SIBO Meal Suggestions

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Sunday	Gluten free oatmeal with blueberries, almond butter and almond milk	Kale salad / Blueberries O&V, eggs, gluten free bread w/butter	Eggs (hard or soft boiled) with sautéed vegetable medley	Green Juice	Roasted Chicken w/vegan mac n cheese (homemade)
Monday	Gluten free oatmeal with blueberries, almond butter and almond milk	Vegan Cheese w/Gluten free crackers	Lean Burger over leafy greens with carrots and quinoa	Rice Cake w/peanut butter, dairy free yogurt and berries	Soup with gluten free crackers and vegan cheese
Tuesday	Green Juice	Celery w/peanut butter	Sautéed shrimp over spaghetti squash	Vegan Cheese w/Gluten free crackers	Mediterranean chicken with rice or pasta
Wednesday	Eggs (hard or soft boiled) with sautéed vegetable medley	Green Juice	Chopped Salad w/baked sweet potato w/butter	Vegan Cheese w/Gluten free crackers	Baked Salmon w/long grain brown rice w/ sautéed squash and zucchini
Thursday	Gluten free oatmeal with blueberries, almond butter and almond milk	Rice Cake w/almond butter, dairy free yogurt and berries	Sautéed vegetable medley w/vegan mac n cheese	Bone broth	Sauteed vegetable medley with potatoes, rice or noodles
Friday	Eggs (hard or soft boiled) with sautéed vegetable medley	Dairy Free yogurt	Chopped spinach salad with chicken	Seed & Nut medley	Baked Salmon with roasted broccoli (1/2 cup) and roasted potatoes
Saturday	Bone broth	Kale salad / Blueberries O&V, eggs, gluten free bread w/butter	Chopped Salad (leafy greens, carrots, beets, cucumbers, etc.) with chicken, O&V	Green Juice	Gluten free pasta w/ carrots, peppers and Shrimp

SIBO - SHOPPING LIST

Alphabetized list:

- Alfalfa
- Almond butter - peanut butter
- Artichoke (canned)
- Baby Artichoke (Reese's jarred baby)
- Bamboo shoots
- Basil
- Bean sprouts
- Beets
- Beetroot (pickled)
- Berries
- Blueberries
- Bob's Red Mill Old Fashioned Oats
- Bok choy
- Boneless Chicken Breasts (Qty: 4)
- Broccoli (heads)
- Broccolini (stalks only)
- Butter (Kerrygold)
- Cabbage (common)
- Canned baby corn
- Capsicum (red)
- Carrot
- Carrots
- Cassava
- Celery
- Chilli (serve = 28g)
- Choy Sum
- Collard Greens
- Cucumber
- Cucumbers
- Dairy-Free Yogurt: plain or unsweetened vanilla (Forager)
- Edamame
- Eggs
- Gluten-Free Bread (Udi's Sandwich)
- Gluten-Free Crackers (Lance, Glutino or Milton's)
- Gluten-Free Pasta (Tinkyada Joy)
- Grapeseed and/or Walnut Oil
- Green Juice or local Juice Bar
- Japanese Pumpkin
- Kale
- Kale, Spinach - leafy greens
- Kettle and Fire Bone Broth
- Kiwi
- Lettuce (cos, butter, iceberg)
- Limes
- Long Grain Brown Rice
- Lundberg Rice Cakes (low salt)
- Mandarins
- Mediterranean/Italian Seasonings of choice
- Muir Glen Diced Tomatoes
- Natural Factors Oregano Oil
- Nut Pods Dairy-Free Creamer - plain
- Olives
- Oranges
- Oyster Mushrooms
- Papaya
- Parsnip
- Pineapple
- Potato
- Quinoa
- Radish
- Red Potatoes (for roasting)
- Roasted Red Peppers
- Rocket
- Rhubarb
- Silver beet
- Spaghetti squash
- Spinach
- Spring onion greens, tops only
- Squash
- Strawberries
- Sweet Potatoes
- Taro
- Tomatoes
- Turnip
- Unsweetened Almond/Walnut Milk (Elmhurst)
- Vegan Cheese - feta, shredded cheddar, and shredded mozzarella plus choice for snacking
- Wild Caught Salmon
- Whole Roasted Chicken
- Wild Caught Shrimp

SIBO - FOODS TO AVOID

(Alphabetized)

- Agave nectar
- Almonds
- Apples
- Artichokes (fresh)
- Barley
- Baked beans
- Beans
- Black-eyed peas
- Broad beans
- Butter beans
- Butternut squash
- Cauliflower
- Cashews & pistachios
- Chickpeas (garbanzo beans)
- Dried fruits
- Flavored yogurt
- Garlic
- Grains
- Honey
- Ice cream
- Kidney beans
- Onions
- Peas
- Rye
- Sausage
- Soda and soft drinks
- Soybeans
- Split peas
- Sweetened cereals