menthol, which relaxes the muscles of your GI tract to ease gas and cramping <sup>15</sup> .* 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) <sup>4</sup> , 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) <sup>10</sup> .*

---

## 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 <sup>16</sup> . Fiber-rich nuts further promote regularity <sup>16</sup> , and honey offers natural sweetness without the fermentable sugars that refined sweeteners have (which can cause gas) <sup>17</sup> . Pineapple contains bromelain, a digestive enzyme that may help reduce bloating by aiding protein digestion <sup>18</sup> .*
- [ ] **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 <sup>19</sup> . Regular kiwi consumption has been associated with significantly less bloating and abdominal discomfort <sup>19</sup> .*
- [ ] **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 <sup>20</sup> 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 <sup>10</sup> .)*
- [ ] **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 <sup>21</sup> . Pairing*

them with hydrating cucumber (mostly water) helps keep you full and flushes out excess sodium <sup>22</sup>. 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 <sup>23</sup>. They're also very low in fat and gentle on the stomach compared to heavier proteins <sup>23</sup>. 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 <sup>24</sup>) 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 <sup>25</sup>.)*
  - [ ] **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 <sup>18</sup>. It also relaxes and soothes the digestive tract muscles, relieving gas and cramping <sup>26</sup>. 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 <sup>2</sup>.)*
  - [ ] **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) <sup>4</sup>. 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 <sup>12</sup> <sup>25</sup>, reducing feelings of pressure.*
- 

## 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 <sup>21</sup> <sup>27</sup>. 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 <sup>27</sup>. 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 <sup>28</sup>. 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 <sup>8</sup>, and the mixed vegetables add fiber for regularity. Choosing a whole-grain wrap gives extra nutrients and fiber compared to a white tortilla <sup>29</sup>. (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 <sup>30</sup>.)

- [ ] **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 <sup>31</sup>.
- [ ] **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 <sup>32</sup> – 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 <sup>33</sup>. 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 <sup>34</sup>. (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 <sup>35</sup>.
- [ ] **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 <sup>12</sup> <sup>13</sup>. In fact, peppermint oil is an evidence-based treatment for IBS symptoms, significantly reducing bloating and abdominal discomfort in trials <sup>25</sup>. 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) <sup>36</sup> <sup>4</sup>. 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 <sup>37</sup>. (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) <sup>15</sup>
- Lemon (2) – for salad dressing and ginger tea
- Blueberries (fresh or frozen, 1 cup) – for oats topping (antioxidants & fiber) <sup>3</sup>
- Banana (2) – snacks and oatmeal topping (potassium for debloating) <sup>5</sup>
- Avocados (2) – for salad and toast (healthy low-FODMAP fats) <sup>38</sup> <sup>27</sup>
- Cherry tomatoes (1 pint) – for salad, omelette (vitamins, low-calorie)

- Mixed salad greens or spinach (1 bag) – high-fiber base for salads/wraps <sup>9</sup>
- Sweet potatoes (2 small) – fiber and potassium-rich carb <sup>5</sup>
- Asparagus (8–10 spears) – digestive enzyme content, *or substitute 8 oz green beans* <sup>5</sup>
- Carrots (1 bag baby carrots) – snacks and soup (hydrating, low sodium flush) <sup>22</sup>
- Garlic-infused olive oil (optional) – use this instead of raw garlic to flavor dishes without FODMAPs
- Kiwi (2) – snack (enzymes and fiber for digestion) <sup>19</sup>
- Pineapple chunks (1 cup or ~½ pineapple) – for yogurt parfait (bromelain enzyme) <sup>18</sup>
- 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) <sup>28</sup>
- 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) <sup>18</sup>
- 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 <sup>3</sup>
- Chia seeds (4 tbsp) – for oats and pudding (soluble fiber, omega-3s) <sup>3</sup>
- 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) <sup>39</sup>
- Low-sodium soy sauce or tamari – for stir-fry seasoning (reduces sodium bloating) <sup>35</sup>
- Black pepper, sea salt – for light seasoning (use salt sparingly to minimize water retention <sup>40</sup> )
- Turmeric, cumin (spices) – for lentil soup (anti-bloat spices: turmeric reduces IBS bloating <sup>24</sup> )
- 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) <sup>12</sup>
- **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) <sup>31</sup>
- Pumpkin seeds (2 tbsp) – for papaya snack (magnesium, zinc)
- Almonds (10–15) – for snacks/trail mix (moderation to avoid fat excess) <sup>31</sup>

### **Proteins & Refrigerated:**

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

- Eggs (6) – for breakfasts and snacks (high-quality protein) <sup>21</sup>
- Cooked lentils (or dry lentils 1 cup to cook) – for soup (fiber-rich protein) <sup>23</sup>
- 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 ) <sup>10</sup>
- **Probiotic supplement** (daily) – if not getting through yogurt ( fitnature8888-20 ) <sup>4</sup>
- **Peppermint oil capsules** – for post-meal bloat relief ( fitnature8888-20 ) <sup>25</sup>

**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 <sup>18</sup> <sup>16</sup>. 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 <sup>14</sup> <sup>12</sup>. 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 <sup>8</sup> <sup>5</sup>. 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 <sup>41</sup> <sup>1</sup>. 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 <sup>41</sup> <sup>1</sup>. We've minimized **dairy** (using lactose-free yogurt and hard cheese in small amounts) since many adults have lactose intolerance leading to bloating <sup>42</sup>. **Carbonated drinks** are off the menu – the bubbles introduce excess gas into your stomach, so stick to flat water or herbal tea <sup>2</sup>. 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 <sup>43</sup>. Lastly, watch your **sodium** intake by avoiding highly processed, salty foods; too much sodium makes you retain water and feel puffy <sup>40</sup>. 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.