

GERD DIET PLAN

	breakfast	lunch	dinner	snack
1	oatmeal with bananas	grilled chicken salad	baked salmon with asparagus	apple slices with almond butter
2	smoothie with non-citrus fruits	turkey and avocado sandwich	quinoa and vegetable stirfry	carrot sticks with hummus
3	banana pancakes	chicken and avocado salad	lemon herb fish with quinoa	apple slices with peanut butter
4	greek yogurt with honey and oats	turkey wrap with veggies	stir-fried tofu with vegetables	rice cakes with almond butter
5	quinoa porridge with apple	grilled chicken and quinoa salad	baked tilapia with green beans	pear slices with cottage cheese
6	smoothie with spinach and pear	turkey and hummus wrap	vegetable and lentil curry	banana with almond butter
7	overnight oats with berries	grilled chicken caesar salad	baked trout with roasted vegetables	apple slices with almond butter