

7-Day Acid Reflux Diet Plan

Day 1

Breakfast:

Oatmeal with almond milk and banana. Chamomile tea.

Snack:

Cucumber sticks with hummus.

Lunch:

Grilled chicken with quinoa and steamed zucchini.

Dinner:

Baked sweet potato and steamed green beans.

Day 2

Breakfast:

Whole grain toast with mashed avocado. Herbal ginger tea.

Snack:

Rice cakes with almond butter.

Lunch:

Brown rice with steamed broccoli and tofu.

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Dinner:

Lentil soup and a side of steamed carrots.

Day 3

Breakfast:

Banana almond smoothie with flaxseeds.

Snack:

Plain popcorn (air-popped).

Lunch:

Turkey lettuce wraps with quinoa.

Dinner:

Grilled fish with mashed sweet potato and green beans.

Day 4

Breakfast:

Oat pancakes topped with berries.

Snack:

Oat crackers with hummus.

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Lunch:

Chickpea salad with cucumber, tomato, olive oil.

Dinner:

Brown rice and grilled zucchini with skinless chicken.

Day 5

Breakfast:

Oatmeal with applesauce and cinnamon.

Snack:

Carrot sticks with guacamole.

Lunch:

Vegetable quinoa bowl with herbs.

Dinner:

Tofu stir fry with mild herbs (no garlic/onion).

Day 6

Breakfast:

Rice porridge with almond milk and soft fruits.

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Snack:

Banana and rice crackers.

Lunch:

Sweet potato mash with turkey meatballs.

Dinner:

Baked lentil patties with zucchini and spinach.

Day 7

Breakfast:

Smoothie with banana, almond milk, oats.

Snack:

Melon slices.

Lunch:

Brown rice and steamed vegetables with tofu.

Dinner:

Baked salmon with steamed carrots and mashed potatoes.