

7-Day GERD Diet



Plan Menu



	BREAKFAST	LUNCH	DINNER
MON	1 cup Oatmeal 1/2 cup Blueberries 1 tsp Honey Drizzle	3/4 cup Chicken Salad 2 slices Whole Grain Toast 1/2 cup Grapes, diced	3 oz Grilled Chicken 1 cup Potatoes 1 cup Brussel Sprouts
TUE	1 cup Greek yogurt 1/2 cup Strawberries 1 tsp Peanut Butter	3 oz Lean Ground Beef 2 Whole Wheat Tortillas 1/2 cup Beans 2 tbsp Low Fat Cheese	3 oz Turkey Meatloaf 1/2 cup Sweet Potatoes 1/2 cup Green Beans
WED	1-2 Scrambled Eggs 1/2 cup Quinoa 1/2 Avocado, sliced 1/2 cup Kale, chopped	2 oz Turkey, sliced 2 slices Whole Wheat Toast 1 slice Low-Fat Cheese 1 piece Romaine Lettuce	3 oz Grilled Chicken Breast 1/2 cup Brown Rice 1/2 cup Edamame
THU	1/2 cup Cream of Wheat 1/2 Banana 1 tbsp Almond Butter	1 cup Lentil Soup 3-5 saltine crackers	3-4 oz Grilled Salmon 1 Whole Grain Tortilla, medium 1-2 Lettuce Pieces, large 1/2 Avocado, cubed
FRI	2 High Protein Pancakes 1/2 cup Blackberries 1 cup Low-Fat Milk	1 cup Pasta Shells 2 tbsp Olive Oil 1/2 cup Split Peas	1.5 cup High Protein Beef and Faro Soup 3-5 Saltine Crackers
SAT	1 Hard-boiled Egg 2 slices Whole Grain Toast 1/2 Avocado, sliced	1/2 cup Cottage Cheese 1/2 Apple, sliced 1/2 cup Grapes, diced 1/2 cup almonds	3 oz Grilled Salmon 1/2 cup Couscous 1 cup Broccoli
SUN	Peanut Butter Banana Smoothie 1/2 cup Raspberries	1 cup Spaghetti Pasta 3-4 oz Shrimp, boiled 4-6 spears Asparagus, roasted	1 cup Ham and Noodle Casserole 1/2 cup Baby Carrots, steamed

***Please note, this meal plan does not take into account allergies/intolerances; modifications may need to be made on individual basis**