

## 7-Day Acid Reflux Diet Plan

### Day 1

#### Breakfast:

Oatmeal with almond milk and banana. Chamomile tea.

#### Snack:

Cucumber sticks with hummus.

#### Lunch:

Grilled tofu 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 lentils.

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### Dinner:

Vegetable soup and a side of steamed carrots.

### Day 3

### Breakfast:

Banana almond smoothie with flaxseeds.

### Snack:

Plain popcorn (air-popped).

### Lunch:

Lettuce wraps with quinoa and chickpeas.

### Dinner:

Grilled mushrooms 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 tempeh.

## 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 black bean patties.

### **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 eggplant with steamed carrots and mashed potatoes.